

Office Locations & Hours

Mid-City site

5348 University Avenue, Suite 101
San Diego, CA 92105
(619) 229-2999

Bus # 7, 10, 965

Monday, Wednesday, Thursday, & Friday:
8:30am to 5:00pm
Tuesday: 8:30am to 6:00pm

Serra Mesa site

8745 Aero Dr. Suite 330
San Diego, CA 92123
(858) 268-4933

Bus # 25

Monday through Friday
8:30 a.m. to 5:00 p.m.

UPAC is committed to providing services in both mental health and substance abuse and recovery to its Asian, Native Hawaiian and Pacific Islander, and other multi-ethnic clients throughout San Diego County.

Website:
www.upacsd.com



U P A C

The Union of
Pan Asian
Communities (UPAC)

Counseling
and
Treatment Center

The mission of UPAC is to improve the general well-being and education of Asians, Pacific Islanders and other ethnic communities of San Diego County.

Who are we?

UPAC Counseling and Treatment Center provides outpatient mental health services primarily for Asian, Native Hawaiian, and Pacific Islander adults who are 18 years of age and older with depression, anxiety, co-occurring substance abuse, and other related difficulties.

The services are culturally and linguistically appropriate in order to meet the unique needs that are connected to tradition and culture of individuals.

The program upholds the principle of psychosocial rehabilitation to assist individuals recovering from mental illness and co-occurring substance abuse disorders.

The program is funded by the County of San Diego, Department of Behavioral Health, Adult and Older Adult Mental Health Services.



Our Goals

Strengthening Families

- Bringing families together
- Promoting improved communication and healthy relationships
- Preventing alienation and isolation of mono-lingual Asian Pacific Islander individuals
- Providing support and education to family members

Life Skills

- Increasing knowledge of illness and medication
- Fostering positive social behaviors and recovery
- Linking to community resources
- Enhancing peer support
- Expanding vocational and educational opportunities

Our Staff

UPAC Counseling and Treatment Center is staffed with bilingual and bicultural mental health professionals including psychiatrists and therapists. Staff members speak Cambodian, Hmong, Japanese, Lao, Tagalog, Thai, Chinese, Vietnamese, Korean, Karen, and English.

Referrals

Individuals who are interested in receiving services for oneself or for a loved one can contact the office directly.

If you reside in the Central, South, or East Regions of San Diego, contact the Mid-City site at (619) 229-2999.

If you reside in the North Central Region of San Diego, contact the Serra Mesa site at (858) 268-4933.

Fees

We accept Medi-Cal. For those without Medi-Cal, a sliding scale fee is determined according to the individual's ability to pay. We also accept Medi-Cal/Medicare.

"Hope is crucial to recovery, for our despair disables us more than our disease ever could."

~Esso Leete, Consumer Leader~

