

Low-cost Mental Health Treatment Resources in San Diego

Updated November 2025

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 offered virtually or in person at their offices in San Diego and Los Alamitos, and provided in English, Spanish, Hindi, Mandarin, Taiwanese, and Tagalog. The services are 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 Services

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

Alliant International University
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

[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