

Urgent Walk-In Services

CENTRAL				
Clinic	Walk-In Day(s)	Walk-In Hours	Phone / Fax	Address
Jane Westin Walk-In Center (CRF)	Monday-Friday	10:00am-4:00pm	P (619) 235-2600 F (619) 696-9573	1045 9 th Ave. San Diego, CA 92101
92101, 92102, 92104, 92132 (1 visit)				
Community Wellness Clinic (Managed by UPAC)	Monday-Friday	8:30am-12:30pm	P (619) 818-3788 F (619) 795-6906	3539 College Ave. San Diego, CA 92115
92103, 92105, 92115				
Neighborhood House Assn. (Project Enable)	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				
Southeast Mental Health Center	Monday-Tuesday Thursday-Friday	9:00am-11:00am 1:00pm-3:00pm	P (619) 595-4400 F (619) 595-7927	3177 Ocean View Blvd. San Diego, CA 92113
92113				
NORTH CENTRAL				
North Central Mental Health Center	Monday-Friday	8:30am-3:30pm	P (619) 692-8750 F (619) 692-8779	1250 Morena Blvd. 1 st floor San Diego, CA 92110
92037, 92038, 92093, 92106, 92107, 92108, 92109, 92110, 92111, 92116, 92117, 92119, 92120, 92121				
Douglas Young Center (CRF)	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				
EAST				
Heartland (CRF)	Monday Tuesday, Thursday Wednesday, Friday	9:00am-11:00am 9:00am-4:00pm 9:00am-12:00pm	P (619) 440-5133 F (619) 440-8522	460 N. Magnolia Ave. El Cajon, CA 92020
92019, 92020, 92022				
East County Mental Health Center	Monday-Thursday Friday	9:00am-4:00pm 9:00am-3:00pm	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				
SOUTH				
South Bay Guidance Wellness Recovery Center (CRF)	Monday, Wednesday, Friday	9:00am-1:00pm	P (619) 427-4661 F (619) 426-7849	1196 3 rd Ave. Chula Vista, CA 91911
91902, 91908, 91909, 91910, 91911, 91912, 91913, 91914, 91915, 91921, 91950, 91951, 92118, 92135, 92155				
Maria Sardiñas Wellness Recovery Center (CRF)	Tuesday, Thursday	9:00am-3:00pm	P (619) 428-1000 F (619) 428-1091	1465 30 th St. Suite K San Diego, CA 92154
91932, 91933, 92143, 92153, 92154, 92155, 92173				

NORTH COASTAL

North County Walk-In Center (Exodus Recovery, Inc.)	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

North Coastal Mental Health Center (MHS, Inc.)	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

Vista Wellness Recovery Center (MHS, Inc.)	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

North County Walk-In Center (Exodus Recovery, Inc.)	Monday-Friday	8:00am-4:00pm	P (760) 796-7760 F (760) 796-7758	660 E. Grand Ave. Escondido, CA 92025
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All North Inland zip codes

Kinesis North WRC (MHS, Inc.)	Monday-Friday	8:00am-4:00pm	P (760) 480-2255 F (760) 741-6645	474 W. Vermont Ave. Suite 101 Escondido, CA 92025
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92003, 92004, 92028, 92036, 92059, 92065, 92082, 92086, 92096, 92127, 92128, 92129, 92259, 92536, 92592

North Inland Mental Health Clinic (MHS, Inc.)	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 10/10/2017