

## Low-cost Mental Health Treatment Resources in San Diego

Updated October 2022

*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.*

<https://lamaestra.org/>

619-285-7097

**OpSam Health**

*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 offered in English or Spanish provided by SDSU doctoral students in clinical psychology under supervision.*

6363 Alvarado Court, Suite 102

San Diego, CA 92120

<https://psychologyclinic.sdsu.edu/>

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, Suite 108

San Diego, CA 92105

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

619-229-2999