

San Marcos Unified School District

Community Resources: DPS 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.

Back-to-School Mental Health Resources: [Youth | Parents, Family & Friends](#)
[Mental Health Resources for Youth](#)

[Teen Guide for Mental Health and Wellness](#)

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.

Crossing Church: Provision SD Backpack Program, Backpacks@CrossingChurch.com
Lisa M. Skinner 760-580-7562, Spanish Speaking Families: Gema Cosio at 760-443-5801

[Food Resources](#) - List of sites by 211 San Diego

[Food Distributions](#) - countywide map by Feeding San Diego

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

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

Health and Wellness

Physical Health:

[North County Health Services](#) (Medi-cal or Uninsured, Sliding scale low income)

- To schedule an appointment, call or text 760-736-6767
- **Call-In Clinic:** quick access to call in and speak to a provider about your urgent healthcare needs during normal business hours. Call 760-736-6767 to speak to a provider.

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

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[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:

San Marcos Unified School District has partnered with **Care Solace** to support the well-being of students, staff, and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs regardless of circumstance.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language.
- Visit www.caresolace.com/sanmarcos and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

For additional 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.

[Let's Face It. Together.](#) is a mental health awareness campaign supported by the San Marcos Unified School District and the City of San Marcos. The campaign aims to help youth and teens get support from the District to address mental health challenges.

Students and families can now get support by:

- Texting "SMUSD" to "741741" to get free, immediate and confidential help.
- Visiting any counseling staff member or speaking to a trusted faculty member who can guide them through the process.
- Calling 988 immediately if there is a mental health emergency.

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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)

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

[PsyCare](#) - Therapy and Psychiatry - (858) 279-1223, (760) 597-4880 (San Marcos)

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: 4 p.m.-8p.m., 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](#) (24 hours a day) 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

[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.

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Domestic Violence HOTLINE: 1-800-799-7233 (TTY 1-800-787-3224)

Employment & 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 & Transportation

[YMCA Child Care Referrals](#) 1-800-481-2151

[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.

[Youth Opportunity Pass](#) Everyone 18 and under in the San Diego region can ride public transit for free through June 2024, with unlimited rides on all the buses, trolleys, and trains in the San Diego region.

Legal

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

*El Community Law Project (CLP) proporciona información legal gratuita en una variedad de áreas de práctica para comunidades de bajos ingresos 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**

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[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 & Shelter

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

[211 Housing Information](#)

[City of San Marcos Affordable Housing List](#)

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

[Interfaith Community Services: Housing](#)

[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.

Academics

Internet, possibly free or reduced cost:

- Cox offers [Connect2Compete](#) - first two month free, \$9.95/month after
- Spectrum [Internet Assist Program](#) - \$22.99 per month
- AT&T [Internet](#) - \$10 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](#)

[Paper: Free Online Tutoring](#): Paper offers FREE online tutoring services 24/7 for students in grades 4-12. No-cost, unlimited sessions in any academic subject are available.

[Virtual Homework Help \(Tutoring\) - San Diego Public Library](#) (Ayuda virtual para tarea - Tutoría) Help available 6 days a week to serve K-8th grade students.
Ayuda disponible 6 días a la semana para atender a estudiantes de grados K-8.

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For more information or resources, please contact Alana Friedman, School Social Worker, at alana.friedman@smusd.org.