

Community Mental Health Resources

Provided by the Santee School District Counselors and Social Workers



Urgent Needs

9-1-1

If you have immediate concerns for mental or physical safety, dial 9-1-1. For psychiatric emergencies, ask for Psychiatric Emergency Response Team (PERT).

2-1-1

San Diego's resource and information hub that connects people with community, health and disaster services. Dial 2-1-1.

Mental Health Screening & Assessment

Aurora Behavioral Health Care

<https://www.aurorasandiego.com/admission/san-diego-assessment>

858-675-4228 or 1-888-565-4228

Emergency Screening Unit (under 18)

619-876-4502

Naval Medical Center San Diego

619-532-9171

Psychiatric Emergency Response Team (PERT)

El Cajon 619-579-3311

Santee/Lakeside 858-565-5200

Rady Children's Child & Adolescent Behavioral Services (24 hrs)

<https://www.rchsd.org/programs-services/caps-2/>

858-576-1700

Rady Children's Urgent Care (Mid-City)

<https://www.rchsd.org/programs-services/behavioral-health-2/programs/behavioral-health-urgent-care/>

858-966-5484

San Diego Youth Services -
East County Behavioral Clinic
619-448-9700 X 3305

Sharp Mesa Vista

<https://www.sharp.com/hospitals/ mesa-vista/programs/child-teen.cfm>

858-360-8044

Crisis & Access Phone/Text Lines

San Diego Access and Crisis Line

<https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html>

Call 888-724-7240 -or- Text 741-741

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255

Trevor Lifeline (LGBTQ Youth)

<https://www.thetrevorproject.org/get-help-now/>

1-866-488-7386