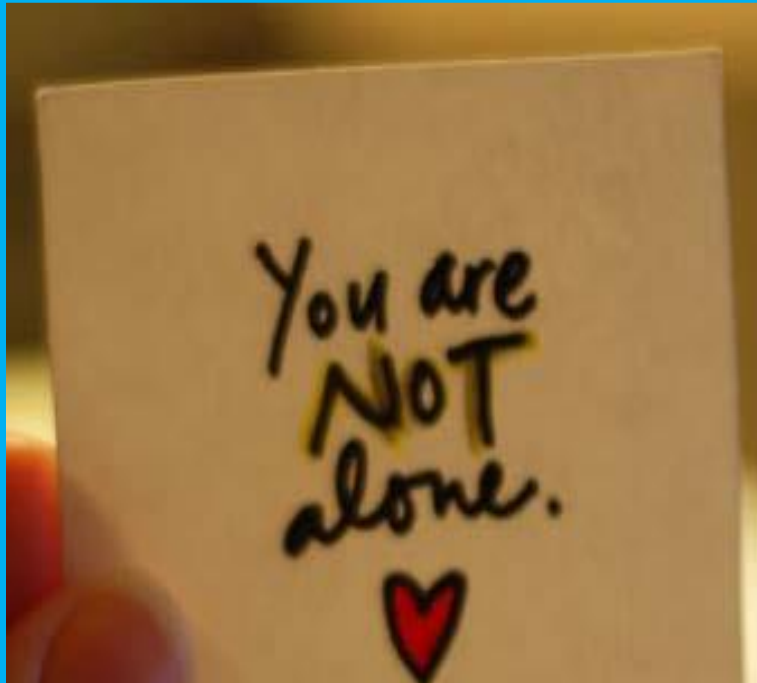


# YANA



**Are you living alone?**

**Are you a senior or disabled?**

**Would you like to have a senior volunteer check on you?**

**Would you like to feel connected to the community?**

If you or someone you know lives alone with no friends or family available to consistently check on your welfare, You Are Not Alone (YANA) is a free service provided in most areas of San Diego County by senior volunteers in law enforcement agencies. A volunteer visits or calls a YANA client, making a social connection to let the person know that they really are not alone. YANA individuals can manage life on a day to day basis, but they recognize that a medical issue could become a crisis without support checking on them.

To enroll in this free service call your local law enforcement agency's Senior volunteer Office (numbers on the back). If you find the service is not provided, call the County RSVP office at 858-505-6399.

### LOCAL YANA CONTACTS

<b>Station or Division Name</b>	<b>RSVP Office Phone</b>
CARLSBAD POLICE DEPARTMENT	(760)931-2214
CHULA VISTA POLICE DEPT	(619)476-2417
EL CAJON POLICE DEPARTMENT	(619)579-3354
SD PD - RB SVP	(858)538-8146
SD PD - SCRIPPS/MESA	(858)538-8156
SD PD -DIAMOND GATEWAY (N.E.)	(858)538-8092
SD PD CENTRAL DIVISION	(619)685-8207
SD PD EASTERN DIV RSVP	(858)495-7966
SD PD MID-CITY DIVISION	(619)516-3182
SD PD NORTHERN DIV. RSVP	(858)552-1737
SD PD NORTHWESTERN RSVP	(858)523-7021
SD PD SOUTHEASTERN RSVP	(619)527-3578
SD PD SOUTHERN DIV. RSVP	(619)424-0215
SD PD TRAFFIC	(858)495-7827
SD PD WESTERN DIV RSVP	(619)692-4945
SD SHERIFF - ALPINE SVP	(619)659-2609
SD SHERIFF - BONITA	(619)470-3696
SD SHERIFF - ENCINITAS	(760)966-3579
SD SHERIFF - FALLBROOK	(760)451-3145
SD SHERIFF - IMPERIAL BEACH	(619)498-2487
SD SHERIFF - JULIAN	(760)765-2719
SD SHERIFF - LEMON GROVE	(619)337-2072
SD SHERIFF - PINE VALLEY	(619)938-8400
SD SHERIFF - POWAY SVP	(858)513-2852
SD SHERIFF - RAMONA SVP	(760)789-9157
SD SHERIFF - RANCHITA	(760)767-4343
SD SHERIFF - RANCHO SAN DIEGO	(619)660-7021
SD SHERIFF - SAN MARCOS	(760)510-5290
SD SHERIFF - SANTEE SVP	(619)972-6846
SD SHERIFF - VALLEY CENTER	(760)751-4405
SD SHERIFF - VISTA SVP	(760)940-4434