

## Mental Health

Crossroads Family Center.....619-441-1907  
*\*outpatient 1679 E. Main St. Ste 102, El Cajon, CA 92021*

Alvarado Parkway Institute.....619-431-4877  
*\*24hr Psych Evaluation & Referral Services*

Rady's Children's' Behavioral Urgent  
Care.....858-966-5484

San Diego Psychiatric Hospital.....  
3853 Rosecrans St 92110.....619-692-8200

Sharp Grossmont.....619-740-4800

The Emergency Screening Unit for children and teens  
.....619-876-4502

## Children and teens

San Diego Youth and Family Services  
Programs.....619-221-8600  
CA Youth Hotline.....800-852-8336

Special Education Services–  
East County SELPA.....619-590-3920  
Director of Pupil Services and Special Education; Moun-  
tain Empire.....619-473-8869

Alpine Youth Center.....619-659-5088  
*\*Tues, Wed, Thurs. 2:00-6:00; 11 yrs old-18 years-Free*

Learning Assistance Center ..619-956-0615

*\*Counseling Services for children Pre-K - high school*

## Children/teens Emergency Shelter

The Storefront.....619-325-3527  
Cool Beds.....619-221-8600  
Crisis house.....619-444-1194

## LGBT and Peer Support

The Center.....619-692-2077  
Pflag (Santee location).....888-398-0006  
*\*Support services for parents, families & friends LGBTQ*  
Stepping Stone.....619-278-0777  
NAMI.....619-543-1434

Suicide Prevention .....9-8-8  
Psych Emergency Response Team..... 911  
Access & Crisis Line.....1-888-724-7240  
Suicide Prevention.....1-800-273-8255  
Texting Line: text "START" to .....741-741  
Veterans: (press 1).....1-800-273-8255  
Veterans Texting Line: .....838-255  
Trevor Project .....866-488-7386  
Safe Helpline.....877-995-5247  
RAIINN.... 800-656 HOPE .....4673  
Eating Disorder Hotline.....800-931-2237  
*Monday-Friday*  
Peer Warm Line..... 855-845-7415  
*M-F 7am-9pm, Saturday 7am-3pm, Sunday 7am-9pm*

## EMERGENCY SERVICES

### Crisis Lines

Psych Emergency Response Team..... 911  
Info Line..... 211  
Child Abuse Hotline.....1-800-344-6000  
Adult Abuse Hotline.....1-800-510-2020  
Youth Crisis Hotline.....1-800-843-5200

### Domestic Violence & Abuse

Becky's House.....619-234-3164  
Passages.....619-239-0355  
Center for Community Solutions...888-385-4657  
Women's Resource Center.....760-757-3500  
Community Resource Center.....760-753-8300

### Short term Acute Residential Treatment

Halcyon Center, El Cajon .....619-579-8685  
*\*Clients Experiencing Severe Mental Illness, Low Cost*

### Food & Clothing Assistance

American Red Cross WIC.....800-500-6411  
*\*Assistance for pregnant women & parents w/kids under 5*  
CalFresh (EBT).....866-262-9881  
220 S 1st St, El Cajon, 92019 \*www.mybenefitscalwin.org  
Feeding San Diego.....858-452-3663  
31115 Highway 94, Campo, CA 91906  
2nd and 4th Monday (12pm-1pm)  
2595 Broken Bone Ln., Portrero, CA 91963  
1st and 3rd Thursday (12:00 –1:00)  
Lake Morena Community Church Bread Shed.....619-478-5917  
Hot lunch every Monday from (12pm-2pm)  
29765 Oak dr, Campo, CA, 91906

# Campo

## SmartCare Resource Guide:

Your appointment is on:

### **Behavioral Health Consultant:**

**Angelina Canizalez**

(619) 818-5303

**Mountain Health Family Medicine**

1388 Buckman Springs rd. 91906

(619) 205-6792

**Mountain Health Community Center**

976 Sheridan Rd, 91906

(619) 478-2384

### **SmartCare Administrative Office**

1012 Main Street, Suite. 101,Ram, CA 92065  
(760) 788-9725..... fx: (760)788-9754

Follow us:

[www.vistahillsmartcare.org](http://www.vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)



Revised 09/09/2024

## SUBSTANCE USE AND ABUSE

### Teen Recovery

McAllister Institute.....619-442-0277  
[www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

### Adult Recovery

McAlister Institute.....619-465-7303  
(Non-Medical Residential Detox)  
1400 N. Johnson Ave. Ste.101 El Cajon, CA 92020

Crash.....619-233-0527

Freedom Ranch.....619-478-5696  
\*Men's recovery 1777 Buckman Springs Road Campo  
CA 91906

### Homeless Recovery

East County Transitional Living Center  
.....619-442-0457 ext. 1118  
*\*families/single parents with children*

Belinda's Place.....619-446-6945  
*\*elderly and medically fragile*

Downtown Impact.....619-398-2156

### Meetings

AA.....619-265-8762  
NA.....800-429-7690  
Al-Anon.....619-296-2666  
CoDA .....619-222-1244

### Medical Detox

Sharp McDonald Center.....  
.....858-637-6920

### Therapists

Dr. Jennifer Kugel-Fritz.....619-445-6200  
Alpine clinic

## HEALTH/ MEDICAL

Medi-cal for Families Information Line.....  
.....800-880-5305

### Aging and Senior

Aging & Independent Svc.....800-510-2020  
FACT transportation Svc.....888-924-3228  
*For those 60+*  
Senior Impact.....619-977-3716

### Hospice & Bereavement

Elizabeth Hospice.....760-737-2050  
Together Hospice Care.....619-597-1388  
Sharp HospiceCare.....619-667-1900

### Utility Assistance

California Lifeline Program  
English.....866-272-0349  
Spanish.....866-272-0350  
[www.californialifeline.com](http://www.californialifeline.com)  
*\*Basic, single line phone service or cell phone for qualifying homes.*  
SDG&E .....800-411-7343  
*\*Utility bill assist. for qualifying low -income fam.*

### Legal

Legal Aid.....877-534-2524  
Disability Help Center.....888-418-8860  
Aging & Disability Resource Connection...  
.....800-510-2020

### Shelters

Inclement Weather...211 or 858-300-1211

### Youth Services

YMCA Childcare Resource Services  
Child Care Referral Line.....800-481-2151  
Head Start .....888-873-5145

## Family Planning

Planned Parenthood.....888-743-7526  
*1685 E Main St, El Cajon, CA 92021*  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

### Other

Smoker's Hotline.....800-766-2888  
[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)  
800-NO-BUTTS..... 800-662-8887  
American Cancer Society....800-227-2345  
[www.cancer.org](http://www.cancer.org)  
American Diabetes Assoc....619-234-9897  
[www.diabetes.org](http://www.diabetes.org)  
Immunizations (CDC).....800-232-4636

### Veterans

Veterans Crisis Line (press 1)....800-273-8255  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net) Text.....838255  
VA San Diego Healthcare system....  
.....858-552-8585  
*3350 La Jolla Village Dr., San Diego, CA 92161*  
Veteran's Village.....619-393-2000

### Libraries

SD County Library.....619-478-5945  
*31356 Highway 94, Campo, CA 91906*  
Alpine Library.....619-445-4221  
*1752 Alpine Blvd. Alpine, CA 91901*

### Adult schools

Grossmont Adult School.....619-588-3512  
1550 Melody Ln., El Cajon, CA 92019