

METH DESTROYS

RESOURCES

EVERYONE



You, your kids, your family and your friends suffer when you:

- Put yourself in situations you know are dangerous
- Stay in relationships with abusers
- Expose your kids to people who scare you
- Make promises you can't keep
- Expose kids to drugs, weapons and violence
- Lie to people you care about
- Cook meth when kids are around
- Lose your inhibitions and practice unsafe sex
- Hurt your kids with words and actions

You can change.
We can help.

Meth Hotline:
(877) NO2-METH

Alcohol and Drug Services
(619) 584-5007

Domestic Violence Hotline:
1-888-DVLINKS or 1-888-385-4657

Narcotics Anonymous Hotline:
1-800-479-0062

Mental Health Access Line
(800) 479-3339

Sexually Transmitted Disease Clinic
(619) 692-8550

Child Support
(619) 236-7600

Healthy San Diego
(877) 734-3258

Regional Transportation
(800) COMMUTE (266-6883)

Shelters
North Coastal: (760) 943-0997
North Inland: (760) 740-0997
Central/East/South: (619) 230-0997
Outlying areas : (800) 227-0997



County of San Diego
Board of Supervisors
Greg Cox - Dist. 1 ● Dianne Jacob - Dist. 2
Pam Slater-Price - Dist. 3 ● Ron Roberts - Dist. 4
Bill Horn - Dist. 5

GET OFF METH

"I would not be alive today if it was not for the chance to get into long-term residential drug treatment, it saved my life."



We can help...

TESTIMONIALS

Meth Destroys...Relationships

- I have burned bridges with family members. I lost my place to stay. All I cared about was another hit of meth.
- I have Hepatitis C, I lost my kids, I have a criminal record, lost jobs, stole from my family, never could have normal relationships with men, selling my body for dope.

Meth Destroys...Freedom

- Meth has taken my freedom for the last six months, destroyed my family - CPS has my kids, I have lost everything because of my addiction to meth.
- Meth has done nothing but negative things to me. I am not with my daughter and I keep coming to jail.

Meth Destroys...Dreams

- Lost money, jail, broken promises, fraud - I shattered my dreams.
- Lost my home, my baby, my security, my life and my will to live.



STATISTICS

On average, adults in jail who admit to meth use have been using for more than 11 years.



37% of meth users who are in jail started it by experimenting; 15% started using just to escape; 30% of users in jail admit they are now addicted.



More than two-thirds of people arrested who test positive for methamphetamine report experiencing sleeplessness, legal problems, unhealthy weight loss, and/or family problems.

TREATMENT RESOURCES



Women with Children

Detoxification
2049 Skyline Drive
Lemon Grove, CA 91945
(619) 465-7303

Residential
Kiva
2049 Skyline Drive
Lemon Grove, CA 91945
(619) 465-7303

Family Recovery Center
1100 Sportsfisher Drive
Oceanside, CA 92054
(760) 439-6702

North County Serenity House
1341 N. Escondido Blvd
Escondido, CA 92026
(760) 741-5098

Non-Residential
Options Central
5605 El Cajon Blvd.
San Diego, CA 92115
(619) 229-8201

Harmony West
6154 Mission Gorge Road
San Diego, CA 92120
(619) 285-1718

Parent Care
4990 Williams Avenue
La Mesa, CA 91941
(619) 698-1663

Family Recovery Center
1100 Sportsfisher Drive
Oceanside, CA 92054
(760) 439-6702

Options Vista
1381 East Vista Way
Vista, CA 92083
(760) 726-2656

Serenity Too
130 Fig Street
Escondido, CA 92025
(760) 741-5098

Options South Bay
251-A Palomar Street
Chula Vista, CA 91911
(619) 498-0908

Healthy Beginnings/Nueva Esperanza
2345 East 8th Street, Suite 110
National City, CA 91950
(619) 470-4384

Teen Options (under 18)
3660 Fairmount Avenue
San Diego, CA 92105
(619) 521-2250

Women Only

Residential
Freedom House
4318 Louisiana Street
San Diego, CA 92104
(619) 542-0452

Short Term East
4890 67th Street
San Diego, CA 92115
(619) 464-6207

Crossroads
3594 Fourth Avenue
San Diego, CA 92103
(619) 296-1151

Casa de Milagros
1127 South 38th Street
San Diego, CA 92113
(619) 262-4002

Turning Point
1315 25th Street
San Diego, CA 92102
(619) 233-0067

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