

UPDATED for the duration of the COVID-19 Pandemic (4/3/20 - 10:30 AM)

CUYAMACA COLLEGE RESOURCE GUIDE VIRTUAL HEALTH & WELLNESS CENTER



619-660-4200 - *This phone # will still be answered by a nurse*
CuyamacaHealthAndWellness@gmail.com
Cuyamaca College, 900 Rancho San Diego Parkway, El Cajon, CA 92019

Virtual Cuyamaca Personal Counseling Hours

Tuesday: 9:00 AM – 3:00 PM

Thursday: 9:00 – 6:00 PM

Friday: 9:00 AM – 3:00 PM

COMMUNITY RESOURCES

2-1-1 (You can dial this phone number like you would dial 9-1-1)

- As a local non-profit operating 24 hours a day, 365 days each year, 211 San Diego is the region's trusted source for access to community, health, social, and disaster services.
- By simply dialing 211 the call is free, confidential and available in more than 200 languages. 211 provides access to **6,000+ services, resources and programs** through our online database.

Access & Crisis Line

1 (888) 724-7240.

- The Access & Crisis Line receives thousands of calls per month related to **suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services**.
- Confidential and free of charge, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians.



CUYAMACA CARES

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- Language interpreter services enable the ACL to assist in 150 languages within seconds.

[Crisis Text Line](#)

- Text “COURAGE” to 741741 to connect with a Crisis Counselor. We’re here to help.

[Center for Community Solutions](#)

1 (888) 385-4657

- Center for Community Solutions (CCS) has served more than 17,000 adults and children last year to heal and ***prevent relationship and sexual violence***.
- CCS operates the only rape crisis center in the city of San Diego along with a countywide 24-hour bilingual crisis helpline.
- The nonprofit agency also provides emergency domestic violence shelters, hospital and court accompaniment, as well as legal and counseling services for those affected by domestic violence, sexual assault and stalking.

[Courage to Call](#)

1 (877) 698-7838

- Courage to Call is dedicated to improving mental wellness for ***Veterans, Active Duty, Reservists, National Guardsmen, and their families*** via countywide outreach and education, a 24/7 peer line, as well as individual short-term, solution focused prevention-oriented plans.
- This program is led by veterans and their family members.

[San Diego LGBTQ Community Center](#)

- The San Diego ***Lesbian, Gay, Bisexual, and Transgender*** Community Center, Inc., (d.b.a., The Center) is one of the largest and most vibrant LGBT community centers in the nation.
- The Center provides targeted programs and services to the full diversity of the San Diego LGBT community, including men, women, youth, seniors, transgender and non-binary individuals, families, LGBT Latino community members and their families, and those living with HIV.



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Substance Abuse and Mental Health Services Administration (SAMHSA)

Help Line: 1 (800) 662-4357

- **SAMHSA** leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.
- SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.
- This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Trans Lifeline

1 (877) 565-8860

- Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.



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***BEFORE SHOWING UP TO ANY OF THESE PHYSICAL RESOURCES PLEASE CALL AHEAD OF TIME TO SEE HOW THEY CAN SERVE YOU. IF YOU BELIEVE THAT YOU OR SOMEONE YOU CARE FOR MIGHT BE EXPOSED TO COVID-19, PLEASE CALL YOUR MEDICAL PROVIDER FOR GUIDANCE.**

OFF CAMPUS HEALTH, WELLNESS, & SOCIAL SERVICES PROVIDERS

BORREGO HEALTH: CENTRO MEDICO EL CAJON

Location:

133 West Main Street, Suite 100
El Cajon, CA 92020

Phone: (619) 401-0404

Hours:

Monday – Friday: 8:00 AM - 8:00 PM.
Saturday: 8:00 AM – 5:00 PM (Urgent Care Only)
Sunday: 8:00 AM – 12:00 PM (Urgent Care Only)

CRISIS HOUSE

Location:

1034 N Magnolia Ave
El Cajon, CA 92020

Phone: (619) 444-1194

Hours:

Monday – Friday:
8:30-11:30 AM, 1-5PM
Closed for lunch 11:30 AM – 1 PM

FAMILY HEALTH CENTERS: EAST COUNTY

Location:

525 E. Main Street
El Cajon, CA 92020

Phone: (619) 515-2498

Hours:

Monday – Saturday:
8:30 AM - 5:30 PM
Closed for lunch 12:30 PM – 1:30 PM

HALCYON CENTER (FOR SHORT TERM ACUTE RESIDENTIAL TREATMENT)

Location:

1664 Broadway
El Cajon, CA 92021

Phone: (619) 579-8685

Hours:

Monday-Friday, 9am-5pm

Call ahead to ask for availability of beds



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HEARTLAND WELLNESS RECOVERY CENTER

Location:

460 North Magnolia Avenue Suite 110
El Cajon, CA 92020

Phone: (619) 440-5133

Transportation Bus #864 connects from the El Cajon Trolley station and stops at the corner of Madison Avenue and Magnolia Avenue.

Hours:

Monday, Tuesday, Thursday, and Friday:

9:00 AM – 5:00 PM

Wednesday:

9:00 AM – 7:00 PM

SAN YSIDRO HEALTH: CHALDEAN & MIDDLE-EASTERN SOCIAL SERVICES

Location:

436 South Magnolia Avenue, Suite 201,
El Cajon, CA 92020

Phone: (619) 662-4100

Hours:

Monday – Friday:

8:00 AM - 5:00 PM

Website:

<http://www.syhc.org/cmss-social-services/>



TIPS AND RESOURCES TO HELP YOU WITH YOUR WELLNESS

*These resources are not provided as interventions for a clinical treatment plan. They are provided as helpful tools that you can use at your own discretion.

- [Social Loneliness vs Social Distancing/Isolation with Dr. Sue Varma](#)
- [Managing your Anxiety and Stress from the CDC](#)
- [Wellness Toolbox](#) (Provided by DBSA)
- [Press Pause](#) - Get some ideas on how to manage the stress (Provided by MTVu, Jed Foundation, HalfofUs)

Free Mindfulness & Meditations:

- [Calm](#) - A free resource page with meditations, Sleep Stories, music, talks, and resources, all hand-picked to support your mental and emotional wellbeing.
- [Headspace](#) - These are part of a larger collection in the Headspace app — free for everyone — called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.
- [Progressive Muscle Relaxation](#) - Progressive muscle relaxation is a technique that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle. (Provided by TherapistAid)

