

Resources



Transportation

Medi-Cal Transportation (MTM) - Free Rides

- 636-561-5686

RideFACT (SANDAG)- For Seniors and Disabled

- (888) 924-3228



Mental Health

NAMI San Diego - Free Support Groups

- (619) 543-1434

Access & Crisis Line - 24/7 Help

- (888) 724-7240



Food Assistance

- Feeding San Diego - Free food nearby
(858) 452-3663
- Second Harvest Food Bank-
(800) 984-3663



Community Resource Line

211 -Covers all of California

- 2-1-1

About the California Lupus Foundation

The California Lupus Foundation is dedicated to supporting individuals living with lupus. We partner with clinics, healthcare providers, and communities across the state to help patients access care, understand their condition, and feel empowered to live well with lupus.



Our Services

- Patient Support Services
- Education and Resources
- Advocacy and Awareness
- Research and Innovation

Support for your life with Lupus



Your Patient Health Navigator is here to help

Here for you: Your Lupus Health Navigator

Living with lupus is complex. It affects your body, mind, schedule, and peace of mind. Doctor visits are short, but I'm here to support you in all the time between. I can help you feel more prepared, connected, and in control of your care.

Lets Connect!

Habla Español

📞 Telephone: 408-954-8600

✉ Email: info@californialupus.org

Free one-on-one support. No
insurance or referral needed

How I Can Help You

As your Lupus Health
Navigator, I can help you:

- ☐ Prepare your questions
- ☐ Track symptoms and medications
- ☐ Prioritize what matters most
- ☐ Follow up after appointments
- ☐ Learn life tips for living with Lupus
- ☐ Find support resources
- ☐ Find doctors for you
- ☐ Give you hope 

“You don't have to do
this alone. We here to
walk with you every
step of the way.”

Living with Lupus: Daily Life Tips



Rest is part of healing
Deep breaths and being patient with
your body



Track flares and energy levels
Use gentle reminders to
pace yourself



Pill organizers + symptom trackers
Notecards for doctor visits – I'll help
you prep