

RESOURCE LIST

Please use the following resource list if you need support. This list is by no means comprehensive.

CSUSM Resources

Student Health and Counseling Services – (760) 750-4915

SHCS is open Monday - Friday from 8:00 a.m. to 4:45p.m. If you are in crisis and need immediate support during these hours, call SHCS and ask to speak with a counselor. After hours, you can call our main number listed here and press “3” to speak with an after-hours counselor.

University Police Department – 9-1-1 or (760) 750-4567

If you are on-campus and need immediate assistance when you are unable to reach someone at SHCS, contact University Police at 4567. This is an emergency number only. Please do not use it for non-emergency business.

Survivor Advocacy Services – (760) 750-4915

Individuals can speak with the Sexual Violence Advocate in a confidential environment where reports will NOT automatically lead to a legal or Title IX report. Services are available to all CSUSM students and employees.

Cougar Care Network (CCN) – (760) 750-7627

Provides information, connection to resources, advocacy and support for students dealing with personal, academic, financial or other challenges which may adversely affect their academic success and/or collegiate experience.

Disability Support Services (DSS) – (760) 750-4905

Provides services and accommodations to students with disabilities to ensure that they have both equal opportunity and access in their educational pursuits.

Community Resources:

For information about other resources contact 211 San Diego by calling 2-1-1 or visiting their website – 211sandiego.org.

Local Area Walk-in Clinics:

Escondido

Exodus Recovery Mental Health Assessment Center
(760) 871-2020 8 am – 4 pm (M - F)
1520 S. Escondido Blvd., Escondido, CA 92025

Palomar Crisis Stabilization Unit
(760) 739-3012, Open 24 hrs. everyday
2185 Citracado Parkway, Escondido, CA 92029

Oceanside

North Coastal Crisis Stabilization Unit
(760) 739-3012 – Open 24 hrs. everyday
1701 Mission Ave., Oceanside, CA 92058

Vista

Exodus Recovery Mental Health Urgent Care
(760) 305-4900, 7am – 7pm daily
524 W. Vista Way, Vista, CA 92083

Exodus Recovery Crisis Stabilization Unit
(760) 305-4900, Open 24 hrs. everyday
524 W. Vista Way, Vista, CA 92083

Crisis Text/Hotlines:

- Police Emergency Number – 911
- Crisis Text Line – 741741
- National Suicide & Crisis Lifeline – call or text 988 or (800) 273-8255
- San Diego County Access and Crisis Line (24-hour hotline and referral service) – (888) 724-7240
- National Sexual Assault Crisis Hotline (24-hour hotline and referral service) – (800) 656-HOPE (4673)
- Center for Community Solutions (24-hour hotline and referral service) – (888) 385-4657
- Women’s Resource Center 24-Hour Crisis Line – (760) 757-3500
- National Domestic Violence Hotline – (800) 799- SAFE (7233) or text “START” to 88788
- The Trans Lifeline – (877) 565-8860
- The Trevor Project – (866) 488-7386 or text “START” to 678-678