



San Diego Mental Health Clinics

Organization	Contact	Information
Rady Children's Behavioral Health Urgent Care	4305 University Avenue, Suite 150 (858) 966-5484 Walk-In Hours: 4-8pm, Monday-Friday	The Behavioral Health Urgent Care, offered at the Mid-City Urgent Care location, provides walk-in safety assessments for youth ages 5-21 who are struggling with mental health concerns that pose an imminent risk to their safety, the safety of others, or significantly impair their daily lives. If you are in crisis after hours, on the weekend or during a holiday, please go to your nearest emergency room, call 911 (ask for Psychiatric Emergency Response Team) or contact the Access and Crisis Line at 988.
Rady Outpatient Psychiatry Clinics	San Diego, Escondido, Oceanside (858) 966-5832	Rady Children's Outpatient Psychiatry Clinic and School-Based Services includes a full range of community-based behavioral health services for children, teenagers and transition-aged youth whose functioning is impaired by symptoms from a psychiatric diagnosis.
San Ysidro Health	20+ clinics in SD County (619) 662-4100	San Ysidro Health is a non-profit organization committed to providing high quality, compassionate, accessible and affordable health care services for the entire family. The mission of San Ysidro Health is to improve the health and well-being of the communities we serve with access for all.
San Diego Regional Center	4355 Ruffin Rd, Suite 200 (858) 576-2996	The San Diego Regional Center is a focal point in the community for persons with developmental disabilities (intellectual disabilities, cerebral palsy, epilepsy, autism, or other disabling conditions similar to intellectual disabilities) living in San Diego and Imperial counties.
San Diego Family Care	4305 University Avenue, Suite 150 (619) 280-2058	The Behavioral Health Department at SDFC consists of psychiatrists, psychologists, and other mental health professionals. We provide therapeutic and psychiatric services to both children and adults. Services are available in English and Spanish, with other translators available.
San Diego Youth Services	Call or text (619) 241-0608 Mon - Fri 10am-6pm	San Diego Youth Services helps San Diego's most vulnerable youth, including foster children, youth experiencing homelessness, family conflict and violence, abuse and neglect, mental health struggles and substance abuse. Also provides shelter services.
Family Health Center San Diego – Youth Counseling Center	Logan Heights (619) 515-2382 El Cajon (619) 515-2365	Family Health Center San Diego – Youth Counseling Center provides support to the health of the whole body, including physical, emotional and mental well-being. Services include individual, couples, family and group counseling, adult psychiatry, psychological testing for children, a geriatric program, medication management, as well as clinic, school and home-based services.