

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

HHS 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
7961 University Ave., La Mesa
800-722-1213 Mon., Tues., Thurs., Fri. 9:00am-4:00pm
Wednesday- 9:00am-12:00pm Social Security Business

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

La Mesa Police Department
8085 University Ave., La Mesa
858-565-5200 Dispatch 619-659-2600 Business

San Diego County Sheriff's Rancho San Diego
11486 Campo Rd., Spring Valley
858-565-5200 Dispatch 619-660-7090 Business

WIC (Women, Infants & Children)
9621 Campo Rd., Ste. G, Spring Valley
888-999-6897 Mon., Tues, Thurs., Fri. 8:00am-5:00pm
Closed Wednesdays

VETERAN SERVICES

La Mesa Adult Enrichment Center
8450 La Mesa Blvd., La Mesa
858-527-5822 Fridays 9:00am-3:00pm

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

LEGAL SERVICES

Legal Aid Society
877-534-2524 Housing/Discrimination

Homeless Court Program
619-717-6101 For More Information
sandiego@homelesscourtprogram.org

Think Dignity
619-354-9879 Call-in Legal Clinic & Referrals

San Diego Volunteer Lawyer Program
707 Broadway, Suite 1400, San Diego
619-235-5656

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

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.
Printed May 2019. Resource information is subject to
change. To update information please contact
coordinator@elcajoncollaborative.org*

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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

LIBRARIES

San Diego County Library— La Mesa Branch
8074 Allison Ave., La Mesa 619-469-2151

Casa de Oro Branch

9805 Campo Rd., Spring Valley 619-463-3236

Spring Valley Branch

836 Kempton St., Spring Valley 619-463-3006

RESOURCES IN EAST COUNTY

Visit our new website for East County Homeless Resources
www.ECAssist.org

MENTAL HEALTH / SUBSTANCE ABUSE

Grossmont Family Counseling Center

8851 Center Dr., Suite 312, La Mesa
619-515-2383 Monday-Wednesday 8:30am-5:30pm
Thursday 10:30am-5:30pm Closed Friday

Spring Valley Family Counseling Center

3845 Spring Dr., Spring Valley
619-515-2380 Mon., Tues. 8:30am-5:30pm
Wednesday 1:00pm-5:00pm Closed Thurs. & Fri.

McAlister Institute Residential & Outpatient

1400 N. Johnson Ave., Suite 101, El Cajon
619-442-0277 Monday-Friday 9:00am-7:00pm
Saturday 10:00am-2:00pm Closed Sunday

Halcyon Center—Short Term Residential

1664 Broadway, El Cajon
619-579-8685

Heartland Wellness Recovery Center

460 Magnolia Ave. Space 110, El Cajon
619-440-5133 Call for space availability

Adult Mental Health Services

7050 Parkway Dr., Suite 113, La Mesa
619-667-6125 Monday-Friday 8:00am-5:00pm
Saturday and Sunday 9:00am-1:00pm

A WAY BACK HOME

Salvation Army Reunification Program

1011 E. Main St., El Cajon
619-440-4683 Call For Hours

HEALTH CARE

Borrego Healthcare Women’s Health & Wellness

8851 Center Dr., Suite 210, La Mesa
619-463-7775 Monday-Friday 8:30am-5:30pm

Grossmont Spring Valley Family Health-FHCSD

8788 Jamacha Rd., Spring Valley
619-515-2555 Monday-Friday 8:30am-5:30pm
Tuesday open until 7:00—Call for an appointment

Rady Children’s Urgent Care

5565 Grossmont Center Dr., Bldg. 2, La Mesa
619-713-5375 Monday-Friday 4:00pm-10:00pm
Saturday & Sunday 1:00pm-10:00pm

Sharp Rees-Stealy La Mesa Urgent Care

5525 Grossmont Center Dr., La Mesa
619-713-5375 Monday-Sunday 8:00am-8:00pm
No appointment needed— Most insurances accepted

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

U.S. HealthWorks Urgent Care

8090 Parkway Dr., La Mesa
619-697-3093 Monday-Friday 8:00am-5:00pm
Most insurances accepted— Check in advance

FOOD RESOURCES

East County Food Resource Guides
www.ECAssist.org

LA MESA & SPRING VALLEY



For Emergencies, Dial 9-1-1
La Mesa Police Department Non-Emergency
Call 619-667-1400

Spring Valley Sheriff’s Non-Emergency
Call 619-660-7090

Military and Veterans Affairs
858-694-3222

Community, Health and Disaster Services
Dial 2-1-1 (24 Hours)

Online General and Food Resources at
www.ECAssist.org

Resources by Text
Text “ConnectEC” to 77453



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