

Resources for Asylum Seekers in San Diego

[find the digital version with website links here: <http://www.sdrefugeeforum.org/asylum.html>]

Use these categories to help you find the resources you need:



Food



Health

[Including: medical health services, dental care, mental health (support with feelings and emotions)]



Other Necessities

[Including: general needs, childcare, clothes, financial support]



Other Resources

[Including: help finding and accessing resources, support for people experiencing domestic violence, help finding employment (only for those who have a work permit), and other programs]



Housing






Legal












[Including: Legal assistance for immigration cases and paperwork, assistance paying a bond for someone in immigration detention]



















Education and Learning














[Including: education, educational support, language training for English, vocational training, computer training]












| Organization and Website | Additional Contact Information | Services Provided | Can Services be Accessed from Home? | Service Languages | Service Cost |
|--|--------------------------------|---|-------------------------------------|--|--------------|
| 211 San Diego | 211 |  <ul style="list-style-type: none"> Help finding and accessing resources | Yes (phone and website) | Spanish, Tagalog, English, and interpretation available for other languages | Free |
| A Better Life Together, Inc. | (619) 741-1548 |   <ul style="list-style-type: none"> General needs Supportive services <p>*** services are for those with intellectual and developmental disabilities</p> | Yes | Spanish, English, and interpretation available for other languages (please ask for interpretation before coming) | Free |










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| American Bar Association, Immigration Justice Project (IJP) | (619) 255-8810 contact@abaijp.org |  <ul style="list-style-type: none"> Legal assistance for immigration cases and paperwork Legal orientation program (to help you understand the immigration court process) | Yes for some services (phone, video calls) | Spanish, English, and phone interpretation available for other languages | Free |
| Border Angels, Bond Program | (619) 487-0249 Online Application |  <ul style="list-style-type: none"> Help paying a bond for an individual in an immigration detention center (for detention centers in Otay Mesa, Imperial County, and Adelanto) | Yes (phone) | Spanish, English, and interpretation might be available for other languages | Free |
| SDIRC, Borderlands Get Free Fund | Online Application |  <ul style="list-style-type: none"> Help paying a bond for an individual in an immigration detention center | Yes (phone) | Interpretation can be available | Free |
| Casa Cornelia Law Center | (619) 231-7788 lawcenter@casacornelia.org |  <ul style="list-style-type: none"> Legal assistance for immigration cases and paperwork | Yes for some situations (phone, video calls) | Interpretation can be available | Free |
| Catholic Charities Diocese of San Diego | (619) 323-2841 |       <ul style="list-style-type: none"> Medical health services, General needs, Legal assistance for immigration cases and paperwork, Clothes, Financial Support, Food, Housing, Services for unaccompanied minors | Yes | Arabic, Farsi, Dari, Russian, Ukrainian, Haitian Creole, Spanish, Italian, English, and interpretation available for other languages | Free and low cost |
| East Region Adult Education | |  <ul style="list-style-type: none"> Education, Educational support, Language training for English, Vocational training, Computer training | Yes (phone, text, Zoom, remote classes) | Arabic, Spanish, Pashto, Farsi, Turkish, Mandarin, English | Free and low cost |

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| Family Health Centers of San Diego | (619) 515-2300 |   <ul style="list-style-type: none"> • Medical health services, • Mental health, • Dental care, • Vision care, • Help finding and accessing resources, • Help applying for Medi-Cal insurance, • Help finding a doctor | Yes for some services | Interpretation can be available | Free and low cost |
| Grossmont College | (619) 644-7000 |     <ul style="list-style-type: none"> • Education, • Educational Support, • Language training for English, • Vocational training, • Computer training, • Medical health services, • Adult mental health, • General needs, • Childcare, • Food <p>****Grossmont College primarily offers educational services, but students may also receive other support</p> <p>***asylum seekers need 1 year of residency to apply for Financial Aid and enroll as a student</p> | Virtual Help Center is available to answer student questions | Farsi, Arabic, Spanish, English, and interpretation available for other languages | Students may apply for financial aid . Most residents receive free tuition and other financial aid. |
| Home for Refugees USA | info@hfrusa.org |  <p>We are a community sponsorship organization, pairing newly arrived asylees, asylum-seeking and refugees and SIV families with volunteer community groups to help guide them through their first year of resettlement</p> <p>***must have housing to be eligible</p> | | Spanish, English, and interpretation available for other languages | Free |

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| Legal Aid Society of San Diego | 1 (877) 534-2524 For immigration court help: (619) 738-9832 (call Wednesdays from 8am to 11am) |  <ul style="list-style-type: none">Many kinds of legal assistance (including for: immigration, family law, eviction defense, housing discrimination, landlord tenant issues, restraining orders, and more) | Yes for some services | Spanish; interpretation for most other languages upon request | Free |
| License to Freedom | (619) 401-2800 admin@licensetofreedom.org |    <ul style="list-style-type: none">Support for people experiencing domestic violence,Mental health,Language training for English,Youth mentoring | Yes for some services | Arabic, Kurdish, Farsi, Dari, Pashto, English | Free or low cost |
| Immigrant Defenders Law Center | |  <ul style="list-style-type: none">Legal assistance for immigration cases and paperwork | Yes for some services | Spanish, English, and interpretation may be available for other languages | Free |
| International Rescue Committee | (619) 641-7510 |     <ul style="list-style-type: none">General needs,Legal assistance for immigration cases and paperwork,Support for people experiencing domestic violence,Educational Support,Financial Support,Language training for English,Vocational training,Help finding employment (only for those who have a work permit),Computer training,Education,Case management (help finding and accessing resources) | Yes | Interpretation available for all languages | Free and low cost |

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| Jewish Family Service [Helpful links: Refugees and Immigrants , SDRRN Migrant Shelter] | (858) 637-3210 Online request form |     <ul style="list-style-type: none"> • Legal assistance for immigration cases and paperwork, • Food, • Support for people experiencing domestic violence, • Mental Health | Yes for some services | Interpretation available for all languages | Free and low cost |
| La Maestra Community Health Centers | (619) 564-7010 |       <ul style="list-style-type: none"> • Medical health services, • Adult Mental Health, • Optometry, • Dental care, • General needs, • Clothes, • Financial Support, • Food, • Support for people experiencing domestic violence, • Educational Support, • Legal assistance for immigration cases and paperwork | Yes | Interpretation available for all languages | Free and low cost (sliding scale) |
| One Digital World | info@onedigitalworld.net |  <ul style="list-style-type: none"> • Educational Support, • Language training for English, • Computer training, • Education | Yes (online classes) | Spanish, Haitian, Farsi, English | Free and low cost (sliding scale) |
| San Diego College of Continuing Education | 1901 Main St., San Diego, CA 92113 (619) 388-1910 SDCECesarChavez@sdccd.edu |   <ul style="list-style-type: none"> • Educational Support (GED/HSE preparation), Language training for English, • Vocational training, • Education, • Help finding employment (for people with a work permit) | Yes for some services (phone and Zoom) | Spanish, Farsi, Arabic, Vietnamese, Chinese, Somali, Swahili, English, and other languages | Free |

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| San Diego LGBT Community Center | (619) 692-2077 hello@thecentersd.org |      <ul style="list-style-type: none"> • Mental Health, • HIV Testing, • STI Testing, • Food, • Clothing, • Help finding and accessing resources, • Housing, • Support for people experiencing domestic violence, • LGBTQ youth centers (for ages 10-24) • General needs <p>***services are primarily for LGBTQ people, but some services might be available for others</p> | Yes for some services | Spanish, English, and Interpretation can be available | Free |
| San Diego Unified School District- Children and Youth in Transition | (619) 725-7326 cyt@sandi.net |    <ul style="list-style-type: none"> • Educational Support, • Tutoring, • Education, • Support enrolling children in school, • Food, • Hygiene kits, • Backpacks, • School supplies, • Clothing and shoes | Yes | Interpretation available for all languages | Free |
| SAY San Diego, First 5 Steps | (619) 283-9624 jsaito@saysandiego.org |   <ul style="list-style-type: none"> • Support and parenting education for pregnant individuals or families with a newborn baby | Yes (staff visit homes) | Spanish, Swahili, Portuguese, English | Free |
| Southern California Immigration Project | (858) 247-2457 (619) 516-8119 |  <ul style="list-style-type: none"> • Legal assistance for immigration cases and paperwork <p>***for Africans and LGBTQ people from anywhere</p> | Yes for some situations (phone or video calls) | English, and interpretation available for African languages | Free and Donation |

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| Survivors of Torture International | (619) 278-2400 |      <ul style="list-style-type: none"> • Adult Mental Health, • Children's Mental Health (or Behavioral Health), • Medical health services, • Food, • General needs, • Educational Support, • Vocational training, • Case management (help finding and accessing resources), • Medical case management (help finding and accessing medical resources) | Yes (phone, video calls, or in-person in your home or another location where you're comfortable) | Interpretation available for all languages | Free |
| USAHello | |  <ul style="list-style-type: none"> • Education (free online resources and classes for refugees, immigrants, and asylum seekers) | Yes (WhatsApp, FaceBook, email, other social media platforms) | Arabic, Chinese, Dari, English, French, Pashto, Russian, Spanish, Ukrainian, Vietnamese | Free |
| Volunteers in Medicine - San Diego | (619) 440-4591 |    <ul style="list-style-type: none"> • Adult Mental Health, • Medical health services, • Dermatologist, • Acupuncture, • Chiropractor, • General needs, • Clothes, • Food | Yes (video calls) | Spanish, Russian, Arabic, Farse, English | Free |

Other Helpful Resources

Where to find...



[Temporary shelters](#)



[Food](#) (also [here](#))



[Diapers](#)



Public schools for children and youth:

- to [find the nearest school district](#)
- to [find a school in central San Diego](#) (San Diego Unified School District)
- ***Schools in the USA help children and their families in many ways - you can ask what resources your child's school has



Free wifi and computer access, electrical outlets, and other community resources: Public Libraries ([City of San Diego locations](#) and [County of San Diego locations](#))



Resources to better understand the asylum process: [Asylum Seeker Advocacy Project](#)

- free or low cost legal organizations in the USA that help with immigration cases: [Immigration Advocates Network](#)
- ****Be careful*: "Notarios" and "Tax Preparers" sometimes say they can help with immigration paperwork, but they often do not have the knowledge or ability to legally advise and represent someone
 - To check if a person is a real attorney in the USA: (1) ask them what state they are licensed in, (2) find the state website on [this list](#), (3) check the state website for the attorney's name
 - To check if a nonprofit organization is accredited to help with legal immigration paperwork: check [here](#)



Hotlines - phone numbers that anyone can call to speak with a supportive person:

| Phone Number: | When to call: | Organization and Website: |
|--|--|--|
| 988 (interpreting available) | if someone is thinking about killing themselves | National Suicide Prevention Lifeline |
| (888) 724-7240 (interpreting available) | if someone in San Diego is experiencing a crisis | San Diego Access and Crisis Line (ACL) |
| Text "HOME" to 741741 For WhatsApp: text (443) 787-7678 | if someone anywhere is experiencing a crisis | Crisis Text Line |
| (800) 799-7233 (interpreting available) | if someone is experiencing domestic violence | National Domestic Violence Hotline |
| (800) 437-3071 (call or text) | if you are a migrant who needs help connecting to services | RAICES Canopy Hotline |
| (619) 404-4322 | to talk to a caring person who will listen and connect you with mental wellness support in San Diego | San Diego Refugee Communities Coalition |