

### 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**  
7065 Broadway, Lemon Grove Mon.-Fri. 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

**San Diego Co. Sheriff's Lemon Grove Substation**  
3240 Main St., Lemon Grove  
619-337-2000 For Non-Emergency Concerns

**San Diego Interfaith Housing Foundation**  
7956 Lester Ave., Lemon Grove  
619-668-1532 Call for an appointment

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

### RESOURCES IN EAST COUNTY

Visit our new website for East County  
Homeless Resources at  
[www.ECAssist.org](http://www.ECAssist.org)

### 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

### LEGAL SERVICES

**Legal Aid Society**  
877-534-2524 Housing/Discrimination

**Homeless Court Program**  
619-717-6101 For More Information  
[sandiego@homelesscourtprogram.org](mailto:sandiego@homelesscourtprogram.org)

**San Diego Volunteer Lawyer Program**  
707 Broadway Ave. Ste. 1400, San Diego  
619-235-5656 Call for information

### **Think Dignity**

Legal referral and advocacy clinic, mobile showers,  
homeless youth advocacy, and storage center  
(619) 537-8736 or [thinkdignity@gmail.com](mailto: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.  
Printed May 2019. Resource information is subject to  
change. To update information please contact  
[coordinator@elcajoncollaborative.org](mailto:coordinator@elcajoncollaborative.org)*

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**MOBILE SHOWERS**

**Think Dignity Mobile Showers**  
**Fresh Start—Temple of Christ Church**  
726 Grand Ave., Spring Valley  
619-589-7892  
2nd Wednesday of the Month 10:00pm-1:00pm

**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 / Case Management

**Interfaith Shelters**

Call 2-1-1 For Referrals—Seasonal Only

**LIBRARY**

**Lemon Grove Branch Library**  
3001 School Lane, Lemon Grove  
619-463-9819 Monday & Thursday 9:30am-6:00pm  
Tuesday & Wednesday 9:30am-8:00pm  
Friday & Saturday 9:30am-5:00pm Closed Sunday

**FOOD RESOURCES**

**East County Food Resource Guides**  
www.ECAssist.org

**MENTAL HEALTH / SUBSTANCE ABUSE**

**East County Mental Health Clinic—HHS**  
1000 Broadway, Ste 210, El Cajon  
619-401-5500 Monday-Friday 8:00am-5:00pm

**Lemon Grove Family Health Center—FHCS**  
7592 Broadway Ave., Lemon Grove  
619-515-2300 Monday-Friday 8:30am-5:30pm

**Heartland Wellness Recovery Center**  
460 Magnolia Ave., El Cajon

619-440-5133 Mon., Tues., Thurs., Fri. 9:00am-5:00pm  
Wednesday open until 7:00pm

**Volunteers of America—Troy Center**

8627 Troy St., Spring Valley  
619-465-8792 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  
Other Resources:

**Salvation Army Kroc Center**  
6845 University Ave., San Diego  
619-287-5762 Call for hours

**HEALTH CARE**

**Lemon Grove Family Health Center—FHCS**  
7592 Broadway Ave., Lemon Grove  
619-515-2550 Monday-Friday 8:30am-5:30pm

**La Maestra Community Health**  
7967 Broadway Ave., Lemon Grove  
619-741-3045 Monday-Friday 8:00am-5:00pm  
Dental Services

7139 Broadway Ave., Lemon Grove  
619-255-9160 Tuesday & Thursday 8:00am-5:00pm

**U.S. Healthworks Urgent Care**

8090 Parkway Dr., La Mesa  
619-697-3093 Monday-Friday 8:00am-5:00pm

**Sharp Rees-Stealy La Mesa Urgent Care**

5525 Grossmont Center Dr., La Mesa  
619-644-6625 Monday-Sunday 8:00am-8:00pm

**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

**For Emergency Dial 9-1-1**

**SAFE PARKING**

**Dreams for Change Safe Parking**

San Diego Lot— 766 28th St., San Diego  
Balboa Avenue Lot— 8804 Balboa Ave., San Diego  
619-497-0236 Call before arriving at 6:00pm

**LEMON GROVE**



**For Emergencies, Dial 9-1-1**  
**San Diego County Sheriff's 619-337-2000**  
**Non-Emergency**  
**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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