

### HOT LINES

**Adult & Elder Abuse**—24 Hours  
800-510-2020

**Alcohol & Drug Services**—24 Hours  
800-662-HELP (4357)

**Child Abuse**—24 Hours  
858-560-2191

**Crime Tip Hotline**—24 Hours  
888-580-8477

**Domestic Violence/Sexual Assault**—24 Hours  
888-DVLINKS or 888-385-4657

**General Resource and Help Line**—24 Hours  
Dial 2-1-1

**Legal Aid**—Listen to the Prompts  
877-534-2524

**Narcotic Anonymous**—24 Hours  
800-479-0062 English  
800-546-0774 Spanish

**Poison Control**—24 Hours  
800-222-1222

**San Diego ACCESS Crisis Hotline**—24 Hours  
Mental Health/Suicide Prevention  
888-724-7240

**Veterans Crisis Line**—24 Hours  
800-273-8255 Press 1

### EAST COUNTY PUBLIC ASSISTANCE

**HHSA Family Resource Center**  
220 S. 1st St., El Cajon Monday-Friday 7:00am-5:00pm  
866-262-9881 ACCESS/ CalWorks, CalFresh, MediCal,  
General Relief Assistance

**US Social Security Administration**  
810-846 Arnele Ave., El Cajon  
800-772-1213 Monday-Friday 9:00am-4:00pm  
Social Security Card Replacement

**HHSA East County Public Health Center**  
367 N. Magnolia Ave., Ste. 101, El Cajon  
619-441-6500 Immunizations, Testing, Hep A

**El Cajon Police Department**  
100 Civic Center Way, El Cajon  
Monday-Friday 8:30am-5:00pm  
619-579-3311 For Non-Emergency Concerns

**WIC (Women, Infants & Children)**  
301 N. Magnolia Ave., Ste. 101, El Cajon

### DAY STORAGE AND MAIL

**Crisis House**  
1034 N. Magnolia Ave., El Cajon  
619-444-1194

**Salvation Army**  
1011 E. Main St., El Cajon  
619-440-4683

### VETERAN SERVICES

**Courage To Call—Mental Health Systems**  
2165 Kurtz St., San Diego  
619-209-4682

**Veteran Community Services of San Diego**  
5605 El Cajon Blvd., San Diego  
800-974-9909 Benefits and Housing

**Veterans Village of San Diego**  
4141 Pacific Hwy., San Diego  
619-393-2000 For Information or Appointment  
Housing, Substance Abuse, Counseling and More

**VA Benefits Filing—HHSA**  
**El Cajon Library**  
201 E. Douglas Ave., El Cajon  
619-588-3718 2nd and 4th Monday 9:30am-1:00pm

**Rancho San Diego Library**  
11555 Via Rancho San Diego, El Cajon  
619-660-5370 2nd Thursday 9:30am-1:00pm

### LEGAL SERVICES

**Legal Aid Society**  
877-534-2524 Housing/Discrimination  
**Homeless Court Program**  
619-717-6101 For More Information  
sandiego@homelesscourtprogram.org

**Think Dignity**  
(619) 537-8736 or thinkdignity@gmail.com

### YOUTH SERVICES

**San Diego Youth Services (SDYS)**  
**Youth Hotline 888-724-7240**  
Youth Emergency Shelter and  
Transitional Housing Continuum

**Our Safe Place Mental Health Clinic—SDYS**  
3427 4th Avenue, 2nd Floor, San Diego  
Monday-Friday 9:00am-6:00pm

**Street Outreach—SDYS and Services**  
619-221-8600 Main Line

**Eastern Lights—Overnight Youth Shelter**  
Meridian Church, 660 S. 3rd St., El Cajon  
305-934-8887  
Thursday Check-In 7:00pm

**Home Start, Inc.**  
**Maternity Shelter and TAY Rapid Rehousing**  
619-906-4401

**Mental Health Services**  
Intake Line 619-692-0727 Ext. 118 Leave Message

**Heartland Youth Build**  
5280 Orange Ave., San Diego  
619-546-9259 Low Income Youth Ages 16-24

*Provided by the East County Homeless Task Force.  
Revised 10-4-19. Resource information is subject to  
change. To update information please contact  
coordinator@elcajoncollaborative.org*

### MOBILE SHOWERS

#### **Think Dignity Mobile Showers**

##### **Crisis House**

1034 Magnolia Ave., El Cajon  
619-444-1194

2nd Wednesday of the Month 1:00pm-4:00pm

##### **Newbreak or The Rock Church**

858-576-0007 Call For Location

3rd Saturday of the Month 1:00pm-3:00pm

##### **Meridian Church**

660 S. 3rd St., El Cajon  
619-444-3171

4th Wednesday of the Month 3:30pm-5:30pm

### SHELTER / HOUSING / CASE MANAGEMENT

#### **2-1-1 Shelter Referrals**

Dial 2-1-1 For Emergency Shelters,  
Supportive Housing, and Resources

##### **Crisis House**

1034 N. Magnolia Ave., El Cajon  
619-444-1194 Housing Resources / DV

#### **East County Transitional Living Center**

1527 E. Main St., El Cajon  
619-442-0457 Call For Availability

##### **Interfaith Shelters**

Call 2-1-1 For Referrals—Seasonal Only

### MENTAL HEALTH / SUBSTANCE ABUSE

#### **East Corner Clubhouse**

1060 Estes St., El Cajon

(619) 631-0441 Call for hours

#### **East County Mental Health Clinic—HHS**

1000 Broadway, Ste 210, El Cajon

619-401-5500 Monday-Friday 8:00am-5:00pm

#### **El Cajon Family Health Center—FHCS**

525 E. Main St., El Cajon

619-515-2300 Monday-Friday 8:30am-5:30pm

#### **McAlister Institute—Residential & Treatment**

1400 N. Johnson Ave., El Cajon

619-442-0277 Monday-Saturday Call For Hours

#### **MHS ACTION East—Residential & Treatment**

10201 Mission Gorge Rd., Santee

619-383-6969 Call For Referral

#### **Halcyon Center—Short Term Residential**

1664 Broadway, El Cajon

619-579-8685

### A WAY BACK HOME

#### **Salvation Army Reunification Program**

1011 E. Main St., El Cajon

619-440-4683 Call For Hours

### FOOD RESOURCES

#### **East County Food Resource Guides**

[www.ECAssist.org](http://www.ECAssist.org)

### HEALTH CARE

#### **Chase Family Health Center—FHCS**

111 W. Chase Ave., El Cajon

619-515-2499 Monday-Friday 8:30am-5:00pm

#### **El Cajon Family Health Center—FHCS**

525 E. Main St., El Cajon

619-515-2300 Monday-Friday 8:30am-5:30pm

#### **Centro Medico El Cajon—Borrego Healthcare**

133 W. Main St., El Cajon

619-401-0404 Monday-Friday 8:00am-5:00pm

Saturday-Sunday Urgent Care 10:00am-2:00pm

#### **Family Health Centers Mobile Medical Unit**

**Crisis House**, 1034 N. Magnolia Ave., El Cajon

619-444-1194 Monday only 8:30am-11:30am

#### **East Region Public Health Center—HHS**

367 N. Magnolia Ave., Ste. 101, El Cajon

619-441-6500 Monday, Tuesday, Thursday, Friday  
8:30am-4:00pm

#### **La Maestra Community Health**

165 S. 1st St., El Cajon

619-312-0347 Monday-Friday 8:30am-5:30pm

#### **Neighborhood Healthcare**

855 E. Madison Ave., El Cajon

619-440-2751 Monday-Saturday

Call For Hours and Appointment

#### **Volunteers in Medicine**

1457 E. Madison Ave., El Cajon

619-447-4591 Monday-Saturday Appointments Only

**For Emergency Dial 911**

## **EL CAJON**



**For Emergencies, Dial 9-1-1**

**El Cajon Police Non-Emergency, Call 619-579-3311**

**Military and Veterans Affairs**

**858-694-3222**

**Community, Health and Disaster Services**

**Dial 2-1-1 (24 Hours)**

**Online Access to Food & General Resources**

**[www.ECAssist.org](http://www.ECAssist.org)**

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