

Adult/Older Adult Mental Health Outpatient Clinics Urgent Walk-in Services Schedule and Contact Information

The hours posted below are for urgent walk-in services only at regional clinics which provide psychiatric outpatient services, including medication.

The programs serve Medi-Cal beneficiaries and uninsured adults, age 18 and over. Insured persons are referred to their own providers.

This schedule, arranged by Region, provides the Clinic's addresses, contact phone numbers, and urgent walk-in days/hours.
Whenever possible, please call in advance to arrange an appointment.

REGION	CLINIC	DAY(S) AVAILABLE FOR WALK-IN	TIME(S) AVAILABLE FOR WALK-IN	ADDRESS	PHONE / FAX NUMBER	PROGRAM MANAGER	COUNTY BHS PROGRAM COORDINATOR
Central	CRF/Jane Westin Walk-In Center *one visit only	Mon - Fri	10:00 AM - 4:00 PM	1045 9th Avenue San Diego, CA 92101	(619) 235-2600 FAX: (619) 696-9573	Kenna Mauhili	Cecily Thornton-Stearns, MFT 619-563-2754 Cecily.Thornton-Stearns@sdcounty.ca.gov
	Neighborhood House Assn, Inc. / Project Enable	Mon - Fri	10:00 AM -2:00 PM	286 Euclid Avenue Suite 102 San Diego, CA 92114	(619) 266-2111 FAX: (619) 266-0496	Evelina Jaime	
	UCSD Outpatient (Gifford) Clinic	Mon - Fri	8:00 AM - 5:00 PM	140 Arbor Drive San Diego, CA 92103	(619) 543-7795(#2) FAX: (619) 543-7013	Interim: Ameilia Roeschlein	
	Southeast Mental Health Center	Mon, Tues, Thurs, & Fri	8:30 - 11:30 am	3177 Ocean View Blvd. San Diego, CA 92113	(619) 595-4400 FAX: (619) 595-7927	Greg Watson	
1:00 - 3:00 pm							

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North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri	9:00 AM - 11:00 AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211 FAX: (858) 695-3521	Rosario Salangsang	Anna Palid 619-584-5009 anna.palid@sdcounty.ca.gov
		Thurs	12:00 PM - 2:00 PM				
	North Central Mental Health Center	Mon - Fri	8:30 AM - 3:30 PM	1250 Morena Blvd. 1st Floor San Diego, CA 92110	(619) 692-8750 FAX: (619) 692-8779	Carter Gardner	Betsy Knight 619-584-5029 elizabeth.knight@sdcounty.ca.gov
East	CRF/Heartland BPSR Center	Mon	9:00 - 11:00AM	460 N. Magnolia Ave. El Cajon, CA 92020	(619) 440-5133 FAX: (619) 440-8522	Nicole Fenton	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@sdcounty.ca.gov
		Wed & Fri	9:00 AM - Noon				
		Tues & Thurs	9:00 AM - 4:00 PM				
	East County Mental Health Center	Mon - Thurs	9:00 AM - Noon 1 - 3:30 PM	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500 FAX: (619) 401-5454	Michelle Raby	
Fri		9:00 AM - Noon 1 - 2:30 PM					

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South	CRF/Maria Sardiñas BPSR Center	Tues & Thurs	9:00 AM - 3:00 PM	1465 30th Street Suite K San Diego, CA 92154	(619) 428-1000 FAX: (619) 428-1091	Souneh Arevalo	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@s dcounty.ca.gov
	CRF/South Bay Guidance BPSR Center	Mon, Wed, & Fri	9:00 AM - 1:00 PM	835 3rd Avenue Suite C Chula Vista, CA 91911	(619) 427-4661 FAX: (619) 426-7849	Mary Wheeler	
North Coastal	MHS, Inc. BPSR – Vista	Mon - Fri	8:30 AM - 4:00 PM	550 W. Vista Way Suite 407 Vista, CA 92083	(760) 758-1092 FAX: (760) 758-8481	Scott Elizondo	Virginia West, LCSW 619-563-2744 Virginia.West@sdcountry.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assessment Center	Mon - Fri	9:00 AM - 4:30 PM	524 W. Vista Way Vista, CA 92083	(760) 758-1150 FAX: (760) 758-1808	Susan Lawlor	
	MHS, Inc. North Coastal Mental Health Clinic	Mon - Fri	9:00 AM - 4:00 PM	1701 Mission Avenue Suite A Oceanside, CA 92054	(760) 967-4475 FAX: (760) 966-3827	Erin Ryan	

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North Inland	MHS, Inc. Kinesis North WRC	Mon - Fri	8:00 AM - 5:00 PM	474 W. Vermont Avenue Suite 101 Escondido, CA 92025	(760) 480-2255 FAX: (760) 741-6645	Carla Dykes	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	8:00 AM - 4:00 PM	1520 S. Escondido Blvd. Escondido, CA 92025	(760) 796-7760 FAX: (760) 796-7758	Deomel Sorriano	
	MHS, Inc. North Inland Mental Health Clinic	Mon - Fri	Walk in for Rx Pick- Up ONLY: 8:0 AM - 12:00 PM	125 W. Mission Avenue Suite 103 Escondido, CA 92025	(760) 747-3424 FAX: (760) 747-3435	Sarah Breeding	