



**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.

### Meals

Grab and Go Meals for students

- Vista: click [here](#) for details and locations
- Carlsbad: Jefferson Elementary School, Mon-Fri until April 3rd from 11:30am - 1pm
- Oceanside: click [here](#) for details and locations
- San Marcos: available at all SMUSD schools, click [here](#) for dates and times

Food Banks/Food Pantries

- Bella Mente: Every Wednesday (03/18, 03/25, 04/01, 04/08) from 10am - 11am (parking lot)
- 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





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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)

### **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

