



PREVENTION TODAY FOR A BETTER TOMORROW

Keep hope alive through early intervention and education

Kickstart provides community education, confidential assessment and early assistance for young people between the ages of 10 and 25 who are at risk for mental illness in San Diego County.

Providing youth with early assistance significantly increases their chance to succeed in school and work and improves relationships with family and friends.



A combination of these symptoms suggest the possible need for further assessment:

- Dramatic deterioration in school or work
- Withdrawal from friends and family
- Difficulty with focus, concentration or memory
- Strange behaviors or ideas
- Experiencing noises, visions or sensations that others don't perceive
- Changes in sensitivity to light, sound or touch, decrease sense of smell.

Contact Us!

If you are interested in learning more about Kickstart or know of a youth in need, please call us at (619) 481—3790.