

# **Mesa Student Health Services: Counseling Referrals**

## **San Diego State University (SDSU): Center for Community Counseling & Engagement**

(Low cost- Multiple languages) <https://centerforcommunitycounseling.org/>

**Address:** 4283 El Cajon Blvd, Suite # 215. San Diego, CA 92105.

**Phone:** (619)-594-4918

**Email:** csp.ccce@gmail.com

## **Urban Restoration Counseling Center:** <https://urbanrestorationcounseling.org/>

Parenting classes, wellness groups, anxiety groups, individual, couples and family therapy.

Culturally responsive & representative staff.

**Address:** 1925 Euclid Ave, Suite 108, San Diego, CA 92105

**Phone:** 619-648-1158

## **The Center: Gay/ Lesbian/Bi and Transgender Support**

Referral specialist for counseling: 619-692-2077 x208 or email: [onduty@thecentersd.org](mailto:onduty@thecentersd.org)

Transgender-competent counseling: 619-692-2077x118 *or see above referral specialist*

Hillcrest main number: (619)-690-2077

## **Narrative Initiatives San Diego (NISD)**

**Address:** 3636 Fifth Avenue, Suite 203, San Diego, CA 92103

Sliding scale: \$30-\$75 per session (MFT residency program)

**Phone:** (619)-786-7184

<https://www.nisd counseling.org/>

**Web:** [www.centerforcommunitycounseling.org](http://www.centerforcommunitycounseling.org)

**SDSU Psychology Clinic** Short-term. Doctoral students in clinical psychology. Psychological assessment services. Individualized and group programs for eating disorders, smoking, high blood pressure, and other health-related problems. Fees \$15-95. <https://clinpsyc.sdsu.edu/sdsu-psychology-clinic/>

### **Clinic Hours:**

Monday-Wednesday 9:00 AM to 5:00 PM.

Tuesday-Thursday 9:00 AM to 7:00 PM. Friday Closed.

**Location:** 6363 Alvarado Court, Suite 102. San Diego, CA 92120.

**Phone:** (619)-594-5134.

## **United Pan Asian Communities (UPAC):** <https://www.upacsd.com/programs/ctc/>

**Counseling Program:** provides outpatient mental health services primarily to Asian and Pacific Islander adults who are 18 years of age and older with depression, anxiety, post-traumatic stress, co-occurring substance abuse and other related difficulties. Referrals to CTC can be made by calling **(619) 229-2999**

**UPAC Eastwind Clubhouse:** TAY Transitional Aged Youth with chronic and severe mental conditions are seen including Psychiatric visits/meds/group and individual counseling for \$37.00 per year. Must be 18 years old and of Asian descent. **Address:** 2359 Ulric Street (Behind the Mini Mart) **Phone:** (858)-268-4933

**Center for Mindful Relationships (Sliding Scale- in some cases)** (619)-685-0041

2333 1st Ave #203, San Diego, CA 92101. Fees based on net income and the lowest rates with MFT graduate students start at \$40/hr or \$50/90min. A couples or family session is \$50/hr or \$70/90 minutes. MFT-I's: \$90/hour. LMFT's who charge \$125/hour. <https://cfmrsandiego.com/>

*Anger management classes \$25/session -completion certificate after 12 sessions. Classes on Saturday 9am-10:30 and Tuesday 10:30am - noon. Classes are open and can be started at any time.*

**Psychology Today Search Engine:** Click on link to type in specifics. You can enter your insurance to see which practitioners may take your coverage. This site has LMFT, LCSW, PsyD, PhD professionals who can provide therapy.

<https://www.psychologytoday.com/us>

**Gifford Clinic Adult Outpatient Psychiatric Services- UCSD** Provides outpatient evaluation and psychosocial rehabilitative services. Provides care coordination, psycho-pharmacology, and psychotherapy

140 Arbor Dr San Diego, CA 92103 8-6 M-Th 8-5 F

**619-543-6250**

Questions? Our mental health care providers are seeing patients. Video visits are available for many appointment types. For in-person visits, we have implemented [additional safety measures](#) to protect you and our caregivers. **Call 858-534-7792**, and we will guide you to the most appropriate type of care.

<https://health.ucsd.edu/specialties/psych/Pages/default.aspx>

**County Mental Health** <https://www.sandiegocounty.gov/hhsa/programs/bhs/>

**Address:** 3853 Rosecrans Street. San Diego, CA 92106.

**Phone:** (619)-692-8232.

**Open:** Mon-Fri.

**Time:** 10AM – 5PM. Walk- in clinic.

Walk in OK- plan is to see psych within 2 hours and will prescribe medication and if needed. Will fill prescription free for 30 days.

**Jane Westin Center** (Medi-Cal provider). <http://comresearch.org/serviceDetails.php?id=MTc=>

**Referral Process:** Those interested in services can walk-in to the clinic on any weekday Monday through Friday from 8:00 AM to 6:00 PM.

**Location:** 1045 9<sup>th</sup> Avenue. San Diego, CA 92101. **Phone:** (619)-235-2600.

**Domestic Violence**

**Hotline:** (888)-724-7240

<https://www.saysandiego.org/get-involved/resources/domestic-violence-resources/>

<https://www.ywcсандiego.org/help/services/>

**Access and Crisis line:** 24-hours a day: Provides mental health **CRISIS** intervention, information and referrals to mental health services in San Diego County.

**888-724-7240**

<https://up2sd.org/hotline/>

**Live chat:** <https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html>

**Mental Health Support Warm Line:** A **NON-CRISIS** peer telephone service for support, information, resources, referrals and pre-crisis intervention.

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/COVID19/Peer-to-Peer%20WarmLine%20Flyer%20-%20EN-SP.pdf>

**619-295-1055 / 1-800-930-9276**

*Open 3:30 PM to 11:00 PM 7 days a week.*

**National Suicide Prevention Line:** Provides mental health **SUICIDE** intervention  
24 hrs. a day, 7 days a week.      **800-273-8255**

<https://suicidepreventionlifeline.org/>

<https://up2sd.org/resources/suicide-prevention-and-support/>

**In Emergency- call 911**

<https://www.911.gov/needtocallortext911.html>