

## Healthcare

Medical and dental services

### San Ysidro Health

(619) 662-4100; *Multiple locations*

Medical Services  
4004 Beyer Blvd., San Diego 92173  
Medical & Dental Care  
340 E. 8<sup>th</sup> St., National City 91950

### Family Health Centers of San Diego

Rice Family Health Center  
352 L St., Chula Vista 91911  
(619) 515-2551

*Homeless services, primary care, dental*

### La Maestra Community Health Centers

Medical Clinic, National City  
217 Highland Ave., National City 91950  
(619) 280-4213; *call to schedule appointment*

### OpSam Health

Medical and Dental Care  
2835 Highland Ave., National City 91950  
(844) 200-2426; *call to schedule appointment*

*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*

### Metropolitan Area Advisory Committee

Substance Abuse Residential Treatment  
(619) 426-4801  
*Only serves males ages 18-64 years old*

### McAlister Institute for Treatment & Education

South Bay Enhanced Service Center  
1180 3<sup>rd</sup> Ave. #C3, Chula Vista 91911  
(619) 691-8164

*Adult homeless outpatient services*

### Health and Human Services Agency

South Bay Guidance Wellness Recovery Center  
1196 3<sup>rd</sup> Ave., Chula Vista 91911  
(619) 427-4661  
*Walk-in mental health outpatient treatment*

## Mental Health / Substance Use

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## 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, San Ysidro

630 Front St., San Ysidro 92173  
(619) 271-3896

## Veterans

Support for veterans

### Department of Veterans Affairs (VA)

Chula Vista Vet Center  
180 Otay Lakes Rd. #107/108, Bonita 91902  
(858) 404-8380; *call for more information*

### National Call Center for Homeless Veterans

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

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## Resource Guide South 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](http://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](http://211sandiego.org) o llame al 2-1-1 en cualquier momento. Servicios de traducción están disponibles.

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*Last Updated: December 2025*

## Shelter

*Access pathways to shelter*

*If you are experiencing homelessness in the City of San Diego, call 211 to request shelter through the following services:*

**The Hub, Downtown San Diego Partnership**  
*Serves zip codes starting with 921*

**Rapid Response Team, PATH**  
*Serves 92037*

*For families experiencing homelessness:*

### **SBCS (CES)**

Homeless Families Support  
318 4<sup>th</sup> Ave., Chula Vista 91910  
(619) 420-3620

*Seasonal winter shelter for those experiencing situational homelessness:*

### **Interfaith Shelter Network (ISN)**

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

*Provides non-emergency outreach & referrals to shelter when a referral is required:*

### **National City Police Department**

Homeless Outreach Team  
(619) 336-4428

### **Chula Vista Police Department**

Homeless Outreach Team  
(619) 409-5901

## Drop-in Centers & Hygiene

*Supportive services, clothing & showers*

### **Imperial Beach Neighborhood Center**

Saturday Shower Program  
(619) 947-6057; *Call to schedule appointment*  
455 Palm Ave., Imperial Beach 91932  
*Weekly showers for individuals experiencing homelessness*

### **NAMI San Diego**

The Plaza Clubhouse  
465 C St., Chula Vista 91910  
(619) 605-9706  
*Adults living with a mental health condition*

## Meals

*Call for current availability*

### **St. Rose of Lima Catholic Parish**

Lunch Sack Distribution  
278 Alvarado St., Chula Vista 91910  
(619) 427-7637  
*Monday, Wednesday & Friday*

*Community meals for older adults 60+:*

### **George H. Waters Nutrition Center**

Senior Nutrition Program  
1415 D Ave., National City 91950  
(619) 336-6752

### **The Salvation Army**

Senior Nutrition Site Club 60  
648 3<sup>rd</sup> Ave., Chula Vista 91910  
(619) 498-0298

### **Serving Seniors**

Imperial Beach Senior Citizens Center  
1075 8<sup>th</sup> St., Imperial Beach 91932  
(619) 235-6572

## Food Pantries / Diapers

*Call for current schedule*

### **Jacobs and Cushman**

Neighborhood Distribution Programs  
(866) 350-3663  
*Provides monthly food pantry distribution*

South Bay Pentecostal Church  
395 D St., Chula Vista 91910

Hearts and Hands Working Together  
4235 Beyer Blvd., San Diego 92173

Imperial Beach Neighborhood Center  
455 Palm Ave., Imperial Beach 91932

### **Salvation Army**

Food Pantry, Chula Vista Corps  
648 3<sup>rd</sup> Ave., Chula Vista 91910  
(619) 422-7027  
*Bi-weekly food distribution*

### **Victory Resource Center**

Resource Center Services  
1220 3<sup>rd</sup> Ave. #1., Chula Vista 91911  
(619) 777-1124  
*Family food & diaper distribution*

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