

UNIVERSITY & COMMUNITY RESOURCE LIST

University Resources

Cultural Centers: SDSU's Cultural Centers create a sense of belonging for minoritized students through virtual engagement. Each center provides opportunities for students to develop community, seek mentorship, and participate in identity-specific programs. For more information on how to get involved in a Cultural Center, please visit the following websites:

The Asian Pacific Islander Desi American Resource Center

<http://diversity.sdsu.edu/apida>

The Black Resource Center

<https://diversity.sdsu.edu/brc>

The Center for Intercultural Relations

<https://diversity.sdsu.edu/cir>

The Center for Transformative Justice

<https://diversity.sdsu.edu/ctj>

The Latinx Resource Center

<https://diversity.sdsu.edu/lrc>

The Native Resource Center

<https://diversity.sdsu.edu/nrc>

The Pride Center

<https://diversity.sdsu.edu/pride>

The Women's Center

<https://diversity.sdsu.edu/wrc>

Counseling & Psychological Services

C&PS is available to assist students experiencing a mental health crisis. Therapists are available to provide counseling to students and help with community referrals. Crisis counselors are on call after-hours.

619-594-5220

<https://sa.sdsu.edu/cps>

UNIVERSITY & COMMUNITY RESOURCE LIST

Student Health Services

Basic medical services are provided at Student Health Services under the health and wellness fee that is paid with each semester's tuition and fees.

<https://sa.sdsu.edu/student-health-services>

Economic Crisis Response Team

ECRT can help any SDSU student connect with resources, both on and off campus, to help get you through your immediate food, housing, or financial crisis. Receive support by emailing ecrt@sdsu.edu or visiting their website.

<https://sa.sdsu.edu/ecrt>

ECRT COVID Resources

The following resources have been compiled to support students during the COVID19 pandemic and are being regularly updated.

Food Resources:

<https://docs.google.com/document/d/1g1boMcohqyOZuOeBFFE58Cubw7pckxgYtP5QA8jbE9s/edit>

General Resources:

<https://docs.google.com/document/d/1p6RWssnS0zyl4BVjXiFaA6D8kwOXtOFpmYCW5i7Basg/edit>

CalFresh Enrollment

Not knowing where your next meal will come from can be daunting and stressful, however there is assistance to help from trained professionals to ensure an easier understanding of the process.

Request Assistance here:

<https://docs.google.com/forms/d/e/1FAIpQLSde1GD6DDa6NfjEGvsZkiUI49iv9Qbr5Ot1SpSvVpfsuG72SQ/viewform>

Well-being & Health Promotion

Staffed with Health Educators, Community Resource Specialists, and Subject Experts who offer education, HIV testing information, medical referral assistance, sexual health knowledge, STI education, and alcohol and other drugs information.

http://healthpromotion.sdsu.edu/student_affairs/healthpromotion/

UNIVERSITY & COMMUNITY RESOURCE LIST

Health Insurance Enrollment Enrollment Specialists are available to help students obtain health coverage.

Request Assistance here:

https://docs.google.com/forms/d/e/1FAIpQLSdust5YSgx a8gVIYADdsIRiETA25Pru_I5cjUjgqttzR0gvQg/viewform

Health Insurance Utilization Staff are available to assist students with better understanding how to use their existing healthcare and their health insurance. To make an appointment with Well-being & Health Promotion by calling (619) 594-4133.

http://healthpromotion.sdsu.edu/student_affairs/healthpromotion/

Emergency Mental Health Care

San Diego Access and Crisis Line Provides 24-hour, 7-days a week, crisis intervention, as well as assistance with referrals for treatment. Staffed by trained mental health professionals.

888-724-7240 or Text HOME to 741741

National Suicide Prevention Lifeline Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Family Health Centers of San Diego-Mental Health Provides support to the health of the whole body, including physical, emotional and mental well-being. Monday-Friday

(619) 515-2338

<https://www.fhcsd.org/>

UNIVERSITY & COMMUNITY RESOURCE LIST

Emergency Mental Health Care

- Walk-In Mental Health Services-South San Diego** Maria Sardinias Center
 1465 30th St., Suite K, San Diego, CA 92154
 Urgent Care Clinic | Monday-Wednesday-Friday | 9am-1pm
619-428-1000
- South Bay Guidance Center
 835 3rd Ave., Suite C, Chula Vista, CA 91911
 Urgent Care Clinic | Tuesdays & Thursdays | 9am-3pm
619-427-4661

Non-Emergency Mental Health Care

- Warm Line** Talk line, non-Crisis Hours: 3:30 to 11 p.m. daily
1-800-930-9276
- COVID19.CA.GOV:** COVID19 resources for emotional support and well-being.
<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/#top>
- SDSU Center for Community Counseling & Engagement** Low cost multicultural counseling services for the community on a sliding fee scale. Individual Counseling, Couples Counseling, Group therapy, Workshops, Specialized programs. Training clinic for SDSU Community-Based Block (CBB) Multicultural Community-Licensed Professional Clinical Counseling Program and Marriage & Family Therapy Program students under the direct supervision of licensed professionals.
4283 El Cajon Blvd. Suite 215, San Diego, CA 92105
9:00am-8:00pm M-Th, 9:00am-4pm
(619) 594-4918
<http://www.centerforcommunitycounseling.org>

UNIVERSITY & COMMUNITY RESOURCE LIST

Non-Emergency Mental Health Care

- National Alliance on Mental Illness (NAMI)** Support groups; Psycho-educational classes for families and individuals with mental illness.
5095 Murphy Canyon RD, Suite 320 San Diego, CA 92123
(619) 543-1434, (858) 634-6580
<http://www.namisaniego.org>
- Union of Pan-Asian Communities (UPAC)** Medi-Cal Insurance is accepted. Services are provided to those with no insurance on a sliding scale. Individual, Family, and Group Therapy. Behavioral, Talk, Play and Art Therapy. Medical Evaluation and Management, Case Management. Collaboration with support persons and/or relevant agencies.
5296 University Avenue, Suite F2, San Diego, CA 92105
(619) 578-2211
<http://www.upacsd.com>
- Alliant International University** Custody evaluations, Couple counseling, family therapy, parenting groups, and individual therapy. ADHD and other Psychological testing. Fees for services are on a sliding scale based on need.
10455 Pomerado Road, San Diego, CA 92131
(760) 806-4330
<http://www.alliant.edu/cspp/comm-services-placement/san-diego-community-services/index.php>
- SDSU/UCSD Joint Doctoral Program in Clinical Psychology** Evidence-based psychological services to the general public. The clinic is staffed primarily by graduate students who are doctoral degree candidates in Clinical Psychology. Fees are commensurate with the client's ability to pay.
6363 Alvarado Court, Suite 102, San Diego, CA 92120
(619) 594-5134
<https://clinpsyc.sdsu.edu/sdsu-psychology-clinic/>

UNIVERSITY & COMMUNITY RESOURCE LIST

Non-Emergency Mental Health Care

- Families Forward Wraparound Program** Mental Health Systems is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.
(858) 380-4676
www.mhsinc.org/families-forward-wraparound
- Mental Health America** MHASD brings together clients, families, professionals, providers, community leaders, and the public to collaborate, cooperate, and ensure available affordable care to all citizens.
(619) 543-0412
<http://mhasd.org/about-us/#mha>

Physical Health

- Family Health Centers of San Diego (various locations)** Provides support to the health of the whole body, including physical, emotional and mental well-being. Monday-Friday
(619) 515-2338
<https://www.fhcsd.org/>
- Live Well San Diego** Live Well San Diego is a vision for a region that is Building Better Health, Living Safely and Thriving.
<https://www.livewellsd.org/content/livewell/home/about.html>
- Holistic Health Practitioner and Oriental Body Therapist, Robert T. Leek** Combines many eastern massage techniques, applied kinesiology, and dietary balancing to address imbalances in the body.
7969 Engineer Road Ste. #109, San Diego CA, 92111
(858) 541-1766
<http://rtlhealth.com/about/>

UNIVERSITY & COMMUNITY RESOURCE LIST

Physical Health

- Bastyr University California Clinic** This clinic is low-cost and open to the public. Naturopathic doctors are trained to use both conventional diagnostic testing and natural treatments. The most common ailments they treat are allergies, chronic pain, digestive issues, hormonal imbalances, obesity.
- 4110 Sorrento Valley Blvd, San Diego, CA 92121**
8:00am-9:00pm MTTH, 8:00am-5:00pm; WF,
8:00am-5pm
(858) 246-9730
[http://www.bastyrclinic.org/?](http://www.bastyrclinic.org/?_ga=1.186730410.366199265.1465242680)
[_ga=1.186730410.366199265.1465242680](http://www.bastyrclinic.org/?_ga=1.186730410.366199265.1465242680)

Substance Use and Addiction Support

- Sharp McDonald Center** Provides support to the health of the whole body, including physical, emotional and mental well-being. Monday-Friday
- 7989 Linda Vista Rd, San Diego, CA 92111**
(858) 637-6920
[https://www.sharp.com/hospitals/mcdonald/?](https://www.sharp.com/hospitals/mcdonald/?utm_source=google&utm_medium=organic&utm_campaign=yext)
[utm_source=google&utm_medium=organic&utm_campaign=yext](https://www.sharp.com/hospitals/mcdonald/?utm_source=google&utm_medium=organic&utm_campaign=yext)
- 12 Step Meetings (San Diego County)** Alcoholics Anonymous, Narcotics Anonymous, Crystal Meth Anonymous, and other substances.
- <http://www.sdslc.org/12-step-meetings-nearby.html>**

UNIVERSITY & COMMUNITY RESOURCE LIST

General Resources

San Diego Information Line

Provides referrals to various health and human service programs in the community (food, housing, financial assistance, child and elder care, substance abuse, disaster assistance, etc.). Multilingual.

Hours: 24/7

Phone: 211

http://www.211sandiego.org/new/

YMCA Youth and Family Services

Behavioral health and family support, transitional housing for young adults, and youth development.

Address: 2929 Meade Ave, San Diego, CA 92116

Hours: 8:30am–5:00pm

Phone: (619) 281-8313

Website: <http://www.ymca.org/yfs>

San Diego LGBT Community Center

Behavioral health services: HIV, individual, couple, family and counseling. Various support groups. Community resources. Family, youth, and health services.

Address: 3909 Centre Street, San Diego, CA 92103

Hours: 9:00am–9:00pm M–F, 9am–7pm Sat.

Phone: (619) 692-2077 ext. 208

Website: <http://www.thecentersd.org>

Pillars of the Community

Directed toward formerly incarcerated people living in Encanto and other parts of Southeast San Diego re-entering back into society. Also directed toward at-risk children, along with community members who are un- or under-employed.

Address: 6431 Imperial Ave, San Diego, CA 92114

Email: contact@potcsd.org

Website: <http://potcsd.org>

UNIVERSITY & COMMUNITY RESOURCE LIST

General Resources

Alliance for African Assistance

To assist refugees, immigrants, the economically challenged, and underserved become self-sufficient.

Address: 5952 El Cajon Blvd, San Diego, CA 92115

Phone: (619) 286-9052

Website: <http://www.alliance-for-africa.org>

Neighborhood House

Black Infant health, Housing Counseling, Head Start, Homework center, Adult day health care center, Geriatric specialty program.

Address: 5660 Copley Drive, San Diego, CA, 92111

Phone: (858) 715-2642

Website: <http://www.neighborhoodhouse.org>

Social Advocates for Youth (SAY) San Diego

Before and after school, Child abuse prevention, Delinquency Prevention and Youth Development, Family support and development, Mental health services, Prevention services, and School success.

Address: 4275 El Cajon Blvd, San Diego, CA 92105

Phone: (619) 283- 9624

Website: <https://www.saysandiego.org/>