

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	Bernard Carrasco, MFT	David Mullen, MFT (619) 584-3023 David.Mullen@sdcounty.ca.gov
	UPAC Community Wellness Clinic	Mon - Fri	8:30 AM - 5:00 PM Urgent Walk-In Services Hours: M-F 8:30 AM - 12:30 PM	5348 University Ave., Suite 108 San Diego, CA 92105	(619) 255-7550 FAX: (619) 795-6909	Joshua Zang, MFT	Maria Morgan, MFT (619) 584-5028 Maria.Morgan@sdcounty.ca.gov
	Southeast Mental Health Center	Mon, Tues, Thurs, & Fri	8:30 AM - 11:00 AM 1:00 PM - 4:00 PM	3177 Ocean View Blvd. San Diego, CA 92113	(619) 595-4400 FAX: (619) 595-7927	Diana Cobb	Phuong Quach, Psy.D, LMFT 619-584-3028 Phuong.Quach@sdcounty.ca.gov
North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri	9:00 AM - 11:00AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211 FAX: (858) 695-3521	Laura Talbott	Betsy Knight, MFT 619-584-5029 Elizabeth.Knight@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	Lisa Thiel	Phuong Quach, Psy.D, LMFT 619-584-3028 Phuong.Quach@sdcounty.ca.gov

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East	CRF/Heartland BPSR Wellness Recovery Center	Mon	9:00 AM -11:00 AM	460 N. Magnolia Ave. Suite 110 El Cajon, CA 92020	(619) 440-5133 FAX: (619) 440-8522	James McMahill	Charity White Voth, LCSW 619-563-2770 Charity.White-Voth@sdcounty.ca.gov
		Wed & Fri	9:00 AM -Noon				
		Tues & Thurs	9:00 AM - 4:00 PM				
	East County Mental Health Center	from June-Aug: Mon & Fri	9:00 AM - Noon	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500 FAX: (619) 401-5454	Michelle Raby	Phuong Quach, Psy.D, LMFT 619-584-3028 Phuong.Quach@sdcounty.ca.gov
		from June-Aug: Tues-Thurs	1:00 PM - 4:00 PM				
		Mon-Thurs	9:00 AM -Noon 1:00 PM - 3:30 PM				
		Fri	9:00 AM - Noon 1:00 PM - 2:30 PM				
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	Paul Van Portfliet	Cara Evans Murray, MFT 619-563-2796 Cara.EvansMurray@sdcounty.ca.gov
	CRF/South Bay Guidance BPSR Center	Mon, Wed, & Fri	9:00 AM - 1:00 PM	1196 3rd Avenue Chula Vista, CA 91911	(619) 427-4661 FAX: (619) 426-7849	Mary Wheeler	

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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	Kathy Robbins	Liane Sullivan 619-584-5021 Liane.Sullivan@sdcounty.ca.gov
	MHS, Inc. North Coastal Mental Health Clinic	Mon-Fri	9:00 AM - 4:00 PM	3609 Ocean Ranch Boulevard Oceanside, CA 92056	(760) 967-4475 FAX: (760) 966-3827	Shannon Nosenzo-Goodman	
	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	Blair Ibarra	
North Inland	MHS, Inc. Kinesis North WRC	Mon - Fri	8:30 AM - 4:00 PM	474 W. Vermont Avenue Suite 101 Escondido, CA 92025	(760) 480-2255 FAX: (760) 741-6645	Edward Quintana	Maria Morgan, MFT (619) 584-5028 Maria.Morgan@sdcounty.ca.gov
	MHS, Inc. North Inland Mental Health Clinic	Mon - Fri	8:30 AM - 4:00 PM	125 W. Mission Avenue Suite 103 Escondido, CA 92025	(760) 747-3424 FAX: (760) 747-3435	Sarah Breeding	
	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) 871-2020	Jazmin Jackson	Liane Sullivan 619-584-5021 Liane.Sullivan@sdcounty.ca.gov