

Low-cost Mental Health Treatment Resources in San Diego

Updated December 2021

There are a number of community centers and educational organizations in San Diego offering affordable, “sliding scale” mental health treatment for people who lack sufficient financial resources and health insurance to pay for treatment on their own. Unfortunately, these important resources typically struggle to meet the demand for their services, so some persistence, flexibility, and patience is often required to secure treatment through them. Note that the services summarized in this document often have specific requirements and change over time; current and more detailed information can be secured by contacting each resource.

Center for Applied Psychology

Counseling services provided by Alliant International University doctoral students in clinical psychology under supervision.

Alliant International University
Scripps Ranch campus
10455 Pomerado Road
San Diego, CA 92131

<http://www.mojgankhademipsyd.com/center-for-applied-psychology.html>

619-687-1939

Center for Community Counseling & Engagement

Counseling services offered in English and Spanish provided by San Diego State University graduate students in Marriage & Family Therapy and in Community Counseling under supervision.

4283 El Cajon Blvd, Suite 215
San Diego, CA 92105

<https://centerforcommunitycounseling.org/>

619-594-4918

Center for Community Solutions

Counseling services for survivors of intimate partner violence and/or sexual assault; various locations, check website or call for details.

<https://www.ccssd.org/get-help/counseling.html>

858-272-5777

Family Health Centers of San Diego

Counseling and psychiatric services; various locations, call or see website for details.

<http://www.fhcsd.org/>

619-515-2300

Harmonium

Counseling services, call or see website for details.

5440 Morehouse Dr., Suite 1000
San Diego, CA 92121

<http://www.harmoniumsd.org/>

858-684-3080

La Maestra Community Health Centers

Counseling and psychiatric services; various locations, call or see website for details.

<http://www.lamaestra.org/index.html>

619-564-8765

Samahan Health Centers

Counseling and psychiatric services offered in English and Spanish; various locations, call or see website for details.

<https://samahanhealth.com/services-programs/behavioral-health/>

844-200-2426

San Diego County Behavioral Health Services

Counseling and psychiatric services; various locations, call or check website for details.

<http://www.sandiegocounty.gov/hhsa/programs/bhs>

888-724-7240

San Diego Family Care

Counseling and psychiatric services; various locations, call or check website for details.

<https://sdfamilycare.org/>

858-810-8787

San Diego LGBT Center Behavioral Health Services

Counseling services for the LGBTQ community, including general counseling; counseling for persons struggling with relationship violence; counseling for transgender and nonbinary persons who need assistance with transition or exploring their gender identity; and counseling for individuals, couples & families living with HIV/AIDS.

<https://thecentersd.org/behavioral-services/>

3909 Centre Street

San Diego, CA 92103

619-692-2077, ext 208

San Diego State University Psychology Clinic

Counseling services provided by SDSU doctoral students in clinical psychology under supervision.

6363 Alvarado Court, Suite 102

San Diego, CA 92120

<http://clinpsyc.sdsu.edu/sdsu-psychology-clinic/>

619-594-5134

Union of Pan Asian Communities Counseling and Treatment Center

Counseling services primarily for Asians and Pacific Islanders; services are offered in English, Vietnamese, Cambodian, Laotian, Tagalog, Chinese, Karen, Burmese, Japanese, Korean, and other Asian Pacific Islander languages. Call or check website for details.

5348 University Avenue, Suites 101 & 120

San Diego, CA 92105

<https://www.upacsd.com/programs/ctc/>

619-229-2999