

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 NUMBER	PROGRAM MANAGER	COUNTY BHS PROGRAM COORDINATOR
Central	CRF/Jane Westin Walk-In Center *one visit only	Mon - Fri	10:00AM - 4:00 PM	1045 9th Avenue San Diego, CA 92101	(619) 235-2600	Kenna Humphreys	Cecily Thornton-Stearns, MFT 619-563-2754 Cecily.Thornton-Stearns@sdcounty.ca.gov
	Neighborhood House Assn Inc / Project Enable	Mon - Fri	10:00AM - 2:00PM	286 Euclid Avenue Suite 102 San Diego, CA 92114	(619) 266-2111	Evelina Jaime	
	UCSD Outpatient (Gifford) Clinic	Mon - Fri	8:00 AM - 5:00 PM	140 Arbor Drive San Diego, CA 92103	(619) 543-6250	Annette Witt	
North Central	CRF/Douglas Young BPSR Center	Mon - Wed, & Fri	9:00 AM - 11:00 AM	10717 Camino Ruiz Suite 207 San Diego, CA 92126	(858) 695-2211	Mary Wheeler	Cecily Thornton-Stearns, MFT 619-563-2754 Cecily.Thornton-Stearns@sdcounty.ca.gov
		Thurs	12:00 PM - 2:00 PM				
	North Central Mental Health Center	Mon - Fri	9:00 AM - 4:00 PM	1250 Morena Boulevard 1st Floor San Diego, CA 92110	(619) 692-8750	Carter Gardner	
East	CRF/Heartland BPSR Center	Mon	9:00-11:00AM	1060 Estes Street El Cajon, CA 92020	(619) 440-5133	Amy Loder	Debbie Malcarne, LCSW 619-563-2764 Deborah.Malcarne@sdcounty.ca.gov
		Wed & Fri	9:00 AM- Noon				
		Tues & Thurs	9:00AM - 4:00PM				
	East County Mental Health Center	Mon - Thurs	9:00AM - 3:30PM	1000 Broadway Suite 210 El Cajon, CA 92021	(619) 401-5500	Luz Fernandez	
Fri		9:00AM - 2:30PM					
South	CRF/Maria Sardiñas BPSR Center	Tues & Thurs	9:00AM - 3:00PM	1465 30th Street Suite K San Diego, CA 92154	(619) 428-1000	Souneh Arevalo	
	CRF/South Bay Guidance BPSR Center	Mon, Wed, & Fri	9:00AM - 1:00PM	835 3rd Avenue Suite C Chula Vista, CA 91911	(619) 427-4661	Adrienne Anderson	

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North Coastal	MHS, Inc. BPSR – Vista	Mon - Fri	8:30 AM - 5:00 PM	550 W. Vista Way Suite 407 Vista, CA 92083	(760) 758-1092	Scott Elizondo	Virginia West, LCSW 619-563-2744 Virginia.West@sdcounty.ca.gov
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	9:00 AM - 4:30 PM	524 W. Vista Way Vista, CA 92083	(760) 758-1150	Tina Klotz	
	MHS, Inc./North Coastal Mental Health Clinic	Mon - Fri	9:00 AM - 4:00 PM	1701 Mission Ave Suite A Oceanside, CA 92054	(760) 967-4475	Payal Beam	
North Inland	MHS, Inc. Kinesis North WRC	Mon - Fri	8:00 AM - 4:00 PM	474 W. Vermont Ave Suite 101 Escondido, CA 92025	(760) 480-2255	Jordan Sybrandt	
	Exodus Recovery, Inc. North County Walk-In Assess. Center	Mon - Fri	8:00 AM - 4:30 PM	1520 South Escondido Blvd. Escondido, CA 92025	(760) 796-7760	Deomel Sorriano	
	MHS, Inc. North Inland Mental Health Clinic	Mon - Fri	8:30 AM - 4:00 PM	125 W. Mission Ave Suite 103 Escondido, CA 92025	(760) 747-3424	Emmett (Tray) Thomason	