

East Region Crisis Stabilization Unit (CSU)



The County of San Diego is pleased to announce plans for a new **East Region Crisis Stabilization Unit (CSU)**. The new CSU is part of an array of mental health services that are regionally distributed across San Diego County and will enable East County residents to access the care they need.

Facility Overview

Purpose

Provides immediate mental health support and treatment services in a calming setting to adults with serious behavioral health needs who require urgent care beyond what an outpatient clinical service can provide.

Services

Services are tailored to each person and are provided on a short-term basis, up to 24 hours, and may include:

- Crisis intervention
- Mental health assessment
- Medication assistance
- Therapy and peer support
- Resources and connections to ongoing behavioral health services

Accessing Services

Accepts drop-offs by health, safety, and law enforcement agencies or via walk-in to adults ages 18 and up.

Location

The facility will be in El Cajon at 200 Magnolia Avenue and West Douglas Avenue. The site is close to public transit and freeways for easy access, and other East County-based behavioral health services for connection to ongoing support or treatment.



More Information

Scan the QR code to access more information on CSUs and view frequently asked questions. Email Engage.BHS@sdcounty.ca.gov with any questions or comments.

Updated 5/15/24

Connect to Resources

Call 888-724-7240 to connect to the **San Diego Access and Crisis Line** for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Call 988 to connect to the national **Suicide & Crisis Lifeline** network of crisis call centers.