Mission Statement
To support the emotional safety and well-being of children in the Mid-City region by providing prompt access to assessment, crisis intervention and linkage to resources in collaboration with community partners.

This program has been made possible by a generous grant from Price Philanthropies.

4305 University Avenue Suite 150
San Diego, CA 92105
Phone: (858) 966-5484
Fax: (858) 966-5482

Hours of Operation
Walk-in clinic: 4 p.m. to 8 p.m. Monday through Friday
Follow up visits by appointment only
Closed weekends and Holidays

If your child is in crisis after hours, on the weekend or during a holiday, please go to your nearest emergency room, call 911 (ask for Psychiatric Emergency Response Team) or contact the Access and Crisis Line at (888) 724-7240.
Prompt risk and diagnostic assessment are completed to determine the appropriate level of care.

- If a youth's risk is imminent, staff will facilitate transport to an emergency department or psychiatric hospital.
- Follow up visits are available during the day by appointment for crisis intervention, case management and referral and linkage to community resources.
- Urgent Psychiatric/medication evaluations are available.
- We have translation services in over 150 languages and dialects.

**WHO WE SERVE**

The Behavioral Health Urgent Care serves children, teens and their families struggling with urgent emotional and/or behavioral concerns posing a risk to their safety or the safety of others or creating significant impairment in their daily lives.

We serve children and teens ages 5 to 17 in the Mid-City community and surrounding areas. We accept Medi-Cal and private insurance. We are also able to provide services to the uninsured and undocumented.

We see youth experiencing the following concerns:

- Suicidal thoughts
- Psychotic thinking
- Physical aggression or risk of harm to others
- Co-occurring problems with substance use/abuse
- Depression and/or anxiety
- Acute Stress Reaction

**ACCESS TO CARE**

Our staff includes psychiatrists, a psychologist, clinical social workers and a case manager. Clinical staff are available during daytime hours to consult with parents and community providers to determine if a youth meets the criteria for our program.

Our services include:

- Walk-in Clinic from 4 p.m. to 8 p.m. Monday through Friday

**DID YOU KNOW?**

- Suicide is the third leading cause of death in youth, ages 10 to 24
- One in five teens, ages 13 to 18 live with a mental health diagnosis
- Suicide is preventable

**WARNING SIGNS YOUR CHILD MAY NEED HELP**

Children and teens can develop the same mental health disorders and conditions as adults, but their symptoms may be different or hard to identify. Your child or teen might need help if he or she:

- Often feels very angry or very worried
- Can't sleep or eat
- Is unable to enjoy pleasurable activities anymore
- Isolates her/himself and avoids social interactions
- Feels grief for a long time after a loss or death
- Uses alcohol or drugs
- Exercises, diet and/or binge-eats obsessively
- Hurts other people or destroys property
- Has low or no energy
- Smokes, drinks, or use drugs
- Feels like he or she can't control own emotions
- Has thoughts of suicide
- Harms her/himself, such as cutting or burning her/his skin
- Thinks his or her mind is controlled or out of control
- Hears voices

*Source: National Institute of Mental Health
www.nimh.nih.gov

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