

Outpatient Mental Health Clinic

3427 4th Avenue, Second Floor
San Diego, CA 92103
(619) 525-9903
Fax: (619) 525-9908
Monday - Friday
9am - 6pm

Evenings and weekends by appointment

SDYS Central San Diego

2220 Broadway
San Diego, CA 92102
Monday 12pm - 8pm
Tuesday - Friday 3:30pm - 8pm
Saturday & Sunday 12pm - 8pm

YMCA North Inland

1050 N. Broadway
Escondido, CA 92026
Daily 2pm - 8pm

YMCA North Coastal

215 Barnes Street
Oceanside, CA 92054
Monday, Wednesday & Friday 11am - 3pm

SBCS South

746 Ada Street
Chula Vista, CA 91911
Monday - Friday 12pm - 8pm
Saturday & Sunday 12pm - 8pm



Our Safe Place is a safe zone for LGBTQ youth.



San Diego Youth Services (SDYS)

has improved the lives of more than 720,000 homeless, runaway and other vulnerable youth since 1970. We provide safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Through prevention, early intervention and treatment, we also help youth before they need higher levels of care or become homeless. SDYS serves youth at more than 100 community and school locations.

Mission Statement: to empower youth to reach their highest potential.

sdyouthservices.org

For more information or to schedule a presentation about our program, contact:

(619) 232-8126

Our Safe Place is funded by County of San Diego Health and Human Services Agency



Our Safe Place

Building futures for 50 years



Mental Health Services and Drop-in Centers for LGBTQ Youth & their Families

Trauma Informed Mental Health Services, Support Groups, Case Management, Community Building, Individualized Support & Advocacy

Mental Health Services

Support

Drop-in Center Services

Mental Health Services

LGBTQ youth (up to age 21)
Medi-Cal Beneficiaries and Uninsured

Mental Health: Strength-based individual and family therapy for LGBTQ youth and their families, utilizing evidence-based modalities, including Eye Movement Desensitization and Reprocessing, Motivational Interviewing and Trauma-Focused Cognitive Behavioral Therapy. Our Safe Place clinical team can assist youth in addressing their mental health needs and other related challenges, including depression and other mood disorders, anxiety, PTSD and trauma, low self-esteem, suicidal ideation, self-harm, family conflict, coming out, gender identity, transitioning and AOD challenges.

Psychiatry: Psychiatric services, including medication evaluation, treatment and management. These services are provided in conjunction with clinical individual and family therapy.

Community-based Outreach and Support: Community-based services (including screening and clinical support) for youth and their families to reduce barriers and provide Trauma Informed Care by meeting each youth where they are and addressing their individualized needs.

24-hour Support: Our Safe Place provides 24-hour support to youth and their families, including after hours to respond to urgent matters during non-business hours. Staff are able to provide support and safety planning and connect youth and families to community resources.

Referrals can be made over the phone, by fax or walk in. For more information or to make a referral by phone, please call (619) 525-9903.

Providing Support for:

- Advocacy Services
- Alcohol & Drug Abuse
- Building Community & Support Network
- Coming Out
- Depression, Anxiety & Trauma
- Family Relationships
- Gender Identity
- Individualized Support
- Safe Dating
- School & Work Support
- Sexual Health
- Transitioning



Clinical Case Management: Clinical case management services are offered to assist youth and their families in navigating and using community resources to increase support and encourage self-sufficiency. Staff will work with the youth to identify goals and provide assistance to address different areas of need, including basic needs, academic challenges, employment challenges, mental health challenges and physical health concerns.

Peer Support Services: Youth Support Partners and Alumni Mentors are available to use their own lived experiences as a means of empowering our youth and families by offering a unique perspective, providing validation and empathy and assisting our LGBTQ community in advocating for themselves.

Family Support Services: Drop-in Centers offer weekly caregiver/family support groups. Caregivers and families also have the opportunity to connect and work with staff who can connect them to helpful resources and provide psychoeducation and other rehabilitative services as needed to support the youth and their family as a whole.

Community Training and Education: Our Safe Place offers training for the community to educate providers and other organizations about the LGBTQ population and related topics. Trainings can be tailored to meet the requesting party's needs. Please contact (619) 232-8126 to schedule.