

HOTLINES, 24 hours a day

9-8-8 Suicide & Crisis Lifeline

Call **988** for free & confidential support,
24 hours a day

National Domestic Violence Hotline

(800) 799-7233

National Human Trafficking Hotline

(800) 373-7888

National Sexual Assault Hotline

(800) 656-4673

Community Resource Center (Domestic Violence)

(877) 633-1112

2-1-1-San Diego

Call **211** or visit **211sandiego.org** to
connect with food, housing and other
resources, 24 hours a day

[211 Resource Guide](#)

FOOD PROGRAMS

San Diego Food Bank

[Find a food pantry](#)

9850 Distribution Ave, San Diego

(866) 350-FOOD (3663)

Local number: (858) 527-1419

Feeding San Diego

[Find a food pantry](#)

9477 Waples St., Ste. 100; San Diego

(858) 452-3663

The Community Food Connection

Located at Trinity San Diego

14047 Twin Peaks Rd Building C, Poway

(858) 748-1875

Mon, Wed & Fri 3-6pm

RESOURCES

North Inland Family Resource Center

649 W Mission Ave, #3, Escondido

(866) 262-9881

CalFresh, Medi-Cal, CalWORKS, General
Relief

7am-5pm M-F

One Safe Place North, Family Justice Center

1050 Los Vallecitos Blvd, San Marcos

(760) 290-3690

Services for anyone who has experienced
child abuse, sexual assault, domestic
violence, hate crime, elder abuse, human
trafficking, violent loss, family abuse or
other abuse or victimization

M-F 8 am to 6 pm

Interfaith Community Services

550 W Washington Ave, Escondido

(760) 489-6380

Walk-in hours, **MWF 8-10 am**

Food distribution **TTh 8-10 am**

Neighborhood Healthcare Poway

13010 Poway Road, Poway

(833) 867-4642

8am-5pm M-F