

Cuyamaca College
Community Crisis/Prevention Resources

Crisis Numbers

San Diego Access and Crisis Line (24 hours)	(888) 724-7240
TDD for hearing impaired	(619) 641-6992
Psychiatric Emergency Response Team (PERT)	911
Center for Family Solutions (24 hours) Imperial County	(760) 353-8530
County of San Diego Psychiatric Hospital	(619) 692-8200
3853 Rosecrans Street, San Diego, CA 92110	
Adult Protective Services (APS) County of San Diego	(800) 510-2020
Child Protective Services (CPS) County of San Diego	(800) 344-6000
Emergency Screening Unit-Child & Adolescents (24 hours)	(619) 421-6900
National Domestic Violence Hotline (24 hours)	(800) 799-7233
Rape, Sexual Assault, & DV Hotline (24 hours)	(858) 272-1767

Counseling Services

Borrego Health	(619) 401-0404 Ext. 4228
396 N. Magnolia Ave., El Cajon, CA 92020	
Hours: Mondays through Fridays (8:00 am - 5:00 pm)	
Chaldean & Middle-Eastern Social Services (Claudina Hanna)	(619) 631-7400
436 S. Magnolia Ave., Suite 201, El Cajon, CA 92020	
Hours: Mondays through Fridays (9:00 am - 5:00 pm)	
Deaf Community Services of San Diego	(619) 398-2441
1545 Hotel Circle South, Suite 300, San Diego, CA 92108	
Hours: Mondays through Fridays (8:30 am - 5:00 pm)	
Family Health Centers of San Diego	
Chase Avenue Family Health Center	(619) 515-2499
1111 W. Chase Ave., El Cajon, CA 92020	
Hours: Mondays through Fridays (8:30 am - 5:30 pm)	
Saturdays (8:30 am - 12:30 pm)	
East County Family Counseling Center	(619) 515-2385
8788 Jamacha Rd. Spring Valley, CA 91977	
Hours: Mondays, Wednesdays, Thursdays, Fridays	
(8:30 am - 5:00 pm)	
Tuesdays (10:30 am - 7:00 pm)	

Heartland Center (619) 440-5133
1060 Estes St., El Cajon, CA 92020
Walk-in Hours:
Mondays (9:00 - 11:00 am)
Tuesdays/Thursdays (9:00 am - 4:00 pm)
Wednesdays/Fridays (9:00 am - 12:00 pm)

Neighborhood Healthcare (619) 440-2751
855 E. Madison Ave., El Cajon, CA 92020
Hours: Mondays, Wednesdays, Thursdays, Fridays
(8:00 am - 5:00 pm)
Closed Wednesdays (12:00 - 1:30 pm)
Tuesdays (8:00 am - 8:00 pm)
Saturdays (8:00 am - 12:00 pm)

East County Mental Health Clinic (chronically ill) (619) 401-5500
1000 Broadway, Suite 210, El Cajon, CA 92021
Walk-in Hours:
Mondays-Thursdays (9 am - 4 pm)
Fridays (9 am - 3 pm)

Military Services

Military Crisis Line (24 hours) (800) 273-8255 (Press 1)

Armed Services YMCA
San Diego Headquarters (858) 751-5755
Naval Medical Center Healthy Living Services (619) 532-8156
Navy/Marine Corps Relief Society financial support (619) 556-8283
Military Volunteer Program (619) 232-9084

Fleet and Family Support Services (866) 923-6478