



# Resources for assisting Veterans

There are many resources on-campus and in the community that can help Veterans/Students who need assistance. Remember, as a Veteran/Student you are not alone, please use your resources.

## Campus Resources to Assist Veterans with their Academic Success

### **Veteran Services/ Benefits**

#### **Student Veteran Organization**

1<sup>st</sup> Floor Cesar Chavez Building, (619) 482- 6324

Certifying Official: William (Jim) Jones

Email: [wjones@swccd.edu](mailto:wjones@swccd.edu)

Website: <http://www.swccd.edu/~vwc/>

### **Academic Accommodations**

Disability Support Services (DSS)

1<sup>st</sup> Floor Cesar Chavez Building

(619) 482- 6512

### **Academic Counseling**

Counseling & Personal Development

2<sup>st</sup> Floor Cesar Chavez Building

(619) 482- 6317

### **Personal Counseling**

Personal Wellness Services

2<sup>st</sup> Floor Cesar Chavez Building

(619) 421-6700 Ext: 5242 or 5350

## Campus Resources for Assisting Veterans/Students in Distress

*If a Veteran/student needs to talk with someone on an urgent basis, they may walk-in to the Counseling Center on the 2nd floor of the Cesar Chavez Building to be seen by a personal counselor.*

**Dr. Clarence Amaral:** x6689

SWC Licensed Psychologist

**Personal Wellness Services:** x5242/x5350

PWS appointments

**College Police Emergencies:** x6691

**Health Services:** x5350/x6354

Campus nurse

**Counseling Center:** x6317 or 5240

**Dean of Student Services:** x6369

**San Diego Access and Crisis Line**

**1 (888) 724-7240**

*Confidential and professional assistance: available 24/7.*

## Community Resources: Off campus help to assist Veterans/Students

### [Access & Crisis Line S.D. County](#)

1-888- 724-7240

### **Domestic Violence/Sexual Assault Crisis Line & Referral**

1-888-385-4657

### [South Bay Community Services 24hr Hotline & Services](#)

(Domestic Violence & Social Services)

1-800-640-2933

### **Counseling (S. D. LGBT Center)**

(619) 692-2077

### [211 Information & Referral Service](#)

2-1-1 or 1-800-227-0997

### [National Alliance on Mental Illness \(NAMI\)](#)

1-800-523-5933

### **TriWest Behavioral Health Crisis Line**

1-866-284-3743

### **VA Suicide Prevention Hotline**

1-800-273-8255

### **National Suicide Prevention Hotline**

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

### **Heidorn Lifeline: Suicide Prevention (S. D. LGBT Center)**

858-212-5433

### **Courage to Call 24/7 Helpline**

2-1-1 or 877-698-7838

Guidance, Information & Referral to Veterans,  
Active duty Military, Reservists National Guard & their Families

### **Medical, Psychiatric & Substance Abuse Treatment**

#### **Veteran Administration (VA) Services**

3350 La Jolla Village Drive, San Diego Ca. 92161

1-800-331-8387

[\(VA\) Health Resource Center:](#) 1-877-222- 8387

#### **VA Mission Valley Outpatient Psychiatric Clinic:**

1-800-331-8387 (ext. 5199)

#### **Chula Vista Vet Center:** Readjustment Counseling

Contact: Ron Freedman LCSW

180 Otay Lakes Road, Suite 108, Bonita CA 91902

(877) 618-6534

#### **Veterans Village of San Diego (VVSD)**

4141 Pacific Highway, San Diego, CA 92110

(619) 497-0142 email: [info@vvsd.net](mailto:info@vvsd.net)

#### **VVSD Rehab Center (VRC)**

Substance Abuse Treatment

4141 Pacific Highway, San Diego CA. 92110

(619) 393-2041

**Alcoholic Anonymous (AA):** 619-265- 8762

**Narcotics Anonymous (NA):** 619-584-1007

**ALANON:** 619-296-2666

#### [Smart Recovery \(alternative to AA\)](#)

858-546-1100 (option 2)

#### [Practical Recovery](#)

1-800-977-6110

(Includes Smart Recovery & collaborative addiction treatment)