

## Urgent Walk-In Services

<b>CENTRAL</b>				
Clinic	Walk-In Day(s)	Walk-In Hours	Phone / Fax	Address
<b>Jane Westin Walk-In Center (CRF)</b>	Every day, including Holidays	8:00am-10:00pm	P (619) 235-2600 F (619) 696-9573	1045 9 <sup>th</sup> Ave. San Diego, CA 92101
92101, 92102, 92104, 92132 (1 visit)				
<b>Community Wellness Clinic (Managed by UPAC)</b>	Monday-Friday	8:30am-12:30pm	P (619) 255-7550 F (619) 255-7538	5348 University Ave. STE #108. San Diego, CA 92105
92103, 92105, 92115				
<b>Neighborhood House Assn. (Project Enable)</b>	Monday-Friday	10:00am-2:00pm	P (619) 266-2111 F (619) 266-0496	286 Euclid Ave. Suite 102 San Diego, CA 92114
92112, 92114, 92139				
<b>Southeast Mental Health Center</b>	Mon-Tues, Thurs-Fri Monday-Friday	8:30am-11:30am 1:00pm-3:00pm	P (619) 595-4400 F (619) 595-7927	3177 Ocean View Blvd. San Diego, CA 92113
92113				
<b>NORTH CENTRAL</b>				
<b>North Central Mental Health Center</b>	Monday-Friday	8:30am-3:30pm	P (619) 692-8750 F (619) 692-8779	1250 Morena Blvd. 1 <sup>st</sup> floor San Diego, CA 92110
92037, 92038, 92093, 92106, 92107, 92108, 92109, 92110, 92111, 92116, 92117, 92119, 92120, 92121				
<b>Douglas Young Center (CRF)</b>	Monday, Tuesday, Wednesday, Friday Thursday	9:00am-11:00am 12:00pm-2:00pm	P (858) 695-2211 F (858) 695-3521	10717 Camino Ruiz, Suite 207 San Diego, CA 92126
92122, 92123, 92124, 92126, 92130, 92131, 92140, 92145, 92161				
<b>EAST</b>				
<b>Heartland (CRF)</b>	Tuesday & Thursday	9:00am-4:00pm	P (619) 440-5133 F (619) 440-8522	460 N. Magnolia Ave. El Cajon, CA 92020
92019, 92020, 92022				
<b>East County Mental Health Center</b>	Monday-Friday No Walk-Ins (M-F)	9:00am-3:30pm 12:00pm – 1:00pm	P (619) 401-5500 F (619) 401-5454	1000 Broadway, Suite 210 El Cajon, CA 92021
91901, 91905, 91906, 91916, 91917, 91931, 91934, 91935, 91941, 91942, 91945, 91948, 91962, 91963, 91977, 91978, 91980, 92021, 92040, 92071				
<b>SOUTH</b>				
<b>South Bay Guidance Wellness Recovery Center (CRF)</b>	Monday, Wednesday, Friday	9:00am-1:00pm	P (619) 427-4661 F (619) 426-7849	1196 3 <sup>rd</sup> Ave. Chula Vista, CA 91911
91902, 91908, 91909, 91910, 91911, 91912, 91913, 91914, 91915, 91921, 91950, 91951, 92118, 92135, 92155				
<b>Maria Sardiñas Wellness Recovery Center (CRF)</b>	Tuesday, Thursday	9:00am-3:00pm	P (619) 428-1000 F (619) 428-1091	1465 30 <sup>th</sup> St. Suite K San Diego, CA 92154

91932, 91933, 92143, 92153, 92154, 92155, 92173

**NORTH COASTAL**

<b>North County Walk-In Center (Exodus Recovery, Inc.)</b>	Monday-Friday	9:00am-4:30pm	P (760) 758-1150 F (760) 758-1808	524 W. Vista Way Vista, CA 92083
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All North Coastal zip codes

<b>North Coastal Mental Health Center (MHS, Inc.)</b>	Monday-Friday	9:00am-4:00pm	P (760) 967-4475 F (760) 966-3827	1701 Mission Ave. Suite A Oceanside, CA 92058
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92007, 92008, 92009, 92010, 92011, 92013, 92014, 92018, 92023, 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92091

<b>Vista Wellness Recovery Center (MHS, Inc.)</b>	Monday-Friday	8:30am-4:00pm	P (760) 758-1092 F (760) 758-8481	550 W. Vista Way, Suite 407 Vista, CA 92083
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92068, 92069, 92078, 92081, 92083, 92084, 92091, 92672

**NORTH INLAND**

<b>North Inland Mental Health Clinic (MHS, Inc.)</b>	Monday-Friday	8:30am-4:00pm	P (760) 747-3424 F (760) 747-3435	125 W. Mission Ave. Suite 103 Escondido, CA 92025
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92061, 92025, 92069, 92070, 92029, 92026, 92027, 92064, 92066, 92060, 92390

Updated 11/19/2019