

Food & Material Goods/ Comida & Articulos Materiales

SBCS (South Bay Community Services), Food Distribution
Montgomery Middle School
(619) 420-3620
1051 Picador Blvd, San Diego, 92154

The Salvation Army San Diego Regional Office, Food Distribution
648 Third Ave, Chula Vista, 91910
(619) 422-7027

Society of St Vincent De Paul, San Diego Council, Food Distribution
1245 Fourth Ave, Chula Vista, 91911
(619) 422-2100

Friendships For Hope Inc, Food Distribution
1000 Euclid Ave, National City, 91950
(619) 395-5088

Feeding San Diego, Food Distribution
Southport Christian Center
142 E 16th St, National City, 91950
(619) 474-2834

First Christian Church of National City, Food Pantry
1800 E 17th St, National City, 91950
(619) 474-2254

Imperial Beach Neighborhood Center, Saturday Showers Program
Provides sack lunches, showers and hygiene items
(619) 947-6057 call for address

Jacobs & Cushman San Diego Food Bank, Diaper Distribution
Site- Diapers for infants/toddlers ,and provides menstrual supplies
Project 1:1
560 Palomar St, Chula Vista, 91911
(619) 777-6723
Urban Refuge
940 Hilltop Dr, Chula Vista, 91911
(619) 500-3073
Friendships For Hope – diapers only
2711 Burden Way, National City, 91950
(619) 395-5088

San Ysidro Health, WIC
Locations distribute diapers for infants/toddlers
(888) 942-7942 (for all locations below)
1655 Broadway, #17, Chula Vista, 91911
886 Palm Ave, Imperial Beach, 91932
1420 E Plaza Blvd, Ste B4, National City, 91950
4050 Beyer Blvd, 3rd Fl, San Ysidro, 92173
4494 Camino De La Plz, San Ysidro, 92173

Employment Services/ Servicios de empleo

San Diego Workforce Partnership, Employment and Training
(619) 319-9675

Goodwill Industries of San Diego County
Employment Center
865 E H St, Chula Vista, 91910
(619) 207-0386
630 Front St, San Diego, 92173
(619) 271-3896

Veterans Village of San Diego, Employment & Training
For veterans only
401 Mile of Cars Way, National City, 91950
(619) 731-3356

Legal/ Ayuda Legal

Public Defender, County of San Diego
Provides legal assistance
303 H St, #400, Chula Vista, 91910
(619) 498-2001

Veterans/ Veteranos

American Legion, Heroes to Hometown
For severely injured service members returning home
from OEF/OIF or children of veterans only
299 I St, Chula Vista, 91910
(619) 791-6694

Military Health System, Reference Center
Provides advocacy & referral for military, veterans and their families
(760) 643-2049

Last Updated: December 2024

South San Diego County Directory

Selected services, including shelter, food assistance, and healthcare
Servicios seleccionados que incluyen albergues, asistencia de comida, u cuidado de salud



In partnership with
Regional Task Force on Homelessness

To find the most up-to-date information, visit
211sandiego.org or dial 2-1-1
Para encontrar la información más actualizada, visite 211sandiego.org o llame al 2-1-1

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Healthcare/ Cuidado de la salud

Family Health Centers of San Diego, Healthcare for the Homeless (includes dental)
(619) 515-2300 (for location below)
1000 Euclid Ave, National City, 91950
Homeless, Services, Mobile Medical Unit
(619) 515-2312

San Ysidro Health Medical Services
(619) 662-4100 (for all locations below)
678 Third Ave, Chula Vista, 91910 (dental included)
1637 Third Ave, Chula Vista, 91911
1136 D Ave, National City, 91950
2400 E 8th St, National City, 91950
330 E 8th St, National City, 91950
4050 Beyer Blvd, San Diego, 92173
4004 Beyer Blvd, San Diego, 92173 (dental included)
Urgent Care
678 Third Ave, Chula Vista, 91910
Dental Care
340 E 8th St, National City, 91950

Imperial Beach Community Clinic Health Center
(619) 429-3733 (for all locations below)
949 Palm Ave, Imperial Beach, 91932
1016 Outer Rd, San Diego, 92154

La Maestra Community Health Centers Medical Clinic
217 Highland Ave, National City, 91950
(619) 280-4213

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(619) 280-4213

Paradise Valley Hospital, Acute Care Hospital Services
2400 E 4th St, National City, 91950
(619) 470-4321

OpSam Health (Samahan Health Centers)
(844) 200-2426 (for all locations below)
Medical
2743 Highland Ave, National City, 91950
Dental
2835 Highland Ave, National City, 91950

Southwestern College, Dental Hygiene Program
Provides dental hygiene services & oral healthcare education
880 National City Blvd, National City, 91950
(619) 216-6663

Public Health Services, HHSA, County of San Diego Immunization Clinic
690 Oxford St, Chula Vista, 91911
(619) 409-3110

Planned Parenthood of the Pacific Southwest
1295 Broadway, #201, Chula Vista, 91911
(888) 743-7526

Mental Health/ Salud Mental

Access and Crisis Line
(888) 724-7240 Toll free 24 hours a day, 7 days a week

National Domestic Violence Hotline
(800) 799-7233 (SAFE) Toll free 24 hours a day, 7 days a week

Paradise Valley Hospital, Acute Care Hospital Services
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(800) 799-7233 (SAFE) Toll free 24 hours a day, 7 days a week

Alcoholics Anonymous
(619) 265-8762 Hotline 24 hours a day, 7 days a week

Health & Human Services Agency, Behavioral Health Services Adult Urgent Walk-in Services
1196 Third Ave, Chula Vista, 91911
(619) 427-4661
1465 30th St, Ste K, San Diego, 92154
(619) 428-1000

San Ysidro Health Behavioral Services
(619) 662-4100 (for all locations below)
678 Third Ave, Chula Vista, 91910
4004 Beyer Blvd, San Diego, 92173

Family Health Centers of San Diego, Mental Health Services
264 Landis Ave, Chula Vista, 91910
(619) 906-5383
742 10th St, Imperial Beach, 91932
(619) 906-5322
Mobile Counseling Center
(619) 515-2338

McAlister Institute for Treatment & Education, Outpatient
1180 Third Ave, Ste C3-C5, Chula Vista, 91911
(619) 691-8164

Paradise Valley Hospital, Inpatient and Outpatient
330 Moss St, Chula Vista, 91911
2400 E 4th St, National City, 91950
(800) 585-2767

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(800) 585-2767

United States Dept of Veteran Affairs, Chula Vista Vet Center- Counseling center for veterans, service members and their families only
180 Otay Lakes Rd, #107-108, Bonita 91902
(858) 404-8380

Homeless Resources/ Drop in Services
Recursos para personas sin hogar

Regional Task Force on Homelessness, Coordinated Entry Access Sites- Provides resources for housing needs
South Bay Community Services
430 F St, Chula Vista, 91910
(619) 420-3620

Shelters/ Albergues

Interfaith Shelter Network, South Bay Community Services
Open January, accepts homeless couples, families with children and single individuals
Call for address
(619) 702-5399

SBCS (South Bay Community Services), Casa Seguras Shelter
Provides short-term shelter/transitional housing for both male and female victims of domestic violence with children
Address is confidential, please call for information
(619) 420-3620

United States Dept of Veteran Affairs, Chula Vista Vet Center- Counseling center for veterans, service members and their families only
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