

Healthcare

Medical and dental services

Family Health Centers of San Diego

Health care services for homeless individuals
(619) 515-2551; Monday-Friday
1111 W Chase Ave., El Cajon 92020
525 E Main St., El Cajon 92020
8788 Jamacha Rd., Spring Valley 91977

DAP Health

Centro Medico, El Cajon
133 W Main St. #100, El Cajon 92020
(619) 401-0404
Primary care, mental health counseling

UC San Diego Health

East Campus Medical Center
6655 Alvarado Rd., San Diego 92120
(619) 287-3270
24/7 emergency outpatient care

Medi-Cal recipients can enroll in CalAIM to receive Enhanced Care Management for medical care coordination and Community Supports for housing navigation. Contact your Medi-Cal managed care plan's Member Services to enroll.

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Mental Health / Substance Use

Crisis and recovery support

Optum

San Diego Access & Crisis Line
(888) 724-7240
24-hour behavioral health crisis support line

Community Research Foundation

Heartland Wellness Recovery Center
460 N Magnolia Ave. #110, El Cajon 92020
(619) 440-5133
Outpatient rehab services for mental health

McAlister Institute for Treatment & Education

East County Regional Recovery Center
1365 N Johnson Ave. #111, El Cajon 92020
(619) 440-4801 Ext 1201
Mental health & substance use treatment
Adult Residential Detox, Lemon Grove
(619) 465-7303; Call for appointment
Detoxification and 12-step recovery

Health and Human Services Agency

East County Mental Health Center
1000 Broadway #210, El Cajon 92021
(619) 401-5424
Adult services for behavioral health

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Adult services for behavioral health

Legal Services

Legal support and ID services

Homeless Court

(619) 717-6101, TEXT for more information
Resolve fines, minor misdemeanors & warrants

Think Dignity

Legal Services (619) 940-7659
Legal aid & advocacy support
ID Bank (619) 537-8736
Help obtaining birth certificates & IDs

Employment

Job search assistance

Goodwill Employment Center, La Mesa

8250 La Mesa Blvd., La Mesa 91942
(619) 303-6478

Veterans

Support for veterans

National Call Center for Homeless Veterans

(877) 424-3838
Confidential, 24 hours a day

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Resource Guide East Region San Diego County 2026



This guide lists selected resources for individuals and families experiencing homelessness.

Information is updated regularly, and more services may be available. For current availability or additional resources, visit 211sandiego.org or call 2-1-1 anytime. Translation services available.

Esta guía incluye una lista seleccionada de recursos para personas y familias que experimentan falta de vivienda.

La información se actualiza regularmente y puede haber más servicios disponibles. Para verificar la disponibilidad actual y obtener recursos adicionales, visite 211sandiego.org o llame al 2-1-1 en cualquier momento. Servicios de traducción están disponibles.

Last Updated: December 2025

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Shelter

Access pathways to shelter

East County Transitional Living Center

Emergency Shelter
1527 E Main St., El Cajon 92021
(619) 442-0457

Temporary shelter with supportive services

Crisis House

East County Housing Connections
(619) 444-1194

Mobile outreach and housing services

Seasonal winter shelter for those experiencing situational homelessness:

Interfaith Shelter Network (ISN)

Rotational Shelter Program
(619) 702-5399; *Call for intake*

Safe Parking Programs, for individuals and families living in their vehicle:

Dreams for Change (CES)

(619) 497-0236 *Call for intake; multiple locations*

For non-emergency outreach and referrals to shelter when a referral is required:

City of La Mesa

Homeless Outreach & Mobile Engagement
(619) 667-1475

Drop-in Centers & Hygiene

Supportive services, clothing & showers

Baby Ruth's Safe Haven

Resource Center
123 Worthington St. #203, Spring Valley 91977
(928) 210-2604; *Call for hours*
Clothing, hygiene, sack lunches, computer lab

NAMI San Diego

Clubhouse, East Corner, El Cajon
1060 Estes St. #104, El Cajon 92020
(619) 631-0441

Adults living with a mental health condition

Meals

Call for current availability

Community meals for older adults 60+:

The Salvation Army of San Diego

Club 60 El Cajon
1011 E Main St., El Cajon 92021
(619) 440-4683

Serving Seniors

La Mesa Adult Enrichment Center
8450 La Mesa Blvd., La Mesa 91942
(619) 235-6572

San Ysidro Health

Senior Nutrition Center
(619) 478-2384; *multiple locations*
28890 Old Hwy 80., Pine Valley 91962
24883 Portello Valley Rd., Potrero 91963

Food Pantries / Diapers

Call for current schedule

Feeding San Diego

8848 Troy St., Spring Valley 91977
(619) 825-8489

Tuesday-Friday

9931 Channel Rd., Lakeside 92040
(619) 933-1309

Monday-Thursday

La Posta Casino

777 Crestwood Rd., Boulevard 91905
(866) 350-3663

3rd Friday

Ministerio Tiempo Nuevo, Lemon Grove

8179 Broadway, Lemon Grove 91945
(866) 350-3663

Diapers and food Monday-Thursday

Samoa Independent Feeding Ministry

2055 Skyline Dr., Lemon Grove 91945
(619) 251-6834

Tuesday-Thursday, 1st and last Fridays

Crosspointe Life Church

8809 La Mesa Blvd., La Mesa 91942
(619) 464-3077

Tuesdays & Thursdays

Santee Food Bank

9715 Halberns Blvd., Santee 92071
(619) 448-2096

Wednesday, Friday, Saturday, 3rd Tuesday

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