

# Community Resource Phone List

## *Youth Service:*

### **ParentCare Prenatal and Parenting Program**

An adolescent program for girls ages 12 – 17 yrs that are pregnant or parenting and have used drugs or alcohol in the past year. Provided are case management services to assist with whatever their individualized needs are.

619.668.4265

### **Students Together Against Alcohol ‘N Drugs (STAAND)**

A high school age youth service program in partnership with Communities Against Substance Abuse.

619.442.2727

[drugfreesandiego.org](http://drugfreesandiego.org)

## *Support Groups:*

### **Alcoholics Anonymous**

619.265.8762

[aasandiego.org](http://aasandiego.org)

### **Al-Anon/Alateen**

619.296.2666

[alanonsandiego.org](http://alanonsandiego.org)

### **Cocaine Anonymous**

866.242.2248

[casandiego.org](http://casandiego.org)

### **Marijuana Anonymous**

619.685.2808

[marijuana-anonymous.org](http://marijuana-anonymous.org)

**Narcotics Anonymous**

619.584.1007

sandiegona.org

**Cool Bed Program**

Short term residential program which offers secure, proven alternative to institutional settings for youth who need a break during stressful situations.

619.258.6877 x 221

**Meth Solutions – East County Coalition**

To reduce methamphetamine and club drug problems in East County communities.

1.877.662.6384

***Counseling:***

**Center for Community Solutions**

Healing and preventing sexual assault and Relationship Violence.

619.697.7477

24-Hour Toll Free Crisisline: 1.888.DVLINKS (385.4657)

**East County Teen Recovery Center**

Provides drug and alcohol prevention and education, crisis intervention and counseling. Drug testing provided.

619.667.3333

**Harmonium, Inc.**

Provides counseling for teens and families. Programs include: juvenile diversion, supervised visitation; drug/alcohol abuse/recovery; anger management and self-esteem groups.

619.258.3740 X 276

**San Diego Mediation Center for Parent/Teen Mediation**

181 Rea Ave, Ste. 201  
El Cajon, CA 92020  
619.592.4530

**San Diego Youth Services**

Youth ages 5 - 18 yrs. Agency provides programs that focus on youth and families, with emphasis on crisis intervention, prevention, education, counseling and shelter.

619.221.8600  
sdycs.org

**UCSD Mother, Child & Adolescent HIV Program**

Provides a comprehensive family centered HIV care to pregnant women, children, teens and mothers.

619.543.8080  
ucsdmcap.org

***Health Information:***

**Center for Young Women's Health**

Features teen health guides, quizzes, chats, Health Guide A to Z and more. Developed by Boston Children's Hospital.  
youngwomenshealth.org

**Young Men's Health**

A website for teen guys and young men featuring state-of-the art health information. Developed by Boston's Children's Hospital  
youngmenshealthsite.org

**MedlinePlus: Teen Health**

Information on drugs, medical encyclopedia, health news and interactive tutorials. Service of the U.S. National Library of Medicine and the National Institutes of Health.  
medlineplus.gov/teenhealth

### **Kids Health ( with teen area)**

Features recipes, health problems, food and fitness, diseases and school and jobs to name a few. Developed by Nemours – one of the largest nonprofit organizations devoted to children’s health.

[kidshealth.org](http://kidshealth.org)

### **Go Ask Alice!**

A health question and answer internet service. Developed by Columbia University.

[goaskalice.columbia.edu](http://goaskalice.columbia.edu)

### **Teen Talk**

Gateway to the online Planned Parenthood community and to a wealth of reproductive health and rights information, services and resources.

[plannedparenthood.org/teen-talk](http://plannedparenthood.org/teen-talk)

### ***Help Lines/Support Groups:***

#### **The Access and Crisis Line**

Crisis and Suicide Intervention and  
Mental Health Information and Referral.

1.800.479.3339

#### **California Smokers’ Helpline**

1-800-NO-BUTTS

#### **California Youth Crisis Line**

1.800.843.5200

[youthcrisisline.org](http://youthcrisisline.org)

#### **Child Abuse Hotline**

Aid to families where abuse has occurred

1.800.344.6000

**Domestic Violence and Sexual Assault 24-Hour Toll Free**

Crisisline:

1.888.DVLINKS (385-4657)

**Gay Youth Alliance Info Line**

Social support group for young gay men, lesbians, bisexuals, transsexuals, and others who are exploring their sexuality.

619.233.9309 – 619.692.2077

**National Eating Disorders Association Information and Referral Line**

1.800.931.2237

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

**National Runaway Switchboard**

Crisis intervention hotline for youth and their parents - - identifies the problem and directs callers to local services.

1.800.621.4000

**Poison Control**

1.800.876.4766

**Rape Hotline**

Center for Community solutions

1.888.272.1767

**San Diego County Domestic Violence Hotline**

1.888.DVLINKS (1.888.385.4657)

**Youth2Youth Helpline**

Any kind of personal support, 3:00 – 9:00 p.m.

866.222.1866

**211**

Finding help for community, social, health and government services in San Diego

Call: 211 [211sandiego.org](http://211sandiego.org)

***Legal Services:***

**La Mesa Police Department**

619.667.1400

**La Mesa Police Department Juvenile Law Class**

A free educational class for teens and parents regarding juvenile laws, sponsored by Harmonium and Stoney's Kids

619.667.1441

**Center for Community Solutions Legal Clinic**

Healing and preventing Sexual Assault and Relationship violence.

858.272.1574

**East County Family Justice Center**

Coordinated support services for individuals and families experiencing violence.

619.456.9609

**Family Court Services**

619.441.4387

**Juvenile Court**

858.694.4537

**Juvenile Department 11/Traffic Court**

858.634.1616

**Legal Aid Society**

619.262.0896

**San Diego County Probation**

858.694.4600

***School Resource Officer Phone #'s – Non Emergency:***

**Grossmont High School Resource Officer**  
619.668.6074

**Helix High School Resource Officer**  
619.644.1940 x 290

**La Mesa Spring Valley School District**  
619.667.1428

***Youth Shelters & Food:***

**The Bridge**  
619.521.3939

**Cool Bed Program**  
Offer secure, proven alternative to institutional settings for youth  
who need a break during stressful situations.  
619.258.6877 x 221

**Oz San Diego**  
Shelter/residential treatment for 12 – 17 yrs.  
1.858.270.8213

**Storefront**  
San Diego's only emergency shelter for homeless and runaway  
youth 12 – 17 years.  
1.866.752.232.7829  
619.325.3527

**Toussaint Teen Center** – Downtown San Diego  
Residential program for homeless teens  
619.687.1080

**Holy Trinity Church (Food)**  
619.444.9425

**Our Lady of Grace Church (Food)**  
619.469.0133

**Santee Food Bank**  
619.448.4456

**Sunshine Haven (Food and Clothing)**  
619.440.1221