



Housing & Community Resources Guide

Need Help Immediately?

[2-1-1 San Diego](#)

Call **211** or visit 211SanDiego.Org for free, confidential assistance 24/7.

2-1-1 San Diego connects residents to more than 2,000 community agencies offering over 5,000 health and human service programs, including housing assistance, food resources, substance use treatment, and crisis support.

Housing Assistance & Affordable Housing

[Rental Assistance & Affordable Housing Directory](#)

A countywide directory that helps residents and community agencies locate housing resources for low-income households, including:

- Affordable housing complexes throughout San Diego County
- Rental assistance programs
- Contact information for city housing programs

San Diego Housing Commission (SDHC)

[Affordable Housing Resource Guide](#)

SDHC publishes an annual Affordable Housing Resource Guide as a public service. Please note that availability may change due to ownership or waitlists. Residents are encouraged to contact property managers directly for current rental rates and waitlist status.

[Mobility Counseling & Housing Search Assistance](#)

SDHC offers housing search support and mobility counseling for families using rental assistance programs, such as Housing Choice Vouchers. Services include housing search workshops, lease education, and individualized support.

- **Phone:** (619) 578-7131
- **Email:** mobility@sdhc.org

[Section 8 Housing \(City of San Diego\)](#)

- San Diego Housing Commission
Phone: (619) 231-9400

[Guide for Tenants Renting a Home:](#) A general resource for tenant rights and responsibilities.

Financial, Utility & Food Assistance

[CalWORKs Housing Support Program](#)

Administered by the County of San Diego Health & Human Services Agency (HHSA). Provides temporary cash assistance and housing support for eligible families with minor children enrolled in CalWORKs, with a focus on long-term self-sufficiency.

Utility Assistance Programs

- SDG&E [CARE Program](#) and other [utility assistance options](#)

Food & Nutrition Resources

- [CalFresh](#)
 - [Feeding San Diego](#)
 - [San Diego Food Bank](#)
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Affordable Connectivity & Digital Access

- [Affordable Connectivity Program \(ACP\)](#) – Federal Communications Commission (FCC)
Information on eligibility, enrollment, and consumer protections.
 - [2-1-1 San Diego](#)
Assistance with ACP enrollment, public Wi-Fi locations, low-cost computers, and digital literacy training.
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Landlord–Tenant Issues & Fair Housing

- [CSA San Diego County](#) – (619) 444-5700
Landlord-tenant mediation and fair housing counseling.

- [Elder Law & Advocacy Center](#) – (858) 565-1392
Free legal assistance for seniors, including housing, Medicare, caregiving, and long-term care issues.
 - [Legal Aid Society of San Diego](#) – (877) 534-2524
Legal services for low-income residents facing housing discrimination, eviction, or landlord-tenant disputes.
 - [San Diego Volunteer Lawyer Program](#) – (619) 235-5656
Civil legal assistance for low-income and disadvantaged individuals.
 - [Small Claims Legal Advisor](#) – (858) 634-1900
Free telephone assistance for San Diego County Small Claims Court questions.
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Senior Housing & Support Services

Senior Assisted Living

- [Senior Guidance Website](#)
- [Senior Resource Guide](#)

Senior & Disabled Independence Services

- [Adult Protective Services \(APS\)](#) – (800) 510-2020
Services for older adults and dependent adults, including abuse prevention and safety support.
 - [ElderHelp](#) – (619) 284-9281
Services include transportation, grocery shopping, friendly visits, minor home repairs, caregiving support, advocacy, and care planning.
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Youth & Domestic Violence Services

- [Home Start](#) – (888) 385-4657
Child abuse prevention services including emergency food and shelter, parenting education, workforce support, and financial literacy.
- [Crisis House](#) – (619) 444-1194
Emergency shelter, case management, and counseling.
- **Project Safehouse – Center for Community Solutions** – (888) 385-4657
Emergency shelter and services for survivors of domestic violence and their children.

Behavioral & Mental Health Crisis Support

988 Suicide & Crisis Lifeline

Call or text **988** for free, confidential mental health support 24/7.

Available for individuals experiencing emotional distress, suicidal thoughts, substance use crises, or concern for a loved one.

Languages: English & Spanish

Mobile Crisis Response Teams (MCRT)

- **Access & Crisis Line:** (888) 724-7240
Provides immediate behavioral health crisis intervention and support.