

# 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
<b>Central</b>	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	<b>Cecily Thornton-Stearns, MFT</b> 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	<b>David Mullen, MFT</b> (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	<b>Maria Morgan, MFT</b> (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	<b>Phuong Quach, Psy.D, LMFT</b> 619-584-3028 Phuong.Quach@sdcounty.ca.gov
<b>North Central</b>	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	<b>Betsy Knight, MFT</b> 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	<b>Phuong Quach, Psy.D, LMFT</b> 619-584-3028 Phuong.Quach@sdcounty.ca.gov

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East	CRF/Heartland BPSR Wellness Recovery Center <i>*Walk-in hours 40 hrs per wk Mon-Fri until 12/15/18</i>	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 <i>*No walk-ins until 12/15/18</i>	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
		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	<p style="text-align: center;"><b>Liane Sullivan</b>  <b>619-584-5021</b>  <b>Liane.Sullivan@sdcounty.ca.gov</b></p>
	MHS, Inc. North Coastal Mental Health Clinic	Mon-Fri	9:00 AM - 4:00 PM	1701 Mission Ave. Suite 210 Oceanside, CA 92058	(760) 712-3535 FAX: (760) 439-6901	Myesha Barton	
	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	Angela Romero	
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 ext. 105 FAX: (760) 741-6645	Edward Quintana	<p style="text-align: center;"><b>Maria Morgan, MFT</b>  <b>(619) 584-5028</b>  <b>Maria.Morgan@sdcounty.ca.gov</b></p>
	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 / Christina Glassco	
	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	Autumn Johnson	<p style="text-align: center;"><b>Liane Sullivan</b>  <b>619-584-5021</b>  <b>Liane.Sullivan@sdcounty.ca.gov</b></p>