

TIJUANA RESOURCE LIST

We sincerely thank you for your time and generosity in sharing your life experiences with us. Please let us know of any other ways that we may support you or your community. If you are experiencing a mental health emergency, please call:

- Hospital de Salud Mental de Tijuana: +52 664 607 9090
- Línea de la Vida: 800 911 2000
- Sistema Nacional de Apoyo, Consejo Psicológico e Intervención en crisis por Teléfono (SAPTEL): 55 5259 8121

GENERAL RESOURCES FOR MIGRANTS

CENTRO MADRE ASSUNTA

SERVICES: EMERGENCY SHELTER FOR MIGRANT WOMEN & CHILDREN.

ADDRESS: GALILEO 2305, COLONIA POSTAL, TIJUANA, BC

PHONE: +52 664 683 0575

SCHEDULE: 9:00AM-5:00PM, MONDAY THROUGH SUNDAY

ESPACIO MIGRANTE

SERVICES: BASIC SUPPORT FOR MIGRANTS, REFUGEES, AND DEPORTEES FROM DIVERSE COMMUNITIES, INCLUDING HAITIANS, CENTRAL AMERICANS, MEXICANS FROM OTHER REGIONS, THE LGBTQ COMMUNITY, WOMEN, & YOUTH.

ADDRESS: CALLE ALDRETE 911 COL. ZONA NORTE TIJUANA, BC

PHONE: +52 664 607 3458

CASA DEL MIGRANTE IN TIJUANA

SERVICES: SHELTER, FOOD, CLOTHING, MEDICAL CARE, INTERNET, CALLS, AND OTHER BASIC NEEDS.

ADDRESS: GALILEO STREET #239, COLONIA POSTAL, TIJUANA, BC

PHONE: +52 664 682 5180 OR +52 664 382 7685.

PRO AMORE DEI AC

SERVICES: FAMILY SHELTER AND FREE MEALS.

ADDRESS: CANON K, PATRIMONIAL BENITO JUÁREZ, TIJUANA, BC

PHONE: +52 664 232 3116

CEJUM (CENTRO DE JUSTICIA PARA LAS MUJERES)

SERVICES: LEGAL, PSYCHOLOGICAL AND SOCIAL SUPPORTS.

ADDRESS: AV. MOCTEZUMA #1, COL. RESIDENCIAL DE CORTEZ, C.P. 22190, TIJUANA, BC

PHONE: +52 664 879 0570

FACEBOOK: @BC.CEJUM

MADRES Y FAMILIAS DEPORTADAS EN ACCIÓN A.C.

SERVICES: HOUSING, LEGAL COUNSEL, DONATIONS, AND OTHER SUPPORT FOR DEPORTED INDIVIDUALS

ADDRESS: VÍA DE LA JUVENTUD OTE 8800, DEFENSORES DE BAJA CALIFORNIA, 22010 TIJUANA, BC

PHONE: +52 664 976 7541

EMAIL: MADRESDEPORTADASENACCION@GMAIL.COM

REFUGEE HEALTH ALLIANCE

SERVICES: MEDICAL AND PEDIATRIC CARE, LGBTQIA+ CARE, PRENATAL CARE AND MIDWIFERY, WOMEN'S CARE, ACUPUNCTURE AND NATUROPATHIC MEDICINE, MEDICAL-LEGAL SERVICES, AND DENTISTRY.

ADDRESS: AV MIGUEL NEGRETE 8350, ZONA URBANA RIO, TIJUANA, BC

SCHEDULE: 9:00AM-4:00PM, MONDAY THROUGH FRIDAY

PSICÓLOGOS SIN FRONTERAS B.C.

SERVICES: MENTAL HEALTH SERVICES

ADDRESS: GAV. ARANJUEZ 22919, VILLAFONTANA, FONTANA XIV, TIJUANA, BC

PHONE: +52 664 170 8460

PREVENCASA A.C.

SERVICES: HIV/AIDS PREVENTION & TESTING, MENTAL HEALTH, HEALTHCARE

ADDRESS: BAJA CALIFORNIA 7580, ZONA NORTE 22000 TIJUANA, BC

PHONE: +52 664 685 3392

HOSPITAL DE SALUD MENTAL DE TIJUANA A.C.

SERVICES: MENTAL HEALTH HOSPITAL WITH PSYCHOLOGICAL AND PSYCHIATRIC HELP.

ADDRESS: BLVD. INTERNACIONAL #20501 CD. INDUSTRIAL MESA DE OTAY, TIJUANA, BC

PHONE: +52 664 607 9090

SECRETARÍA DE SALUD DE BAJA CALIFORNIA

SERVICES: VACCINATION INFORMATION

PHONE: +52 686 559 5800 EXT 4122

FACEBOOK: [HTTPS://M.FACEBOOK.COM/BC.SECRETARIASALUD/](https://m.facebook.com/bc.secretariasalud/)

CAPASITS

SERVICES: HIV MEDICAL SERVICES

ADDRESS: FUENTES DE MEXICALI SN, FRACCIONAMIENTO, TIJUANA, BC

PHONE: +52 664 650 2220

SCHEDULE: 7:00 AM - 2:30 PM, MONDAY THROUGH FRIDAY

CENTRO DE INTEGRACION Y RECUPERACION JARDÍN DE LAS MARIPOSAS

SERVICES: REHABILITATION CENTER AND SHELTER FOR MIGRANTS AND REFUGEES FROM THE LGBTQ+ COMMUNITY

ADDRESS: SILVERIO ALEMAN 47 COL EMPLEADO POSTAL, TIJUANA, BC

PHONE: +52 663 127 2900

CENTRO 32, FBT

SERVICES: FOOD, CLOTHING, SHELTER, MENTAL HEALTH SERVICES, AND PSYCHOLOGICAL AID

ADDRESS: AVENIDA RIO TIJUANA 1106, TIJUANA, BC

PHONE: +52 664 686 5925

SCHEDULE: 8:00 AM - 4:00 PM, MONDAY TO FRIDAY

LÍNEA DE LA VIDA

SERVICES: FREE MENTAL HEALTH SERVICES, BRIEF CRISIS INTERVENTION

PHONE: 800 911 200

SCHEDULE: 24 HOURS A DAY, 365 DAYS A YEAR

SAPTEL (SISTEMA NACIONAL DE APOYO, CONSEJO PSICOLÓGICO E INTERVENCIÓN

SERVICES: FREE MENTAL HEALTH HOTLINE

PHONE: 55 5259 8121

SCHEDULE: 24 HOURS A DAY, 365 DAYS A YEAR

LEGAL SERVICES

AL OTRO LADO

SERVICES: DIRECT, FREE, LEGAL & HUMANITARIAN SERVICES ON BOTH SIDES OF THE U.S.-MEXICO BORDER.

ADDRESS: CALLE PRIMERA 8250, ZONA NORTE, TIJUANA, BC

PHONE: +52 664 208 8994

EMAIL: INFO@ALOTROLADO.ORG

HIAS TIJUANA

SERVICES: LEGAL SERVICES

ADDRESS: RICARDO FLORES MAGÓN 8119, ZONA CENTRO, TIJUANA, BC

PHONE: +52 663 205 4661

IMMUJER (INSTITUTO MUNICIPAL DE LA MUJER)

SERVICES: FREE, CONFIDENTIAL LEGAL AND PSYCHOLOGICAL SERVICES AND WORKSHOPS FOR WOMEN OF ALL NATIONALITIES.

ADDRESS: AV. MIGUEL NEGRETE 8311, ZONA CENTRO, TIJUANA, BC

PHONE: +52 664 622 2531 OR +52 664 622 2377

SOCIAL SERVICES

BORDERLINE CRISIS CENTER

SERVICES: EMERGENCY SHELTER, PHONE CALLS TO FAMILY, INTERNET SERVICES, LOCKERS, CLOTHING, FOOD, SHELTER REFERRALS, AND TRANSPORTATION.

ADDRESS: PARQUE LAS CALIFORNIAS, CALLE MIGUEL NEGRETE, ZONA CENTRO, TIJUANA, BC

PHONE: +52 664 103 1967

SCHEDULE: 9:00 AM - 5:00 PM, MONDAY - SATURDAY

ENCLAVE CARACOL

SERVICES: COMMUNITY CENTER FOR FREE FOOD, LIBRARY, MUSIC/ART/DANCE WORKSHOPS.

ADDRESS: CALLE PRIMERA 8250 (ENTRE AV REVOLUCIÓN Y AV. FRANCISCO L MADERO), TIJUANA, BC

PHONE: +52 664 669 9045

DESAYUNADOR SALESIANO "PADRE CHAVA"

SERVICES: FREE MEALS, FOOD, MEDICAL SERVICES, SHELTER, LEGAL SERVICES, INTERNET AND PHONE CALLS, CLOTHING, SHOWERS

ADDRESS: CALLE MELCHOR OCAMPO #700, ZONA CENTRO C.P., TIJUANA, BC

PHONE: +52 664 688 2790

SCHEDULE: 8:30 AM - 5:00 PM, MONDAY TO FRIDAY

8:30 AM - 2:00 PM, SATURDAY

CASA ARCOIRIS

SERVICES: SHELTER, FOOD, HEALTH, AND BASIC LEGAL SERVICES FOR LGBTQ+ MIGRANTS

WHATSAPP: +52 663 105 1678

PHONE: +52 664 906 4181