

Low Fee Counseling

MediCare &/or MediCal are only accepted when noted
Psychiatric services are only available when noted

Alpha Project of San Diego – Behavioral Health America

(619) 285-9999

4069 30th Street, San Diego, 92104

Counseling, Parenting, Anger management,

Domestic violence; Men's Perpetrator Classes, Youth & Family Services

Catholic Charities of San Diego

(619) 231-2828

349 Cedar Street, San Diego, 92101

Fees: Sliding scale starting at \$15

The Center – Lesbian, Gay, Bisexual, Transgender

(619) 692-2077

3909 Centre Street, San Diego 92103

ext 214

Fees: \$20 & up

Counseling: Couples, Individuals, Groups

Chemical dependence, HIV counseling, Transgender counseling

Center for Community Solutions

(858) 272-5777

4508 Mission Bay Drive, San Diego, 92109

Fees: Income based on sliding scale

Sexual assault, domestic violence, child abuse,

Relationship issues

North County Location

(760) 747-6282

La Mesa Location

(619) 697-7477

Children Outpatient Psychiatry

(858) 576-5832

3665 Kearny Villa Road, San Diego, 92123

11770 Bernardo Plaza Court, Suite #260, San Diego, 92128

(858) 487-9050

Call for Fees

Psychiatric services available for children

Jewish Family Services

(619) 291-0473

3715 Sixth Avenue, San Diego, 92103

Fees: \$30 & up; Accepts Medicare & MediCal

Limited psychiatric services available – must see counselor at least 4 times first.

North City Psychological Services

(858) 695-2237

9683 Tierra Grand Street, Suite #105, San Diego, 92126

Fees; \$70 & up; Accepts MediCare

Pacific Beach Counseling

(858) 488-5732

1010 Turquoise, Suite #265, San Diego, 92109

Fees: Individual counseling - \$50 - \$110

Therapy support groups – less \$

San Diego State University (SDSU) Counseling

(619) 594-5134

6363 Alvarado Court, Suite #103, San Diego, 92120

Fees: \$10 - \$80

San Diego Youth & Community Services

(619) 232-8126

2220 Broadway Street, San Diego, 92102

Scripps Mercy Hospital; Behavioral Health Outpatient**(619) 260-7066**5077 5th Avenue, behavioral Health on E Level, San Diego, 92104Fees; no sliding scale; accepts MediCare & MediCal
& Private InsurancePsychiatric services available; Partial Hospitalization Program;
Intensive Outpatient**Social Advocates for Youth (SAY) San Diego****(858) 565-4148**

8755 Arrow Drive, Suite #100, San Diego, 92123

Fees: \$0 & up; Accepts MediCal

Psychiatric services available; Specialize in children services

Union of Pan Asian Communities (UPAC)**(619) 229-2999**

5348 University Avenue, Suite #101, San Diego, 92105

Accepts Medical

Psychiatric services available, Individual counseling.

Support groups, Socialization Center, Case Management

Services are provided in English & most Asian Languages

Virtual Reality Medical Center**(858) 642-0267**

6160 Cornerstone Court East, San Diego, 92121

Fees; \$40 & up; accepts most insurances

Biofeedback, Anxiety management, Phobias, Panic Disorders,

PTSD, ADHD, Child & Family

YMCA**(619) 543-9850**

4080 Center Street, San Diego, 92103

Low fee counseling, Individuals, Families & Couples

Specialization in adolescents

East County of San Diego**Helix Center for Family Development****(619) 697-7654**

8363 La Mesa Blvd., Suite #A, La Mesa, 91941

Fees: sliding scale

Domestic violence & sexual assault only

Professional Community Services**(619) 449-8703**

900 No Cuyamaca Street, El Cajon, 92020

Fees: \$15 7 up for groups; \$25 7 up for individual; Accepts some insurance

Counseling, Anger management, Domestic violence treatment

SDSU Counseling & Psychological Services**(619) 594-5220**

On the SDSU campus, Student Services Building, Room #2109

Fees: Free

Available to SDSU students ONLY

North County of San Diego**Biopsychosocial Rehab (BPSR) Vista Clinic****(760) 758-1092**

550 W. Vista Way, Suite #407, Vista, 92083

Fees: \$37 & up; Accepts MediCal

Counseling for up to one year

Children Outpatient Psychiatry
4120 Waring Road, Oceanside, 92056
Fees: Accepts MediCal & MediCare

(760) 758-1480
Ext. 8882

Douglas Young Clinic
10717 Camino Ruiz, Suite #207, San Diego, 92126
Fees: \$37 & up; Accepts MediCal & MediCare
Psychiatric services available
ONLY service North County San Diego County residents

(858) 695-2211

North County Counseling
826 Second Street, Encinitas, 92024
Fees: 435 & up

(760) 436-1883

Palomar Family Counseling Service
Fees: Sliding scale; Accepts MediCal
Individuals, Couples, Family Counseling.
Domestic violence, Crisis Intervention,
Drug & Alcohol Abuse
Services Escondido & North County

(760) 741-2660

South County of San Diego

San Ysidro Mental Health
4032 Beyer Blvd., San Ysidro, 92173
Fees: \$37 & up; Accepts MediCal & MediCare
Psychiatric services available

(619) 428-5561

South Bay Community Services
1124 Nay Blvd., Chula Vista, 91911
Fees: \$0 & up; Accepts MediCal
Psychiatric services available

(619) 420-3620

South East Counseling
5895 Imperial Avenue, San Diego, 92114
Mon & Wed 9 am – 2:30 pm
Fees: \$0 & up; Accepts MediCal & MediCare
Psychiatric services available

(619) 266-3688

Telephone Hotlines

Access Center & Crisis Line
Make referral for counseling & other mental health needs

(800) 479-3339

Home Start
Counseling. In home support services for child abuse, crime victims.
Services for at-risk families including food & clothing.
San Diego, East County & South County
Fees: free for low-income clients.

(619) 692-0727

Navy Family Service
Various locations for dependents or navy retirees.
Fee: Free for active duty personnel

(619) 545-6071

PSC's Satellite Clinic – Bayside Settlement House

2202 Comstock Street, San Diego, 92111

Make referrals for counseling; Free service

(858) 278-0771

Self Help Connection/Mental Health Association in San Diego

2047 El Cajon Blvd., San Diego, 92104

(619) 543-0412

United Way Info Line

Make referrals for counseling & other services within the community

211

Mental Health Provider Referral Numbers

Licensed Clinical Social Workers

(619) 232-9622

Addendum

Logan Heights Family Counseling Center

2204 National Avenue, San Diego, California 92113

(619) 515-2355