Nile Sisters
DEVELOPMENT INITIATIVE
Behavioral and Mental Wellness Department

UNLOCK YOUR MENTAL WELLNESS

NSDI provides culturally responsive outpatient behavioral health services, including assessment, diagnosis, treatment, counseling, prevention, education, and support, to promote hope, healing, resilience, and wellness for individuals and families experiencing mental health conditions.

Our Services:

- Individual Counseling
- Couple/Family Counseling
- Peer Support Services
- Psychoeducation training and psychological testing

Why Choose Us

Our services are trauma-informed, person-centered, and focused on improving daily functioning and long-term wellness. We offer flexible in-person and telehealth options to increase access and support continuity of care.

Counseling services are provided by licensed mental health professionals.

Scan Me

Contact Us:

619-265-2959

https://nilesisters.org/behavioral-health/

Now accepting appointments.

Medi-Cal beneficiaries welcome

California Department of Public Health, Facility ID Number: 630028468
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