

Recovery Avenues For People with Mental Health/Substance Use Challenges

DBSA (Depression Bipolar Support Alliance)

Free peer facilitated support groups of people who support on another on the road to wellness. For people diagnosed with mood disorders, their families and friends.
858.444.6776. <http://dbsasandiego.org/>

NAMI (National Alliance for Mental Illness)

Peer Recovery Support Groups and Peer Education classes for adults with mental health challenges and family members. Call or visit website for meeting times.
www.namisandiego.org, 619-543-1434 or 800-523-5933

Recovery Innovations of California

Wellness Recovery Action Plan (WRAP) Peer-led classes to develop a personal WRAP to meet recovery needs. WELL is to find wellness in all aspects of daily life. Medication for Success helps identify symptoms, side effects and big feelings, managing side effects, talking with your doctor to become a partner in your care. 3565 Del Rey St., Suite 202, San Diego, CA 92109. Call for schedule 858-274-4650 www.recoveryinnovations.org

DRA (Dual Recovery Anonymous) 12 Step Meetings

Many meetings per week in San Diego County

Here are a few:

VISTA - Tri-City DRA Group, Wednesday 1:30 - 2:30 p.m. Tri-City Med. Ctr. Out Patient BH Services. 510 West Vista Way. 760-806-1000 (Patrick O.), 760-726-1852 (Robbie B.) Email: patod@surfbest.net

SAN DIEGO-VVSD, Thursday 7:00 pm, 4141 Pacific Highway, San Diego, 619-497-0142

LEMON GROVE - DRA Double Vision, Friday 5:00 - 6:00 p.m Alano Club, 6901 Central Ave. Contact: Ted W. 619-255-5368, : 619-462-3325 Email: rightman20032003@yahoo.com

CARLSBAD - Open DRA, Tuesdays at 6:00 p.m. (Open Meeting) 2020 Chestnut Ave. Rm 3. Contact: Fritz G.: 760-727-7054. Email: fpgrieser16@cs.com

Some mental health clubhouses have DRA meetings as well. <http://draonline.org>

NA (Narcotics Anonymous)

San Diego County: 619-584-1007, www.sandiegona.org

NA Espanol (Narcoticos Anonimos)

Condado del San Diego 619-491-1984

Hundreds of 12-Step weekly meetings

Family & Youth Roundtable forums and classes

345 15th Street, Ste. A, San Diego, 92101. 619-546-5852, E-Mail: speakup@fyrt.org www.fyrt.org

Rational Recovery® is the exclusive, worldwide source of information, counseling, guidance, and direct instruction on independent recovery through planned, permanent abstinence, i.e., Addictive Voice Recognition Technique® (AVRT®). There are no support groups. <https://rational.org>

Recovery International offers self help method of will training. Weekly meetings in San Diego. For more info call Lisa Garcia 619-275-0364 or email: lisa-recovery-inc@cox.net, www.selfhelpsystems.org

R2R (Roadmap to Recovery) Free Education Groups facilitated by people with lived experience at most County Mental Health Outpatient Clinics. Contact your clinic to see if they offer classes. Or call 619-594-2168

Smart Recovery

(Self-Management and Recovery Training)

13 Meetings in San Diego County & 16 online meetings Teaches self-empowerment and self-reliance. Works on addiction as complex maladaptive behaviors with possible physiological factors. Teaches tools and techniques for self-directed change. Encourages individuals to recover from addiction and live satisfying lives. Provides meetings that are educational and include open discussions. Advocates the appropriate use of prescribed medications and psychological treatments. Evolves as scientific knowledge in addiction recovery evolves. Differs from AA, NA and other traditional 12-step programs. <http://www.smartrecovery.org>
E-mail: SmartRecoverySanDiego@gmail.com
858-546-1100, ext. 232, www.PracticalRecovery.com

AA (Alcoholics Anonymous)

Central San Diego: 619-265-8762

North County: 760-758-2514

www.aasandiego.org

AA Espanol (Alcoholicos Anonimos)

Central: 619-280-7224, Norte: 760-758-6905

Sur: 619-476-0288 <http://aasandiego.org/espanol.html>

More information at <http://sandiego.networkofcare.org/mh>

Christ Centered Support Groups
San Diego County: 760-743-4966