

## 24-Hour Crisis

Access and Crisis Line 800-479-3339  
Suicide/Crisis 619-641-6800

Aging and Independence Services 800-510-2020  
Adult Abuse Reporting

California Poison Control 800-222-1222

California Youth Crisis Line 800-843-5200

Child Abuse Hotline 800-344-6000

County Domestic Violence Hotline 888-385-4657

National Runaway Switchboard 800-621-4000

## Other Numbers

Aging and Independence Services 800-510-2020  
Seniors and Persons with Disabilities

Public Assistance Information 866-262-9881  
General Relief, CalWorks, Food Stamps, Medi-Cal

YMCA Childcare Resource Service 800-481-2151  
Child Care Information and Referral

## San Diego County Board of Supervisors

Greg Cox, District 1 619-531-5511  
Dianne Jacob, District 2 619-531-5522  
Pam Slater-Price, District 3 619-531-5533  
Ron Roberts, District 4 619-531-5544  
Bill Horn, District 5 619-531-5555

2-1-1 is the new three-digit phone number for easy access to community, health, and disaster services information and referrals.



T-Mobile, Cingular, and Sprint/Nextel cell phone customers may dial 2-1-1 directly.

With all other providers, call (858) 300-1-211 from cell phones.

(858) 300-1311 TTY/TDD

Free • Confidential • Multilingual  
24 Hours A Day, 7 Days A Week

[www.211sandiego.org](http://www.211sandiego.org)

For Life-Threatening Emergencies,  
Call 911

PO Box 881307  
San Diego CA 92168-1307

This brochure is produced by  
2-1-1 San Diego.

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To order additional copies or other products offered  
by 2-1-1 San Diego, please call 858-300-1200 or  
email [resourcecenter@211sandiego.org](mailto:resourcecenter@211sandiego.org).



## Emergency Resource Guide

Your

Quick Reference Guide

to

Food, Shelter, Clothing,

and General Information

in

# San Diego County

Regional brochures are also available.

Still Need Help?

Call 2-1-1

Or look us up online at

[www.211sandiego.org](http://www.211sandiego.org).

## Food & Clothing

Call agency for intake procedures or appointment information.

### Central

Catholic Charities  
Community Christian Service Agency  
Home Start  
Metro Good Neighbor  
Presbyterian Crisis Center

### North

Catholic Charities  
Fallbrook Community Project  
Interfaith Community Services/North Coastal

### South

Lutheran Social Services

### East

Crisis House  
Home Start  
Lutheran Social Services

### Food Only

### Central

Mid-City Christian Service Agency  
Neighborhood House Association  
Ocean Beach Emergency Food  
Salvation Army

### North

Interfaith Community Services/Escondido  
Office of Social Concerns  
Salvation Army/Escondido  
Salvation Army/Oceanside

### South

MAAC/Chula Vista  
MAAC/National City  
MAAC/San Ysidro  
Salvation Army

### East

Salvation Army

## Emergency Resource Guide for San Diego County

### Referral to Shelter

2-1-1 San Diego 211

### Case Management

Utilization of case management services can be the most effective way to address needs related to homelessness.

### Central

Catholic Charities  
Community Christian Service Agency  
Home Start  
Presbyterian Crisis Center  
Salvation Army

### North

Catholic Charities  
Interfaith Community Services  
North County Lifeline/Oceanside  
North County Lifeline/Vista

### South

MAAC/Chula Vista  
MAAC/National City  
MAAC/San Ysidro  
Salvation Army

### East

Crisis House  
Home Start

## Shelter

Agencies without addresses must be called for intake information. Due to limited shelter availability, all emergency shelters in the county are listed. Agencies may be listed in more than one category.

### Day Shelter

Catholic Charities/Rachel's Women's Center  
759 8th Ave, San Diego 619-696-0873  
Neil Good Day Center 619-234-3041  
299 17th St, San Diego

### Family Shelter

Brother Benno/Martha Ann Mary (women, children) 760-439-1244  
Center for Community Solutions (women, children) 760-747-6282  
Rescue Mission (women, children) 619-687-3720  
Call after 5:30 pm only  
Salvation Army Family Development Center 619-699-2223  
St Vincent de Paul 619-233-8500  
Must have case management referral for admission  
Volunteers of America 888-862-8440

### Singles

Brother Benno/Martha Ann Mary (women)

760-439-1244  
Catholic Charities/La Posada de Guadalupe (men) 760-929-2322  
2478 Impala Dr, Carlsbad  
Catholic Charities/Rachel's Women's Center (women) 619-696-0873  
759 8th Ave, San Diego  
Center for Community Solutions (women) 760-747-6282  
Rescue Mission (women) 619-687-3720  
St Vincent de Paul 619-233-8500  
Must have case management referral for admission  
Volunteers of America 888-862-8440

### Youth

Casa Nuestra 619-498-0555  
Storefront 619-325-3527  
3255 Wing St, Ste 550, San Diego  
YMCA Oz/Oceanside 760-721-8930  
YMCA Oz/San Diego 858-270-8213