

## San Diego County East County Centers

**Neighborhood Healthcare-El Cajon**  
855 E. Madison Avenue, El Cajon, CA  
(619) 440-2751

*Behavioral Health Services, Psychiatry, Group Therapies  
(Services offered in English, Spanish, and Arabic)*

**Neighborhood Healthcare-Lakeside**  
10039 Vine Street, Lakeside, CA  
(619) 390-9975

*Behavioral Health Services and Psychiatry  
(Services offered in English)*

## Escondido Centers

**Neighborhood Healthcare-Escondido**  
460 N. Elm Street, Escondido, CA  
(760) 520-8100

*Behavioral Health Services  
(Services offered in English and Spanish)*

**Neighborhood Healthcare-Grand Avenue**  
1001 E. Grand Avenue, Escondido, CA  
(760) 520-8200

*Behavioral Health Services (Services offered in English)*

**Neighborhood Healthcare-Pediatrics/Prenatal**  
426 N. Date Street Escondido, CA  
(760) 690-5900

*Behavioral Health Services  
(Services offered in English and Spanish)*

**Neighborhood Healthcare-Valley Parkway**  
728 East Valley Parkway, Escondido, CA  
(760) 737-6900

*Behavioral Health Services  
(Services offered in English and Spanish)*

**Ray M. Dickinson Wellness Center**  
425 N. Date Street, Escondido, CA  
(760) 520-8340

*Behavioral Health Services, Psychiatry,  
Medication Assisted Treatment (MAT), Elderly  
Support Group (in Spanish)  
(Services offered in English and Spanish)*

**Neighborhood Healthcare-Pauma Valley**  
16650 Highway 76, Pauma Valley, CA. 92061  
(760) 742-9919

*Behavioral Health Services, Psychiatry, and Wellness  
Classes (Services offered in English and Spanish)*

## Riverside County

**Neighborhood Healthcare-Devonshire**  
903 E. Devonshire Avenue "D"  
Hemet, CA  
(951) 216-6100

*Behavioral Health Services  
(Services offered in English)*

**Neighborhood Healthcare-Menifee**  
26926-B Cherry Hills Blvd., Menifee, CA  
(951) 216-2200

*Behavioral Health Services  
(Services offered in English and Spanish)*

**Neighborhood Healthcare-Temecula**  
41840 Enterprise Circle North, Temecula, CA  
(951) 225-6400

*Behavioral Health Services, Psychiatry, Group  
Therapies (Services offered in English and Spanish)*

**Poway - coming soon!**



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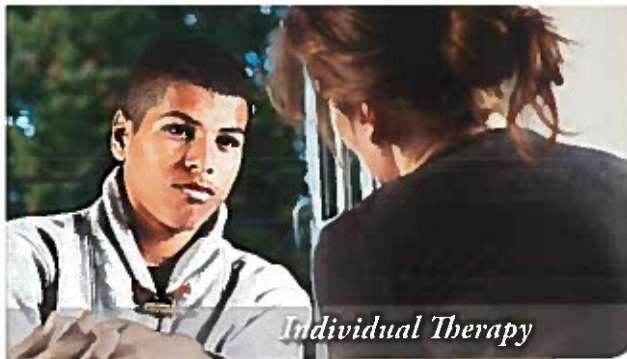
NEIGHBORHOOD HEALTHCARE  
a californiah<sup>lth</sup>center

*Stressed,  
Depressed,  
Anxious, or  
Have Substance  
Use Problems?*

**HELP IS  
AVAILABLE!**



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# We are Here to Help if You are Feeling Stressed, Depressed, Anxious, or Have Substance Use Problems

*Our Behavioral Health staff at Neighborhood Healthcare can help you learn coping skills and navigate through this!*

Our Behavioral Healthcare Department has professional staff to help you. Staff includes psychologists, social workers, marriage and family counselors and others who can help guide you or a family member during a difficult time. We are trained to help you learn to cope with stress and problems. We provide a safe place for you to share your thoughts and feelings. Our psychiatrists and nurse practitioners provide medication management. Please talk with your provider for additional information. Overall, our goal is to empower you to make positive changes to improve the quality of your life.

**WHERE:** We provide Behavioral Healthcare Services at most of our healthcare centers located in San Diego and Riverside Counties. In Escondido, we now provide Medication Assisted Treatment (MAT) for Opioid Use disorders.

**WHO:** Neighborhood Healthcare patients are eligible for these services.

**HOW:** Take this brochure to your Neighborhood Healthcare medical provider and ask them about referring you to our Behavioral Healthcare Department.

**WHY:** Because addressing your emotional and mental health is just as important as your physical health!

*Neighborhood Healthcare is committed to providing quality health care and promoting wellness to everyone in our communities, focusing on those most in need regardless of ability to pay.*

**myCARE Patient Portal**

*Ask your doctor about enrolling in our myCARE Patient Portal. From the portal you can:*

- ◆ Access health information
- ◆ Securely message your doctor
- ◆ Request medication refills
- ◆ And more...

*You can access Neighborhood Healthcare's myCare Patient Portal at [nhcare.org](http://nhcare.org)*