San Diego Counseling Resources

Provider	Address	Phone & Website	Hours	Important Details	Cost of Services
SDSU Center for Community Counseling	4283 El Cajon Blvd. Suite 215 San Diego, CA 92105	619-594-4918 www.centerforcommunitycounseling.org	Monday – Friday: 9:00am-4:00pm (limited evenings and Saturday appointments are available)	These fees are for pre-licensed graduate students who are supervised by licensed therapists.	Sliding scale starting at: $12/session
Operation Samahan	Multiple Locations (in the following zip codes: 91950, 92126, 92129)	844-200-2426 www.operationsamahan.org	Monday – Friday: 8:30am-5:30pm	Insured and uninsured clients are accepted	Sliding scale starting at: $45/intake, $35/session
The LGBT Center	3909 Centre St. San Diego, CA 92103	619-692-2077 x208 http://thecentersd.org	Monday – Friday: 9:00am-9:00pm	Do not take insurance; serves LGBTQ+ population only	Sliding scale starting at $25/session; Free (only for HIV+ individuals)
First Avenue	2333 First Ave. Suite 204 San Diego, CA 92101	619-685-0041 www.firstave.net	Monday – Friday: 9:00am-4:00pm; (evening and Saturday appointments are available)	These fees are graduate students who are in the last year of their Master's program and are supervised by licensed MFT's	Sliding scale starting at: $40/individual session; $50/couple or family session
Jewish Family Services	8788 Balboa Avenue, San Diego 92123	(858) 637-3210 http://www.jfssd.org/ Here is a list of the current support groups being offered.	Monday – Thursday: 8:30am-5pm Friday: 8:30am – 4pm Evening appointments are available	Most insurance is accepted, including Medicare and Tricare	Sliding scale, which is based upon income and family size

 Note: This resource list is provided as a reference with information verified on date of publication. Please confirm all information prior to utilization of services. National University does not arrange, provide, or reimburse for these services nor does the university guarantee the availability or quality of the services of third party organizations.

Suggestions for revision? Please email amaakestad@nu.edu