

Low Cost Counseling Resources

Catholic Charities	(619) 231-2828	349 Cedar St. San Diego, CA 92101
Individual, couples, family, and group therapy; psychological and psychoeducational testing; food bank; social services. Assistance with family or marital conflict, domestic violence, depression and other mood disorders, anxiety, trauma-related issues, relationship problems, stage of life adjustment, parenting skills. Fees are income-based sliding scale (\$65-\$200/session). Services available in Spanish. Monday-Thursday 8:00am-8:00pm, Friday 8:00am-5:00pm		
Intrapsychic	(619) 234-7970	3636 Camino del Rio N. #230 San Diego, CA 92108
General individual therapy; court mandated groups: domestic violence (including levels I & II), anger management/violent offender treatment, parenting/child abuse. Fees are income-based sliding scale. For more information including scheduling, call Monday-Thursday 10:00am-4:00pm.		
Jewish Family Services	(858) 637-3210	804 Balboa Ave. San Diego, CA 92123
Individual, couples, family, and group therapy; case management; employment and career services; food assistance; parenting and youth services; refugee and immigration services. Military families welcome. Groups: hope & help Al-Anon; mood management; parents, families, friends of lesbians & gays; psychotherapy; aging well; bereavement. Accepts insurance otherwise fees are income-based sliding scale (some groups \$0). Day & evening appointments.		
Center for Community Counseling (SDSU)	(619) 594-4918	4283 El Cajon Blvd. #215 San Diego, CA 92105
Individual, couples, family, and group therapy. Group topics change based on community need. Current group: support for Latina women (in Spanish). Local residents may qualify for in-home services via Community Wellness Response Team (CWRT). Fees are income-based sliding scale. Group fees range from \$2-\$20/session. Services available in Spanish & other languages (based on therapists available). Monday-Thursday 9:00am-8:00pm, Friday 9:00am-4:00pm.		
LGBT Center	(619) 692-2077	3909 Centre St. San Diego, CA 92103
Individual, couples, family, and group counseling to LGBT community members. Information, skills, and support are provided to assist coping with trauma, stress, coming out issues, self-esteem, relationship problems, intimacy problems, bereavement, depression, anxiety, sexual concerns, and addictions. Fees are income-based sliding scale starting around \$25/session. Monday-Thursday 8:00am-8:00pm, Friday 8:00am-5:00pm.		
Center for Mindful Relationships	(619) 354-1005	2333 1st Ave. #203 San Diego, CA 92101
Individual (\$40+/session), couples (\$50+/session), family (\$50+/session), and group therapy. Online therapy available for those that cannot make it to office. Groups: family/friends of those dealing with a physical or mental health issue, survivors of victim loss, anger management (\$25/session), domestic violence (\$25/session). Services available in Spanish. Monday-Friday 9:00am-9:00pm, Saturday 9:00am-3:00pm. No waitlist.		
Operation Samahan	(619) 474-2284	2743 Highland Ave. National City, CA 91950
Multi-service health center provides primary health care, health promotion and education, and social services to low-income families of diverse cultural and ethnic backgrounds throughout the county. Services available in Spanish, Tagalog, Ilocano, Visayan and other Filipino dialects, Laotian, Bengali, and Farsi. Primary care can prescribe medication for depression and anxiety (on case by case basis). Accepts Medi-Cal otherwise fees are income-based sliding scale. Individual therapy: \$45 intake, \$35/session (starting). Monday-Saturday 8:30am-5:00pm.		

Family Health Centers of San Diego	(619) 515-2300	Various San Diego County Locations
Provides numerous services and programs to address health care needs including: individual, couples, and group therapy; adult and child psychiatry; clinic, school and home-based services; psychological testing for children; geriatric program. Accepts Medi-Cal and Medicare otherwise fees are income-based sliding scale. Call for specific information.		
Center for Community Solutions	(619) 697-7477	460 North Magnolia El Cajon, CA 92020
Individual, couples, family, and group therapy. Specialize in sexual assault and sexual abuse, domestic violence and relationship violence. Free legal services for survivors. Fees are income-based sliding scale. Services approved for victims of crime compensation funding. 3 locations: El Cajon, Escondido, Pacific Beach. Services available in Spanish. Day & evening appointments.		
Family Justice Center	(619) 533-6000	1122 Broadway Suite 200 San Diego, CA 92101
More than 25 agencies provide consolidated and coordinated legal, social, and health services to women, men, children, and families/victims of family violence. Monday-Friday 8:00am-5:00pm. Call for more details: 1-866-933-HOPE (4673).		
South Bay Community Services	(619) 420-3620	430 F St. Chula Vista, CA 91910
Individual, couples, family, and group therapy; housing and support services for homeless families; homeless prevention (rental subsidies and support) and rapid rehousing program; healthy child development services. Groups: domestic violence, parenting. Accepts Medi-Cal otherwise fees are income-based sliding scale. Domestic Violence Response Team (DVRT) 24/7 hotline: 1-800-640-2933. Monday-Thursday 8:30am-8:00pm, Friday 8:30am-5:00pm.		
Union of Pan Asian Communities	(619) 229-2999	5348 University Ave. Suite #10 & 102 San Diego, CA 92105
Individual, couples, family, and group therapy; assessment; peer support; prevention education; case management; psychiatric medication management; employment program; psychoeducational classes; older adult mental health. Services available in Chinese, Cambodian, Korean, Tagalog, Vietnamese. Accepts Medi-Cal otherwise fees are income-based sliding scale. Call for hours.		
La Maestra Counseling Center	(619) 280-4213	4060 Fairmount Ave. San Diego, CA 92105
Individual, couples, and family therapy. Individual sessions start at \$60 (for first session) and \$35 for following sessions. Couples sessions start at \$90 (for first session) and \$60 for following sessions. 6 free therapy and 4 free psychiatry sessions available for low-income individuals with depression and/or anxiety. Call for more details.		
TAY Academy (SDYS)	(619) 232-8126	2220 Broadway San Diego, CA 92102
TAY Academy offers comprehensive services and support for youth ages 14-25 on their journey to independence and self-sufficiency. Includes: skill-development workshops, fitness, nutrition, and educational classes, support groups, leadership opportunities, fun activities, and connection coaches on-site. Contact for similar site in Chula Vista: (619) 628-2411 746 Ada Street, Chula Vista, CA 91911.		
Counseling Cove (SDYS)	(619) 525-9903	3427 4th Ave. (2nd floor) San Diego, CA 92103
Counseling Cove provides individual, family, and group therapy to homeless or runaway youth; case management; crisis intervention; rehabilitative services and psychiatric evaluation; medication monitoring; pharmaceuticals. Accepts Medi-Cal or uninsured. Day & evening appointments.		