

Mental Health Services and Housing Assistance in the North County Area

WHAT IS MENTAL ILLNESS?

Any of various conditions that significantly impair an individual's normal cognitive, emotional, or behavioral functioning, and is caused by social, psychological, biochemical, genetic or other factors such as schizophrenia, depression, and anxiety disorders.

WHO IS ELIGIBLE FOR SERVICES?

Adults 18 years and older suffering from long-term mental illness such as mood disorders and schizophrenia disorders are eligible for services.

SERVICES PROVIDED

Counseling

- Short-term individual counseling
- Psycho-educational & Support Groups

Medication Management

Case Management

- Homeless Services
 - Housing assistance
 - Referrals
- Resource Assistance
 - Disability applications

Referral to MHS Employment Services Program

WHAT ABOUT SUBSTANCE ABUSE?

The North Inland and North Coastal Mental Health Centers are not recovery programs, however treatment is provided for those who are dually diagnosed with substance abuse and mental illness. Referrals to substance abuse treatment programs are available.

WHAT ABOUT PAYMENT?

Services are reimbursed through Medi-Cal, Medicare, and a sliding scale formula. Our clinics do not accept private insurance.

No one is refused services because of an inability to pay.

HOW DO I GET SERVICES?

Call the clinic and speak to the Homeless Outreach Case Manager. He/she will assess your need and guide you through the necessary steps.

WHERE ARE THE CLINICS?

North Inland Mental Health Center

125 West Mission, Suite 103
Escondido, CA 92025

Phone: (760) 747-3424

North Coastal Mental Health Center

1701 Mission Avenue
Oceanside, CA 92054

Phone: (760) 967-4475

WHAT IF I'M OUT OF MEDICATION BEFORE MY APPOINTMENT?

Contact your previous doctor; ask if you can receive a medication refill to last until the date of your psychiatric evaluation.

OR

Go to the San Diego **Emergency Psychiatric Unit**.
Walk-in Clinic located at

3851 Rosecrans St.
San Diego, CA 92110
M-F 10am – 6pm
Sat & Sun 10am – 3pm

FOR A MENTAL HEALTH EMERGENCY

- Call 911 or go to the hospital emergency room
- Call your doctor or mental health specialist
- Call the ACCESS & CRISIS LINE at **1-800-479-3339**

FOR AFTER HOURS/WEEKENDS:

Crisis & Emergency Help

- Concerning Adults: Call the Access & Crisis Line at 1-800-479-3339
- Concerning Children: Call the Emergency Screening Unit at 1-619-421-6900

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