

What you need. Closer than you think.

SAN DIEGO PSYCHIATRY DEPARTMENT PROGRAMS



When you're in control of your health,
you set the course for living life well.

Take charge of your mental health with our
classes, programs, information and so much
more.

We'll assess the specific aspects of your
condition and recommend an individualized,
multifaceted treatment plan tailored to your
needs.

For more information or to schedule an appointment, call our
Psychiatry Department Call Center at **(877) 496-0450** (toll free).

Monday to Thursday, 8 a.m. to 6 p.m.
Friday, 8 a.m. to 5:30 p.m.

After-hours, weekends, and holidays:
Behavioral Health Care Member Help Line at **(800) 900-3277** (toll free).

Psychiatry Department Clinics in the San Diego Service Area

Bostonia Medical Offices

1630 E Main St.
El Cajon, CA 92021

Otay Mesa Outpatient Medical Center

4650 Palm Ave. Building A, 2nd floor
San Diego, CA 92154

Point Loma Medical Offices

3420 Kenyon St., 2nd floor
San Diego, CA 92110

Vista Medical Offices

780 Shadowridge Dr.
Vista, CA 92083

San Diego Psychiatry Department Group Programs

For more information, call (877) 496-0450

Adult Groups

- Attention Deficit Hyperactivity Disorder (ADHD) Orientation
- Adult Eating Disorders Aftercare
- Anger Management
- Anxiety Management
- Art and Healing
- Assertiveness/Codependency
- Bipolar Support and Education
- Childhood Trauma
- Codependency
- Cognitive-Behavioral Mindfulness Training
- Couples Communication Workshop
- Depression
- Divorce/Separation Group
- Doing What Works
- Eating Disorders
- Emotional Fitness for Adults
- Extended Disability
- Gay Men's Support
- Intensive Outpatient Program (IOP)
- Meditation/Stress Management and Relaxation
- Men's Process
- Menopause Transition
- New Mother's Support Group
- Overcoming Depression Education
- Perimenopause Group Appointment
- Personal Skills Training
- Rapid Recovery
- Redoing Relationships
- Return to Work Program
- Support and Education for Depression and Anxiety (SEDA)
- Senior Support
- Short Term Disability Clinic
- Therapeutic Journal Writing
- Women's Programs
- Workmasters

Child and Adolescent Groups

- Attention Deficit Hyperactivity Disorder (ADHD) Program for Children and Parents
- Adolescent Eating Disorders Aftercare
- Anger Management for Children and Adolescents
- Anxiety Management for Children and Adolescents
- Behavior Modification
- Depression Management for Adolescents and Parents
- Divorce/Separation Group
- Eating Disorders Program for Adolescents
- Emotional Fitness for Children/Adolescents and Parents
- Enuresis Class
- Parent Orientation
- Parent and Teens Talking (PATT)