



San Marcos Unified School District Community Resources: SMHS Edition

Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.

General Resources

[San Diego County Office of Education](#), includes resources and links to helpful websites.

211, All-purpose resource information line; Explore website or call 211 to connect to a resource specialist about needs.

Academics

Internet, possibly free or reduced cost: (*Internet, posiblemente gratuito o de costo reducido*)

Cox offers **Connect2Compete** - first two months free, \$9.95/month after

Spectrum **Internet Assist Program** - \$22.99 per month

AT&T **Internet** - \$30 per month

Resources for English Learners (Recursos para Aprendices de Inglés)

[SMUSD Resources | Recursos del Distrito Escolar de San Marcos](#)

[SDCOE Resources | Recursos de la Oficina de Educación del Condado de San Diego](#)

Brainfuse

If you need help with your homework, this is a free-live-online tutoring 24 hours a day, every day via [Brainfuse HelpNow](#). Get help in English or Spanish, for all grades K-12. In addition, you'll find writing assistance and help with standardized tests, such as the SAT, ACT, AP, TOEFL, GED, and ASVAB.

Si necesita ayuda con su tarea, esta es una tutoría en línea gratuita las 24 horas del día, todos los días a través de [Brainfuse HelpNow](#). Obtén ayuda en inglés o español, para todos los grados K-12. Además, encontrará asistencia en redacción y ayuda con exámenes estandarizados, como SAT, ACT, AP, TOEFL, GED y ASVAB.

Food

Rock Church, Food & Diaper Distribution, Day of Distribution in San Marcos is on the first and third Thursday of the month from 12pm until supplies last.

Food Resources - List of sites by 211 San Diego

Food Distributions - countywide map by Feeding San Diego



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[Neighborhood Distribution Program by San Diego Food Bank \(ENGLISH LIST OF SITES\)](#)
[Sitios del Programa de Asistencia Alimentaria \(Español\)](#)

[San Diego Hunger Coalition](#) - hub of food assistance resources in San Diego County, including food assistance programs, who are eligible, and how to apply. ([Recursos en Español](#))

[Calfresh Application](#): apply for monthly food subsidy in the form of an EBT debit card.

[Meals on Wheels](#): nationwide program that provides older Americans nutritious meals, friendly visits and safety checks at little to no cost.

Health and Wellness

Physical & Mental Health:

[TrueCare](#) (Medi-cal or Uninsured, Sliding scale low income)

- To schedule an appointment, call or text 760-736-6767
- **TrueCare West San Marcos QuickCare** – Newest location conveniently located right off of CA-78 (near the Las Posas Exit).

[Vista Community Health Clinic](#) (Medi-cal or Uninsured, Sliding scale low income)
844-308-5003, (Multiple locations, same number)

[Neighborhood Health Care](#) (Medi-cal, Sliding scale low income) 760-690-5907 (Escondido),
833-867-4642 (San Marcos)

[Rady's Children's Hospital](#) (Medi-cal) 858-576-1700 (Multiple locations)

Mental Health:

For counseling referrals, contact your insurance provider for a list of covered mental health providers, ask your primary care health provider or call The Access and Crisis Line 888-724-7240, available 24/7. ***** If you feel you or a loved one is experiencing a mental health emergency, contact 911.** For the Suicide and Crisis Lifeline dial 988, available 24/7.

Rady's Children Outpatient Psychiatry Clinics (Medi-cal Only)
760-294-9270 (Escondido), 858-966-8268 (San Diego)

[Palomar Family Counseling](#) (Medi-cal, Sliding scale low income)
760-741-2660 (Escondido), 760-630-3505 (Vista), (760) 731-3235 (Fallbrook)

[Psychiatric Centers of San Diego](#) - 619-528-4600 (Various San Diego locations)

[North County Lifeline](#) (Medi-cal, Sliding scale low income), 760-757-0118 (Vista)



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New Alternatives (Medi-cal or Uninsured) 760-798-0299

TURN Behavioral Health Services (formerly known as [Mental Health Systems](#))
(Medi-cal, Sliding scale low income) 858-573-2600

[LifeStance Health](#) (formerly PsyCare) - Therapy and Psychiatry - (858) 279-1223

[Care Solace](#) | 24/7/365 Mental Health Care Coordination Service for San Marcos Unified School District Students, Staff, and their Families *(Servicio de coordinación de atención de salud mental 24 horas al día, 7 días a la semana, 365 días al año para estudiantes, personal y sus familias del Distrito Escolar Unificado de San Marcos)*

[English Parent Flyer](#) | [Folleto para Padres en Español](#)

[Narcotics Anonymous | North County](#)

Mental Health Resources:

- [Family Guide to Supporting Young People's Mental Health and Well-Being](#)
(Information, Tips, and Resources)
- [Youth | Parents, Family & Friends](#)
- [Mental Health Resources for Youth](#)
- [Teen Guide for Mental Health and Wellness](#)

Emergency Evaluations Centers For Children and Adolescents:

- [Rady Children's Behavioral Health: Urgent Care](#)
Initial crisis assessment. Medi-Cal & most private insurance plans accepted.
4305 University Avenue, Suite 150, San Diego, CA 92105. Phone: 858-966-5484
Open with appointments: 10:30 a.m.-8 p.m., Monday-Friday
Walk-In's: 4pm-8pm., Monday-Friday
- [Aurora Behavioral Health](#) - 888-565-4228, 858-675-4228
- [Sharp Mesa Vista Hospital](#) - 858-836-8434
- [Emergency Screening Unit](#) (Medi-Cal Only) - 619-876-4502
- [Kaiser Behavioral Health Care](#) - 877-496-0450
- [Rogers Behavioral Health in San Diego](#) - Partial Hospitalization (Intensive Outpatient Levels of Care) 17140 Bernardo Center Dr. Suite 300, San Diego, CA 92128
Request a screening: 888-927-2203 | Other clinic inquiries 858-716-8100



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- [California Parent & Youth Helpline](#), Open 8 am-8 pm Monday – Sunday to Talk by Phone to Provide Emotional Support and Referrals for Parents and Youth in both English, Spanish and other languages.
- Domestic Violence HOTLINE: 1-800-799-7233 (TTY 1-800-787-3224)

Employment and Income Assistance

[CA Employment Development Department](#), Unemployment Insurance and State Disability Insurance (SDI) programs for the State of California

[Unemployment Benefits](#): Information and links to file for benefits in the event of job loss

[San Diego Immigration Services \(ayuda para inmigrantes\)](#)

[Interfaith Community Services](#): Serving the unemployed, Youth, Veterans, Seniors, Homeless, Low-Income, and Families.

Child Care

[YMCA Child Care Referrals](#) (619) 767-2200 or (800)-481-2151

[San Diego County Centralized Eligibility List](#) 1-800-521-0560 (Help for low income families with paying for childcare; may have wait list)

[San Diego for Every Child](#) - Financial Assistance for child care services is available for children 0-12 years old and children 13-21 years old who are currently on an Individualized Education Plan (IEP) and parent confirms child care services are needed.

Legal

[SMUSD Immigration Resources | Recursos de inmigración del SMUSD \(haga clic aquí\)](#)

[Immigration Resources for Families and Students: SDCOE](#)
([Recursos de Inmigración disponible en Español](#)) - CONOZCA SUS DERECHOS EDUCATIVOS

[Community Law Project](#) The Community Law Project (CLP) provides free legal information in a variety of practice areas to low income and indigent communities in each of its four clinics spread throughout San Diego County. For an intake, please call **619-780-7498**.



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El Community Law Project (CLP) proporciona información legal gratuita en una variedad de áreas de práctica para comunidades de bajos ingresos e indigentes en cada una de sus cuatro clínicas ubicadas por todo el condado de San Diego. Para una consulta, llame al 619-780-7498.

[San Diego Volunteer Lawyer Program](#) | 707 Broadway, Suite 1400, San Diego, CA 92101
619-235-5656

[Legal Aid of San Diego](#) - for low-income families, **1-877-534-2524**

[San Diego Rapid Response Network](#), **619-536-0823**, assists with immigration emergency needs (raid, arrest, checkpoint, and/or harassment); ***ayuda con las necesidades de emergencia de inmigración (redada, arresto, puesto de control y / o acoso)***

Housing and Shelter

[San Diego County Housing & Community Development Services](#)

[Emergency Shelter Contact List](#) | [SHELTERS AND EMERGENCY HOUSING: SAN DIEGO AREA](#)

[Interfaith Community Services: Housing](#)

[Rental Assistance and Affordable Housing Directory](#)

[Community Resource Center](#)

Located in Encinitas. Phone: 760-753-1156. Provides Domestic Violence Services (hotline: 877-633-1112), Integrative Services for those experiencing homelessness, Counseling Services and Food & Nutrition Services

[One Safe Place](#): 1050 Los Vallecitos Boulevard, San Marcos CA 92069 | (760) 290-3690
Provides free support services all under one roof to help survivors of abuse, trafficking, and victimization.

For more information or resources, please contact Yesenia Diaz, School Social Worker, at yesenia.diaz-chavez@smusd.org Or Hector Miramontes, School Social Worker, at hector.miramontes@smusd.org