RESOURCE LIST

211  San Diego County resources (www.211sandiego.org)
511  Transportation resources (www.511sd.com)
911  Emergencies

ADULT ABUSE
800-339-4661*  Adult Protective Services – San Diego County (www.sdcounty.ca.gov/hhsa)
800-510-2020*  Adult Protective Services – Outside San Diego County (www.sdcounty.ca.gov/hhsa)

ADVOCACY SERVICES
619-293-3500  Access to Independence (www.a2isd.org)
619-688-3323  California State Council on Developmental Disabilities (www.scdd.ca.gov)
619-239-7861  Disability Rights California (www.disabilityrightsca.org)
844-255-4477  American Advocacy Group (disabilities) (www.americanadvocacygroup.com)
619-233-4114  American Friends Service Committee (undocumented immigrants) (www.afsc.org/sandiego)
888-804-3536  Health Consumer Alliance (www.healthconsumer.org)
877-734-3258  Consumer Center for Health, Education & Advocacy (CCHEA) (www.lassd.org)

ALCOHOL/SUBSTANCE ABUSE
619-296-2666  Alanon Family Groups of San Diego (www.alanonsandiego.org)
619-265-8762  Alcoholics Anonymous (www.aasandiego.org)
888-724-7240  Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)
619-584-1007  Narcotics Anonymous (www.sandiegona.org)

ATTENDANT SERVICES
800-510-2020  In-Home Supportive Services, Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)

CHILD ABUSE
858-560-2191  San Diego County Child Protective Services (www.sdcounty.ca.gov/hhsa)
760-337-7750  Imperial County Child Protective Services
760-312-6464  Imperial County Office of Education Child Development Services (www.icoe.k12.ca.us)
619-594-7416  (San Diego) Exceptional Family Resource Center (www.efrconline.org)

CRISIS HOTLINE
888-724-7240  Suicidal 24/7 Calls, Online Chatroom M-F from 4-10pm, Health & Human Service Agency (www.sdcounty.ca.gov/hhsa)

DENTAL
211  To find a dentist
619-205-1950  Anderson Dental Center – Rady Children’s Hospital (www.rchsd.org)
800-322-6384*  Denti-Cal: To find a dentist if you are on Denti-Cal
619-234-8131  San Diego Children’s Dental Health Association (www.childrensdentalhealth.org)
DOMESTIC VIOLENCE
800-799-7233* National Domestic Violence Hotline (www.ndvh.org)
TTY 800-787-3224
760-353-8530 24/7 Emergency Shelter, Center for Family Solutions-Imperial County (www.womanhaven.org)
619-234-3164 YWCA 24-Hour Domestic Violence Hotline (www.yucasandiego.org)
619-239-0355 YWCA Short Term Emergency Shelters (men accepted) (www.yucasandiego.org)

FINANCIAL
800-772-1213* Social Security (apply for SSI or having a Social Security problem) (www.ssa.gov)
TTY 800-325-0778
866-262-9881* Department of Social Services (assistance programs & Medi-Cal) (www.sdcounty.ca.gov/hhsa)
TDD 619-589-4459
760-337-6800 Department of Social Services – Imperial County (www.co.imperial.ca.us)

FOOD
760-489-6380 North County Interfaith Crisis Center (all kinds of emergencies) (www.interfaithservices.org)
619-286-1100 Catholic Charities (In the University area) (www.cccsd.org)
760-370-0966 Imperial Valley Food Bank

HEALTH
211 To find a doctor, including those who accept Medi-Cal
800-232-4636 AIDS/HIV Testing Hotline
800-222-1222* California Poison Control System 24/7 (www.calpoison.org)
619-528-4000 CCS (California Children’s services) medically eligible birth to 21 (www.sdcounty.ca.gov)
619-692-8808 CHDP (Child Health & Disability Prevention Program) SD County (www.sdcounty.ca.gov/hhsa)
800-587-8118 CMS County Medical Services, services for low income residents (www.sdcounty.ca.gov/hhsa)
800-510-2020 HICAP (Health Insurance Counseling and Advocacy Program) – Seniors - (www.aging.ca.gov)
760-431-4100 Hospice Care-North County (www.hospicenorthcoast.org)
866-347-6319 Hospice Care-VITAS Healthcare (www.vitas.com/ca/southern-california-hospice)
619-450-4414 Hospice Care-Apreva Hospice (www.apreovahospice.com)
619-293-4700 Sexually Transmitted Disease Clinic (www.sdcounty.ca.gov/hhsa)
619-692-5565 Tuberculosis Control Program (www.sdcounty.ca.gov/hhsa/programs/phs/tuberculosis_control_program/)

IMMUNIZATIONS: Call nearest public health department listed below:
866-358-2966 Public Health Department- County wide information (www.sdcounty.ca.gov/hhsa/programs/phs/immunizations_clinic_schedule.html)
619-229-5400 Central Region
619-441-6500 East Region
858-573-7300 North Central
760-967-4401 North Coastal
760-740-3000 North Inland
442-265-1442 Imperial County (www.co.imperial.ca.us)
866-358-2966 Great Immunization information (www.sdiz.org)
LEGAL
619-231-8585  Attorney Referral Line (www.sdcba.org)
760-353-0220  California Rural Legal Assistance-Imperial County (www.crla.org)
877-534-2524*  Legal Aid Society (www.lassd.org)
213-639-3900  National Immigration Law Center- Based in Los Angeles (www.nilc.org)
619-235-5656  San Diego Volunteer Lawyer Program (www.sdvlp.org)
619-260-7470  USD Legal Clinic (www.sandiego.edu/usdlaw)

LITERACY PROGRAM
858-481-7323  Family Literacy Foundation-Military Families Only (www.unitedthroughreading.org)
619-574-1641  Literacy Hotline (www.literacysandiego.org)
760-222-5425  Early Literacy Program- Imperial County (www.nhclx.org/early-literacy)

MENTAL HEALTH/COUNSELING
888-724-7240  Access And Crisis Hotline (www.sdcounty.ca.gov/hhsa/programs/bhs/)
442-265-1525  Imperial Co Behavioral Health Services Mental Health 24Hour Crisis Referral (www.dmh.ca.gov)
619-543-0412  Mental Health of America of San Diego (MHA) (www.mhasd.org)
619-543-1434  National Association of Mental Illness (NAMI) (www.namisandiego.org)
800-523-5933  Helpline for National Association of Mental Illness (NAMI)
760-489-6380  North County Interfaith Crisis Center (Behavioral Health Services) (www.interfaithservices.org)

MILITARY SERVICES
619-767-6800  Navy/Marine Corps Relief (Behavioral and Social Services) (www.nmrcs.org)
858-751-5755  YMCA Armed Services (Behavioral and Social Services) (www.asymca.org)

PARENTING
619-543-0412  Father2Child Program, Mental Health America of San Diego County (www.mhasd.org)
760-312-6464  Imperial County Office of Education Child Development Services (www.icoe.k12.ca.us)
619-594-7416  (San Diego) Exceptional Family Resource Center (www.efrconline.org)

RECREATION/SOCIAL SERVICES
619-298-5021  Blind Community Center (www.bccsd.org)
866-739-6884  Boys & Girls Clubs (www.sdymca.org)
619-235-1100  San Diego Parks & Rec (www.sandiego.gov/park-and-recreation)
619-525-8247  San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
619-525-8249  TDD- San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
619-283-6100  Special Olympics of San Diego County (www.sos.org)
619-685-1175  The ARC of San Diego (Recreational Activities) (www.arc-sd.com)

SENIOR SERVICES
858-560-2507  Aging & Independence Services (www.sandiegocounty.gov/hhsa/programs/ais)
760-353-2748  El Centro Community Center – Senior Nutrition – Imperial County
SHELTER

211 Variety of Housing Resources (www.211sandiego.org/211)
760-357-0894 Catholic Charities-Imperial County (Men) Guadalupe’s Men’s Shelter (www.ccdsd.org)
760-352-1182 Catholic Charities-Imperial County (Women & Children) House of Hope (www.ccdsd.org)
760-357-2202 Neighborhood House-Imperial County (www.nhclx.org)
619-231-9400 San Diego Housing Commission- Emergency and/or Section 8 Housing (www.sdhc.org)

TRANSPORTATION

511 Metropolitan Transit System (MTS)/County Transit System (CTS)/Chula Vista (CVT)/National City Transit /San Diego Trolley/North County Transit District (NCTD) (www.sdcommute.com)
619-233-3004 MTS Access Service (www.sdmts.com)
619-234-6161 Yellow Cab (www.rideyellow.com)
760-592-4494 Imperial County Transportation Commission (www.imperialctc.org)
760-482-2900 Imperial Valley Transit
760-482-2908 IVT Access
760-337-1760 IVT Ride
760-337-1766 MedTrans

*TOLL FREE*