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**Serving  
the communities of...**

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Guatay  
Jacumba  
Jamul  
La Mesa  
Lemon Grove  
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District 5



County of San Diego  
Health & Human Services Agency  
East County Mental Health Center  
1000 Broadway, Suite 210, 2nd Floor  
El Cajon, CA 92021

# East County Mental Health Center

**Where Quality Care Comes  
First**

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**Mental Health  
Services**

*East County Mental Health Center  
1000 Broadway, Suite 210, 2nd. Floor  
El Cajon, CA 92021  
(619) 401-5500*

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## Who we are

**A**t the East County Mental Health Center, we welcome adults and older adults who suffer from serious and persistent mental illness, including persons with co-occurring disorders of mental illness and substance abuse. We provide psychiatric outpatient mental health, rehabilitation and recovery services to eligible persons. Our clinical staff are:

- **Experienced Professionals:** Our staff of psychiatrists, psychiatric nurses, licensed mental health clinicians and case managers are highly trained and experienced in their respective disciplines.
- **Culturally Diverse:** We provide services reflective of the ethnic-diversity of the region. We have bilingual clinicians and interpreters available.
- **Client Focused:** Client satisfaction is most important to us. We work closely with you in the development of an individualized treatment plan, taking into consideration your unique needs and the services you desire.

## What we do

**T**he mental health services we provide are specific to the needs of each person. They include:

### Clinic Outpatient Services

- ◆ Mental health assessment
- ◆ Medication management
- ◆ Crisis intervention
- ◆ Co-occurring Disorders treatment
- ◆ Vocational Assessment and support
- ◆ Rehabilitation & Recovery Groups
- ◆ Case management
- ◆ Peer Support
- ◆ Information & referrals for other services such as vocational, educational, housing, health, legal, benefits, etc.

### Eligibility Requirements

You may be eligible for these public mental health services if you are on Medi-Cal, or have no insurance and few or no resources, and have a severe or persistent mental illness.

## How to contact us

**I**f you reside in the East Region of the County, and are in need of mental health services, or you want more information about our services, you are welcome to call us at any of the following numbers:

**East County  
Mental Health Clinic.....(619) 401-5500**

**Homeless Team.....(619) 401-5500**

**ACCESS LINE.....1-800-479-3339  
24-hours-a-day, Free, Multilingual**

**TTY for hearing impaired...(619) 641-6992**

**Clinic Hours:** 8:00 am - 5:00 p.m.  
Monday through Friday  
(Evening Hours Available by Appointment)

**Confidentiality.** Your contact with us and any information about you and the services you receive is held in strict confidence and protected by Federal and State laws.