



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of San Diego County Self Service Instructions

Y Self Service is your way to access your personal information, such as updating your home address, changing phone numbers and email addresses, emergency contacts, tax withholdings, obtaining electronic pay stubs, and more.

Y Self Service is the ***only*** way providers are able to view and change personal information with the Respite Unit.

### USER NAME & PASSWORD:

Your user name is the first letter of your first name, all of your last name plus the last four digits of your Social (e.g., mmouse1234). If you have never logged into Y Self Service your temporary password is the last four digits of your Social.

### HOW TO LOGIN:

- To access Y Self Service Log on to <http://ess.ymcasd.org/live>
- Enter your username and password as indicated above.
- Click login and change your password as required.

For help or password resets, contact Y Team Headquarters Human Resources Department at (858)292-9622 or email [mcuevas@ymca.org](mailto:mcuevas@ymca.org) or [ndortch@ymca.org](mailto:ndortch@ymca.org).

### YMCA Childcare Resource Service

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