

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

Organization and Website	Additional Contact Information	Services Provided	Can Services be Accessed from Home?	Service Languages	Service Cost	
Jewish Family Service [Helpful links: Refugees and Immigration , 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

Organization and Website	Additional Contact Information	Services Provided	Can Services be Accessed from Home?	Service Languages	Service Cost
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

Organization and Website	Additional Contact Information	Services Provided	Can Services be Accessed from Home?	Service Languages	Service Cost
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
World Relief	(714) 210-4730, extension 9	   <ul style="list-style-type: none"> • Educational support, • Language training for English, • Career mentorship, • Temporary host homes, • Help accessing resources 	Yes for some services	English, and interpretation may be available for other languages	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