

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

Updated September 2024

*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.*

### **Alliant International University Couple and Family Clinic**

*Counseling services provided in English, Spanish, Mandarin, Taiwanese, Tagalog, and Farsi by Alliant University graduate students under supervision. Each location has its own areas of emphasis, check the website for details.*

10455 Pomerado Rd, Building A  
San Diego, CA 92131  
858-547-9803

4281 Katella Avenue Suite 207  
Los Alamitos, CA 90720-6515  
626-270-9400

### **Alliant International University Center for Applied Psychology**

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

Alliant International University  
Scripps Ranch campus  
10455 Pomerado Road  
San Diego, CA 92131  
619-687-1939

### **Center for Community Solutions**

*Counseling services offered in English and Spanish for survivors of intimate partner violence and/or sexual assault that has occurred within the past year. Three locations in Mission Bay, El Cajon, and Escondido, check the website or call for details.*

858-272-5777, x7000

### **Family Health Centers of San Diego**

*Counseling and psychiatric services offered in English and Spanish. Many locations throughout San Diego county, call or see website for details.*

619-515-2338

### **Harmonium Community Behavioral Health Counseling Program**

*Counseling services offered for children and youth (up to age 25) and their families who are already receiving other Harmonium health services.*

5440 Morehouse Dr., Suite 1000  
San Diego, CA 92121  
858-684-3080

### **[La Maestra Comprehensive Community Behavioral Health and Wellness Clinic](#)**

*Counseling and psychiatric services for persons already receiving other La Maestra health services. Call or see the website for details.*

4175 Fairmount Avenue  
San Diego, CA 92105  
619-285-7097

### **[Narrative Initiatives San Diego Counseling](#)**

*Counseling services offered by supervised graduate Marriage & Family Therapy students. Call or check the website for details.*

3636 Fifth Avenue, Suite 203  
San Diego, CA 92103  
619-272-4450

### **[New Horizon Counseling Center](#)**

*Counseling services offered on a sliding scale in Chula Vista, provided by supervised graduate students from various universities. Call or see the website for details.*

6280 Jackson Dr. Suite 8,  
San Diego, CA 92119  
619-225-9332

### **[OpSam Health](#)**

*Counseling and psychiatric services offered in English and Spanish; various locations in National City, Mira Mesa, Scripps Ranch, and Rancho Penasquitos. Call or see the website for details.*

844-200-2426

### **[San Diego American Indian Health Center Behavioral Health](#)**

*Counseling and psychiatric services for American Indian and other underserved populations, offered through Medi-Cal and other insurance programs, and offered on a sliding scale to those who qualify. Call or see the website for details.*

2630 First Avenue  
San Diego, CA 92130  
619-234-2158

### **[San Diego County Behavioral Health Services](#)**

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

888-724-7240

### **[San Diego Family Care](#)**

*Counseling and psychiatric services offered in English and Spanish. Call or check the website for details.*

6973 Linda Vista Road  
San Diego, CA 92111  
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.*

3909 Centre Street  
San Diego, CA 92103  
619-692-2077, ext 208

### **SDSU Center for Community Counseling & Engagement**

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

4283 El Cajon Blvd, Suite 215  
San Diego, CA 92105  
619-594-4918

### **SDSU Psychology Clinic**

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

6363 Alvarado Court, Suite 102  
San Diego, CA 92120  
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 the website for details.*

7830 Clairemont Mesa Boulevard, Suite #100  
San Diego, CA 92111  
619-229-2999

### **University of San Diego Tele-Mental Health Training Clinic**

*Online counseling services offered by counseling graduate students. Call or check the website for details.*

5998 Alcalá Park  
San Diego, CA 92110  
619-260-7670

### **Urban Restoration Counseling Center**

*Counseling services for BIPOC communities (Black, Indigenous, and People of Color). Call or check the website for details.*

619-648-1158

### **YMCA Behavioral & Mental Health Services**

*Counseling services, call or check the website for details.*

4394 30th Street  
San Diego, CA 92104  
counselingservices@ymcasd.org (preferred means of contact)  
619-281-8313