



**Bella Mente
Academies**



Community Resources

Disclaimer: Bella Mente Academies assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.

General Information

San Diego County Office of Education: Includes news updates, resources, and links to helpful websites, including the CDC.

211 All purpose social resource information line; speak to a resource specialist about your needs.

San Diego Hunger Coalition: Includes Meals for Kids, Food Banks, WIC, CalFresh, Senior/Congregate Meals, Other Resources, Videos, CDC Fact Sheet (15 languages). Click [here](#) to visit their website. Click [here](#) to access the programs they offer.

Food Banks/Food Pantries

- ☐ Emergency Food Assistance Program: click [here](#) for details
- ☐ North County Neighborhood Distribution Program: click [here](#) for a list of locations with dates and times or call **858-863-5177** to schedule an appointment for food pick-up
- ☐ San Diego Food Bank: click [here](#) for additional locations and details

Community members may also contact Feeding San Diego at (858) 452-3663 or the Jacobs and Cushman San Diego Food Bank at (858) 527-1419.

Child Care

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)

Employment Development Department-FAQs on Paid Family Leave Benefits: click [here](#) for details

Diaper Bank Program: click [here](#) for a list of locations, dates, and times

Health Care

Vista: Vista Community Health Clinic (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number). Click [here](#) for other free & income based clinics

Carlsbad: Click [here](#) for a list of free & income based clinics

Escondido: Neighborhood Health Care (Medi-cal, Sliding scale low income) 760-690-5907

Oceanside: Click [here](#) for a list of free & income based clinics

San Marcos: North County Health Services (Medi-cal, Sliding scale low income), 760-736-6767. Click [here](#) for a list of free & income based clinics

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





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Mental Health:

For counseling referrals, you can call 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.

North County Health Services (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

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

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

PsyCare (Therapy and Psychiatry) (858) 279-1223 (San Marcos)

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)

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

Mental Health Emergency Evaluation Centers:

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

North County Crisis Response and Intervention 760-305-8232 (Vista), 760-233-0133 (Escondido)

Aurora Behavioral Health (858) 487-3200

Housing and Shelter Resources:

Rental Assistance and Affordable Housing Directory 2020: click [here](#) for details

Emergency Shelter Contact List: click [here](#) for details

Academic Resources

Internet services/resources: click [here](#) and [here](#) for information

SDCOE TV: click [here](#) for details

Educational Enrichment Resources: click [here](#) to view a list

