

<b>Central/South</b>	
Child Welfare Services	303 H Street, Suite 202, Chula Vista, CA 92920
County of San Diego Central Region	5002 73rd Street, San Diego, CA 92225
County of San Diego Live Well-National City	402 Mile of Cars Way, National City, CA 92950
County of San Diego Live Well-Chula Vista	690 Oxford Street, Chula Vista, CA 92920
HHS-Central Region	2230 20th Avenue, San Diego, CA 92202
Southeast Family Resource Center	4588 Market Street, San Diego, CA 92202
La Maestra Community Health Centers	4060 Fairmount Avenue, San Diego, CA 92205
Mental Health America of San Diego	2549 India Street, San Diego, CA 92202
King Chavez Health Center	950 S. Euclid Avenue, San Diego, CA, 92224
Chaldean Middle Eastern Services	436 S. Magnolia Avenue #202, El Cajon, CA 92020
Chula Vista Medical Plaza	378 Third Avenue, Chula Vista, CA 92920
Senior Health Center	3364 Beyer Blvd, Suite #203, San Diego, CA 92273
San Ysidro Health Center	4004 Beyer Blvd, San Ysidro, CA 92273
UPAC	5348 University Ave, Suite 202, San Diego, CA 92205
UPAC	2032 25th Street, San Diego, CA 92022
Vista Hill Foundation	220 Euclid Avenue, Suite 40, San Diego, CA 92224
<b>North Coastal/North Inland</b>	
North County Life Line	200 Michigan Avenue, Vista, CA 92084
Pathways San Diego	3350 Market Street, Suite A, San Diego, CA 92202
Ecke YMCA	200 Saxony Road, Encinitas, CA 92024
Southern Indian Health Council, Inc.	4058 Willows Road, Alpine, CA 92902
Southern Indian Health Council, Inc.	36350 Church Road, Campo, CA 92906
North County Health Services	250 Valpreda Road, San Marcos, CA 92069
North County Health Services	2230 Second Street, Encinitas, CA 92024
Escondido Senior Center	220 E Park Avenue, Escondido, CA 92025
Our Lady of Mt. Carmel Catholic Church	23542 Stoney Creek Road, San Diego, CA 92229
North Coastal Public Health Center	204 South Barnes, Oceanside, CA 92054
San Diego County Library- Vista Branch	700 Eucalyptus Avenue, Vista, CA 92084
San Marcos Senior Activity Center	222 Richmar Avenue, San Marcos, CA 92069
Psi Chi-Alliant International University	20455 Pomerado Road, San Diego, CA 92232
Casa de Amparo	325 Buena Creek Road, San Marcos, CA 92069
Palomar Family YCMA	2050 North Broadway Avenue, Escondido, CA 92026
Dove Library	2775 Dove Ln, Carlsbad 92022
<b>East/North Central</b>	
San Diego County Library- Crest Branch	205 Juanita Lane, El Cajon, CA, 92022
County of San Diego- North Central	5055 Ruffin Road, San Diego, CA 92223
San Diego County Library- El Cajon Branch	202 E Douglas Avenue, El Cajon, CA 92020
Cuyamaca College	900 Rancho San Diego Parkway, El Cajon, CA 92029
Grossmont College	8800 Grossmont College Drive, El Cajon, CA 92020
UPAC	275 W. Lexington Ave, Suite B&C, El Cajon, CA 92020
McGrath Family YMCA	22006 Campo Road, Spring Valley, CA 92978
Sharp Mesa Vistax Hospital- Senior Health Fair, Lakeside Community Center	9842 Vine Street, Lakeside, CA, 92040
Rancho Family YMCA	9420 Fairgrove Lane, San Diego, CA, 92229
Miramar College	20440 Black Mountain Road, San Diego, CA 92226
Bayside Community Center	2202 Comstock Street, San Diego, CA 92222
San Diego OASIS	2702 Camino Del Rio North, Third Floor Macy's Mission Valley, San Diego, CA 92208
La Jolla YMCA	8355 Cliffridge Ave, La Jolla, CA, 92037
Peninsula YMCA	4390 Valeta Street, San Diego, CA 92207
International Bipolar Foundation	8755 Aero Drive, Suite 320, San Diego, CA 92223
San Diego County Library- Santee Branch	9225 Carlton Hills Blvd #27, Santee, CA 92072
UCSD	9500 Gillman Drive, La Jolla, CA 92093
Metro Family Resource center	1130 10 <sup>th</sup> Avenue San Diego, CA 92101

For more information, please visit the Check Your Mood website at:  
<http://www.sd.chip.org/initiatives/behavioral-health-work-team/check-your-mood/>

# CHECK YOUR MOOD

## October 10-16, 2016

A week's worth of events held throughout the County of San Diego to promote mental health. We will offer: confidential depression screenings and provide local mental health resources.



## HAVE YOU CHECKED YOUR MOOD LATELY?

### TAKE A FREE CONFIDENTIAL SCREENING AT ONE OF OUR LOCATIONS!!

For specific screening days and hours, please contact:  
[Alexis.Munoz@sdcounty.ca.gov](mailto:Alexis.Munoz@sdcounty.ca.gov) or [Loren.Goldstein@sdcounty.ca.gov](mailto:Loren.Goldstein@sdcounty.ca.gov)

For all participating sites, visit  
<http://www.sdchip.org/initiatives/behavioral-health-work-team/check-your-mood/>

