

MENTAL HEALTH RESOURCES



Prepared by:

County of Los Angeles - Department of Mental Health (DMH)

Prevention Bureau Administration

Revised July 2018



Los Angeles County Service Planning Areas



Los Angeles County
Children's Planning Council
Improving Children's Lives

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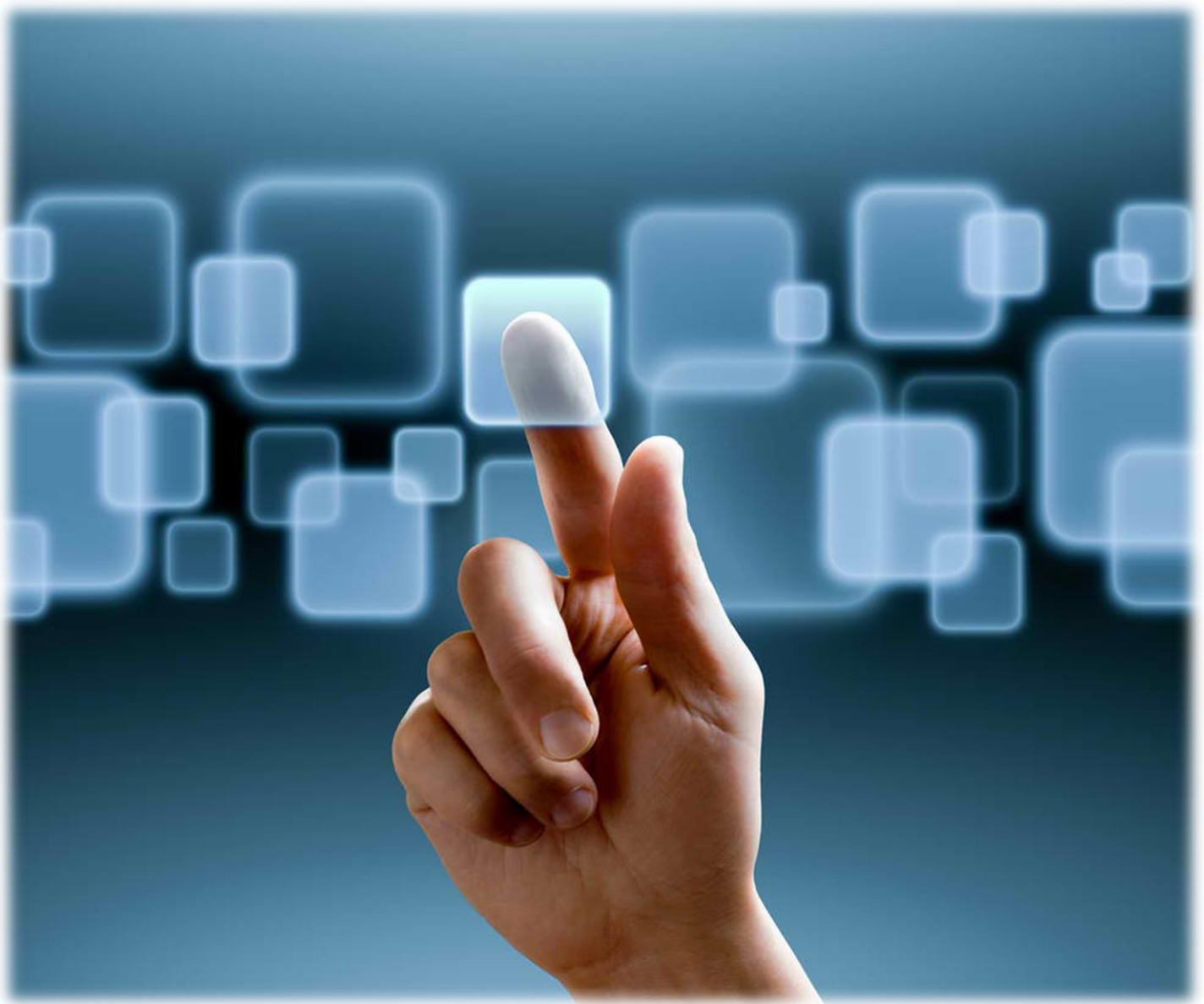
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SERVICE AREA NAVIGATION TEAMS

Service Area Navigation teams may be called upon to assist individuals or families in identifying the appropriate type or level of mental health services provided in their local community. They have familiarity with and the capacity to make appropriate linkages to the wide array of services and supports.

SA	Children (0-15)	TAY Youth (16-25)	Adult (26-59)	Older Adult (60+)
1	Salem Redding Ph:(661) 223-3816 Fx: (661) 537-2937	Salem Redding Ph:(661) 223-3816 Fx: (661) 537-2937	Angela Coleman Ph: (661) 223-3813 Fx: (661) 537-2937	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
2	Fang (Colin) Xie Ph: (818) 610-6729 Sara Mendez Ph: (818) 610-6739 Fx: (818) 347-8738	Gerri Washington Ph: (213) 598-0970 Fx: (818) 347-8738	Darrell Scholte Ph: (818) 610-6705 Michele Renfrow Ph: (818) 610-6724 Fx: (818) 347-8736	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
3	Vanessa Torres Ph: (626) 430-2948 Fx: (626) 331-0121	Socorro Ramos Ph: (626) 430-2949 Fx: (626) 331-0121	Eugene Marquez Ph: (626) 430-2915 Fx: (626)331-0121	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
4	Luz Smith Ph: (213) 922-8123 Fx: (213) 680-3225	Christina Padilla Ph: (213) 922-8132 Fx: (213) 680-3225	Phyllis Moore-Hayes Ph: (213) 922-8129 Fx: (213) 680-3225	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
5	Jeong Min Rhee Ph: (310) 482-6610 Fx: (310) 313-0813	Jeong Min Rhee Ph: (310) 482-6610 Fx: (310) 313-0813	Samantha Howard Ph: (310) 482-6612 Kim Phan (310) 482-6616 Fx: (310) 313-0813	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
6	Dana Calloway Ph: (213) 738-2401 Fx: (213) 351-7747	Jasminder Chahal Ph: (213) 435-3362 Fx:(562) 929-4540	Perla Cabrera Ph: (213) 738-3313 Fx: (213) 351-7747	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
7	Cheryl Lopez Ph: (213) 738-2900 Fx: (213) 384-0729	Cheryl Lopez Ph: (213) 738-2900 Fx: (213) 384-0729	Alicia Ibarra Ph: (213) 738-6150 Fx: (213) 384-0729	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492
8	April Hagerty Ph: (562) 256-1280 Fx: (562) 290-1230	Emily Serna Ph: (562) 256-1277 Fx: (562) 290-1230	Jenny Nguyen Ph: (562) 256-1278 Fx: (562) 290-1230 Trisha Deeter Ph: (562) 256-1279	Jenny Nguyen Ph: (213) 256-1278 Fx: (213) 738-3492



RESOURCES

Emergency & Non-Emergency Helpline: 24 hours/7 days 1-800-854-7771

Department of Mental Health website: <http://dmh.lacounty.gov>

LOS ANGELES COUNTY HELPFUL HOTLINES

211 LA County Access to information about community, social, health and government services in Los Angeles County.	2-1-1 http://www.211la.org
Access Center The Department of Mental Health ACCESS Center provides mental health referrals, linkage resources, and crisis intervention in Los Angeles County.	(800) 854-7771 http://dmh.lacounty.gov
Department of Children and Family Services (DCFS) – Child Abuse Hotline Hotline to report child abuse, obtain the name of the assigned social worker, or references.	(800) 854-4000 http://dcfs.lacounty.gov
National Suicide Hotline	English (800) 273-8255 Spanish (800) 628-9454
The Warm Line (Local Line)	Weekdays/Días de Semana 5pm-10pm English (888) 448-9777 Spanish (877) 448-4055
Domestic Violence Assistance in finding shelter	(800) 978-3600 http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/specialized-supportive-services/domestic-violence/
Department of Public Social Services To apply for Cash aid (CalWorks), Medi-Cal, and/or Food Stamps (Cal Fresh)	(866) 613-3777/(877) 597-4777 http://dpss.lacounty.gov/wps/portal/dpss
Social Security Administration Provides information on how to apply for Survivorship Benefits, Supplemental Security Income, and Social Security Dependent's Benefits.	(800) 772-1213 http://www.ssa.gov
Kind-GAP, Foster Care Benefits (Youakim), and AAP Cash aid available for those providing care to children in the foster care system.	(888) 694-7263 http://dcfs.co.la.ca.us/kinshippublic/default.html
Los Angeles County Housing Los Angeles County Housing Resource Center was created to help people list and find affordable, special-needs, accessible, and emergency housing within the County of Los Angeles.	(877) 428-8844 http://housing.lacounty.gov/
Women, Infants, and Children (WIC) Assistance with food vouchers issued to parents/caregivers of children under the age of 5.	(888) 942-9675 http://www.fns.usda.gov/wic/women-infants-and-children-wic
Substance Abuse Assistance in finding substance abuse treatment programs.	(800) 564-6600 press 4 for assistance http://publichealth.lacounty.gov/sapc/
Regional Center Regional centers are nonprofit/private corporations that provide or coordinate services and supports for individuals with developmental disabilities.	(213) 383-1300 http://www.dds.ca.gov/RC/RCList.cfm

LOS ANGELES COUNTY MENTAL HEALTH CLINICS

Our Directly County Operated clinics provide regular outpatient services and some in-home services for clients with Medi-Cal, no insurance, and sliding scale. Intakes are done in person at the clinic, for more information please call the phone number provided and ask for the Intake Department or Officer of the Day. For additional clinics in your area, contact your corresponding Service Area Navigator, listed on page 3 or search by zip code at <http://dmh.lacounty.gov>.

Service Area 1 - Antelope Valley			
Antelope Valley MHS	Adults	349-A East Avenue K-6 Lancaster, CA 93535	661-723-4260
Palmdale MHC	Adults	1529 E. Palmdale Boulevard, Suite 150 Palmdale, CA 93550	661-575-1800
Antelope Valley Wellness & Enrichment Center	Adults	251 East Avenue K-6 Suite H Lancaster, CA 93535	661-974-8400
Service Area 2 - San Fernando Valley			
San Fernando MHC	Adults & Children	10605 Balboa Boulevard, Suite 100 Granada Hill, CA 91344	818-832-2400
Santa Clarita Valley MHC	Adults	23501 Cinema Dr. Valencia, CA 91355	661-288-4800
Valley Coordinated Clinic	Children (crisis mostly)	19231 Victory Blvd. Suite 110 Reseda, CA 91335	(818) 708-4500
West Valley MHC	Adults	7621 Canoga Avenue Canoga Park, CA 91304	818-598-6900
Service Area 3 - San Gabriel Valley			
Arcadia MHC	Adults	330 Live Oak Avenue Arcadia, CA 91006	626- 821-5858
East San Gabriel Valley MHC	Adults	1359 N. Grand Avenue Covina, CA 91724	626-430-2900
Service Area 4 - Metro			
Hollywood MHC	Adults	1224 North Vine Street Los Angeles, CA 90038	323-769-6100
Northeast MHC	Adults	5321 Via Marisol Los Angeles, CA 90042	323-478-8200
Downtown MHC	Adults	529 S. Maple Avenue Los Angeles, CA 90013	213-430-6700
Service Area 5 - West			
Edelman Westside MHC - Child	Children	11303 W. Washington Blvd. Suite 200 Los Angeles, CA 90066	310-482-3200
Edelman Westside MHC - Adult	Adults	11303 W. Washington Blvd. Suite 200 Los Angeles, CA 90066	310-482-3200

Service Area 6 - South

AFH - Family MHS	Adults	1720 E. 120th Street Los Angeles, CA 90059	310-668-4272 310-668-4273
AFH-Family MH- Children	Children	1721 E. 120th Street Los Angeles, CA 90059	310-668-4272 310-668-4273
Compton Family MHS	Adults & Children	921 E. Compton Blvd. 1st Fl Compton, CA 90221	310-668-6800
West Central Family MHS	Adults	3751 Stocker Street Los Angeles, CA 90008	323-298-3680

Service Area 7 - East

American Indian Counseling Center	Adults & Children	17707 Studebaker Road Cerritos, CA 90701	562-402-0677
Rio Hondo Community MHC	Adults	17707 Studebaker Road Cerritos, CA 90703	562-402-0688
Rio Hondo Centro de Bienestar - Wellness Center	Adults	2677 Zoe Ave. Suite 301 Huntington Park CA 90255	323-826-6300
Roybal Family MHS	Children	4701 Cesar E. Chavez Ave Los Angeles, CA 90022	323-267-3400
San Antonio MHC	Children	2629 Clarendon Ave Huntington Park, CA 90255	323-584-3700

Service Area 8 - South Bay

Harbor UCLA Adult	Adults	1001 W. Carson Street Torrance, CA 90509	310-222-2345
Harbor UCLA Child & Adolescent	Children	1000 W. Carson Street Torrance, CA 90509	310-222-3110
Long Beach Child & Adolescent	Children	2600 Redondo Avenue 6th Fl Long Beach, CA 90806	562-256-2906
Long Beach Adult MHS	Adult	2600 Redondo Avenue 3rd Fl Long Beach, CA 90806	562-256-2900
San Pedro MHS	Adult	150 W. 7th Street San Pedro, CA 90731	310-519-6100
South Bay MHS	Adult	2311 W. El Segundo Blvd Hawthorne, CA 90250	323-241-6730
Coastal API Family MHC	Adults & Children	14112 S. Kingsley Drive Gardena, CA 90249	310-217-7312
Long Beach API Family MHC	Adults	4510 E. Pacific Coast Hwy Long Beach, CA 90804	562-346-1100
TIES for Families	Children	21081 S. Western Ave. Suite. 295 Torrance, CA 90501	310-533-6600

Birth to 5 Mental Health Coordinators

Birth to 5 Mental Health coordinators are DMH employees that can also assist you in finding mental health resources in your community that service birth to 5 year olds.

SA	Birth-5 COORDINATORS	EMAIL
1	Cathy DeGennaro (661) 942-4216	cdegennaro@dmh.lacounty.gov
2	Harvey Canter (818) 904-8801	hcanter@dmh.lacounty.gov
3	Patricia Osegueda (626) 430-2933	Posegueda@dmh.lacounty.gov
4	Diann Kiaanoa (213) 763-3161	dkiaanoa@dmh.lacounty.gov
5	Dara Vines (310) 482-6608	dvines@dmh.lacounty.gov
6	Sacha Dovick (323) 418-4200 --- Michelle Moran (323) 418-4221	sdovick@dmh.lacounty.gov mmoran@dmh.lacounty.gov
7	Cynthia Z. Marinero (213) 926-0421	cmarinero@dmh.lacounty.gov
8	April Hagerty (562) 256-1280 --- Lisa Althen (310) 533-6600	ahagerty@dmh.lacounty.gov lalthen@dmh.lacounty.gov



HEALTH

COUNTY HOSPITALS

Harbor UCLA Medical Center	1000 W. Carson St. Torrance, CA 90509 (310) 222-2345 Psychiatric Urgent Care 310-222-8113 Pediatric Emergency
LAC/USC Medical Center	1200 North State Street Los Angeles, CA 90033 (323) 226-2622
Martin Luther King Jr. Multi-Service Outpatient Care Center	(No Emergency Room, but several clinics for regular check-up) 12021 South Wilmington Ave. Los Angeles, CA 90059 (310) 668-4321
Olive View UCLA Medical Center	14445 Olive View Dr. Sylmar, CA 91342 (818) 364-1555

FAMILY MEDICINE

Service Area 1 Antelope Valley Health Center 335-B E. Ave. K-6 Lancaster, CA 93535 (661) 471-4000	Service Area 2 Glendale Health Center 501 N. Glendale Avenue Glendale, CA 91206 (818) 291-8900	Service Area 6 Martin Luther King, Jr. Outpatient Center 1670 East 120th Street Los Angeles, CA 90059 (310) 668-4321 (424) 338-1000
Service Area 1 South Valley Health Center 38350 40 th Street East Palmdale, CA 93550 (661) 471-4000	Service Area 2 Mid-Valley Comprehensive Health Center 7515 Van Nuys Blvd. Van Nuys, CA 91405 (818) 627-3000	Service Area 6 Hubert Humphrey Comprehensive Health 5850 S. Main Street Los Angeles, CA 90003 (323) 897-6000
Service Area 1 High Desert Regional Health Center 335 East Avenue I Lancaster, CA 93535 (661) 471-4000	Service Area 3 La Puente Health Center 15930 Central Ave. La Puente, CA 91744 (626) 986-2900	Service Area 7 Bellflower Health Center 10005 E. Flower Street Bellflower, CA 90706 (562) 526-3000
Service Area 1 Littlerock Community Clinic 8201 Pearblossom Hwy. Littlerock, CA 93543 (661) 471-4000	Service Area 3 El Monte Comprehensive Health Center 10953 Ramona Blvd. El Monte, CA 91731 (626) 434-2500	Service Area 7 Edward R. Roybal Comprehensive Health Center 245 S. Fetterly Avenue Los Angeles, CA 90022 (323) 362-1010
Service Area 1 Lake Los Angeles Community Clinic 16921 E. Avenue O, Space G Lake Los Angeles, CA 93535 (661) 471-4000	Service Area 6 H. Claude Hudson Comprehensive Health 2829 S. Grand Ave. Los Angeles, CA 90007 (213) 744-3750	Service Area 8 Long Beach Comprehensive Health Center 1333 Chestnut Ave. Long Beach, CA 90813 (562) 753-2300
Service Area 2 San Fernando Health Center 1212 Pico Street San Fernando, CA 91340 (818) 627-4777	Service Area 6 Dollardale Health Center 1108 N. Oleander Ave, Compton, CA 90222 (310) 763-2244 (424) 338-1800	Service Area 8 Wilmington Health Center 1325 Broad Ave. Wilmington, CA 90744 (310) 404-2040

FOOD & CLOTHING: IN THE GREATER LOS ANGELES AREA

Service Area 1	Early Bird Breakfast New Beginnings Outreach 45354 Sierra Hwy Lancaster (661) 940-3330	Monday-Thursday 8:00am Food Only
Service Area 1	Salvation Army 45001 N. Beech Ave Lancaster, CA (661) 948-3418	Free Clothing Monday-Friday 8:00am-5:00pm Hot Meals T, W, F 11am-Noon Emergency Food (Groceries) 3x a year only Wednesdays only 9:00-10:30am Every 4 th Monday of the Month a food bank 12noon-2:00pm Need to bring your own bags
Service Area 1	SAVES 1002 East Avenue Q12, Palmdale, CA (661) 267-5191	Monday-Thursday (once a week obtain groceries) 8:00am-5:00pm
Service Area 2	Guadalupe Community Center 21600 Hart St. Canoga Park, CA 91303 (213) 251-3549	Monday, Wednesday, & Friday 9:00am-12noon Food Only **Bring proof of residency (where you live)
Service Area 2	Loaves and Fishes II 14640 Keswick St Van Nuys, CA 91405 (818) 997-0943	Monday, Wednesday, Friday 10:00am-1:30pm Emergency food, clothing, bus tokens, information and referrals.
Service Area 2	M.E.N.D. 13460 Van Nuys Blvd. Pacoima, CA (818) 897-2443 or (818) 896-0246	Food and Clothing Contact: Erika Ivanec
Service Area 3	Altadena Seventh-day Adventist Church 2609 N. Lincoln Avenue Altadena, CA 9100 626-794-3953	Tuesdays, Thursdays, Sundays 10:00am-12noon Food Only
Service Area 3	Our Saviour Center 4368 Santa Anita El Monte, CA 91731 626-579-1191	Food Bank Tuesdays and Thursdays 10:00am-1:00pm **Bring picture ID for proof of address, income, and proof of children
Service Area 4	All People Christian Center 822 E. 20th Street Los Angeles, CA. 90011 (213) 747-6357	At least 2 bags of groceries once a month, Friday Noon-5:00pm
Service Area 4	Immanuel Presbyterian Church 3300 Wilshire Blvd Los Angeles, CA. 90010 (213) 389-3191	At least one bag of groceries once a month, Saturdays 9:30am-11:30am
Service Area 4	St. Francis Center 1835 Hope Street Los Angeles, CA. 90015 (213) 747-5347	45 lbs. of groceries once a week, Tuesday-Saturday 11:00am-12:30pm

Service Area 4	St. Mary's Center 4665 Willow Brook Ave. Los Angeles, CA. 90029 (323) 662-4391	Monday-Friday 10:00am-3:00pm Food and Clothing
Service Area 5	Faith Tabernacle Church Pantry 2147 Purdue Avenue, Los Angeles, CA 90025 310-473-3135	Sunday 12:30-2:00pm Food Only
Service Area 5	Feeding & Teaching 2210 Lincoln Blvd., Venice, CA 90291 (213) 260-1082	Sunday 12noon- 12:30pm **Please call prior to referring client
Service Area 6	St. Lawrence Family Food Pantry 10122 Compton Ave. LA, CA 90002 323-567-1439	Tues & Thurs 7:00-8:00am **must live in the area, need to bring picture ID or a bill with home address
Service Area 6	Holy Cross Community Center 104 W 47th Pl. LA, CA 90037 (cross street Main) (323) 232-3333	Monday, Wednesday & Friday 8:30–11:00am Food Only
Service Area 6	My Friend's House 3533 W 58th Pl. LA, CA 90043 (323) 292-4939	Wednesdays 9:00–11:00am
Service Area 7	Salvation Army Crops Community Center 7926 S. Pickening Ave Whittier CA 90602 (562) 698-8348	Food Bank Monday-Friday 1:00-2:45pm **must live in the area, need to bring picture ID or a bill with home address
Service Area 7	Salvation Army Crops Community Center 12000 E. Washington Blvd. Santa Fe Springs, CA (562) 696-9562	Food Bank Tuesday, Wednesday & Thursdays 1:00-4:00pm **must live in the area, need to bring picture ID or a bill with home address
Service Area 8	Catholic Charites 123 East 14th Street, Long Beach, CA 90813 (562) 591-1351	Monday-Friday 9:00am-12noon Food and Clothing
Service Area 8	Salvation Army 455 E Spring St, Long Beach, CA 90806 (562) 426-7637	Tuesdays-Thursdays 8:00am-12noon Food and Clothing
Service Area 8	Harbor Interfaith 670 W 9th Street San Pedro, CA 90731 (310) 831-0603	Monday-Friday 8:00am-5:00pm Different Services provided at this location

ADDITIONAL RESOURCES

Los Angeles County Office of Education 9300 Imperial Highway Downey, CA 90242-2890 (562) 922-6111 www.lacoe.edu/Home.aspx	Get assistance with children/adolescent problems at school. Will be directed to the right office in the right school district.
Public School Directory www.lacoe.edu/portals/0/lacoe/2013_public_schools_directory.pdf	Provides information regarding important phone numbers for different departments in Office of Education such as Special Education and Charter Schools.
Gang Reduction and Youth Development (GRYD) Los Angeles County The GRYD Office City of Bell (213) 473-7796 www.grydfoundation.org	GRYD is a multiyear initiative managed by the Los Angeles Mayor's Office. Program objectives are to reduce crime and violence associated with street gangs through the implementation of three core program components: Prevention, Intervention, and Crisis Management. Services are provided throughout Los Angeles County through community agencies.
Resettlement Agencies (RA) www.acf.hhs.gov/programs/orr/resource/voluntary-agencies	RAs provide resettlement assistance and sponsorship to refugees entering the United States. The RAs provide services such as reception, basic orientation, counseling, food, shelter and health services to refugees. This website has information regarding several of these agencies.
U.S. Immigration www.immigrationdirect.com	Information about applying for visas, green cards, and citizenship. This website is a great tool to obtain direct information about forms, how to complete forms, and where to go with questions. Information in Spanish and English.
U.S. Citizenship and Immigration Services www.uscis.gov/tools/green-card-resources/welcome-united-states	Welcome to the United States: A Guide for New Immigrants This guide contains practical information to help you settle into everyday life in the U.S. It also contains basic civics information and important forms.
CalMHSA http://calmhsa.org/	CalMHSA offers various resources for clinicians and mental health consumers. They focus on suicide providing and stigma reduction. You can find various helpful resources on their website.
Bienestar Human Services, Inc. http://www.bienestar.org/eng/page/29/Home-Page.html Hollywood Center 4955 Sunset Boulevard Los Angeles, CA 90027 323-660-9680	Offers support groups & individual counseling for gay, lesbian, transgender and HIV positive persons (English and Spanish).

L.A. Gay & Lesbian Center (LAGLC) https://lgbtcenter.org 1625 North Schrader Boulevard Hollywood, CA 90028 (323) 993-7500 (323)993-7669	Individual, couples, and group counseling, crisis intervention, short term psychotherapy, anger management, counseling for substance abuse, domestic violence, and transgender issues, hormone therapy supervision, post-surgical care for transgender individuals, HIV services, lesbian health services, legal services, 12 step.
Los Angeles Gender Center http://www.lagendercenter.com 1923 ½ Westwood Blvd. Suite 2 Los Angeles CA 90025 (310) 475-8880	Psychotherapy for individuals, families and groups related to gender identity, sexual orientation and sexual health.
AIDS Project LA www.apla.org 611 S. Kingsley Drive Los Angeles, CA 90005 (213) 201-1621	Counseling, psychotherapy, substance abuse services for individuals with HIV/AIDS
Coalition to Abolish Slavery and Trafficking (CAST) http://www.castla.org 5042 Wilshire Blvd. Suite 586 Los Angeles, CA 90036 213-365-1906 888-539-2373	The CAST staff assesses for emergency needs, such as food and shelter, followed by a comprehensive assessment and legal interview that also address safety. Attorneys then evaluate the legal needs and provide each client with the necessary information about their case.
National Alliance on Mental Illness (NAMI) https://namica.org 1-800-950-NAMI (6264) Crisis Text Line: 741-741	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
Los Angeles County Office of Immigrant Affairs Your Rights. Your Resources. Your Future. http://oia.lacounty.gov/	Knowing your rights, being prepared, and having the right plan for you and your family can help you respond to an immigration emergency. Use these useful links to make informed decisions.