PASADENA

EMOTIONAL HEALTH & WELL-BEING RESOURCE GUIDE



CITY OF PASADENA

The Pasadena Emotional Health and Well-Being Resource Guide contains Pasadena-based and surrounding area resources, though it does not include every mental health resource in the City of Pasadena. The purpose of this guide is to provide quick access information for mental health and emergency services. It is a starting point for those seeking care or to improve their overall well-being.

The contents of this guide are provided by Pasadena Public Library and partnering organizations including the Pasadena Public Health Department. While the Pasadena Public Library periodically reviews the information provided in this guide, due to the changeable nature of the data, we are not responsible for the accuracy and any changes of information that may occur.

If you are experiencing a crisis, please call 9-1-1 immediately for help. Otherwise, contact any of the agencies included in this guide or your primary care health provider.

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The opinions expressed herein do not necessarily reflect the position or policy of the U.S. Institute of Museum and Library Services or the California State Library, and no official endorsement by the U.S. Institute of Museum and Library Services or the California State Library should be inferred.

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EMERGENCY HOTLINES FOR TEENS

Teen Line hotline: talk to someone

Phone: 1-310- 855-HOPE (4673)
Toll-Free: 1-800-TLC-TEEN (852-8336)
Website: teenlineonline.org/get-help/
Hours of operation: 6 PM to 10 PM Pacific Time

Crisis Hotline Teen Talk:

Phone: 832-416-1199
Text 281-201-4430

1800 RUNAWAY.org	800-786-2929
Abuse/Incest Hotline	800-656-4673
Abuse/Rape; East LA Women's Center	800-858-6231
AIDS/STD/Hepatitis Hotline	888-554-5459
Alcohol Anonymous	323-936-4343
Alliance for Children's Rights	213-368-6010
Child Protection Hotline	800-540-4000
High Risk Youth Clinic	323-361-2153
Immigration Services	818-361-4341
LA Youth Network	800-843-5200
National Lifeline	800-273-8255
Over Eaters Anonymous	323-653-7499
Poison Control	800-222-1222
Project Wraparound	626-744-7348
Rape & Battery Hotline	202-544-3064
Suicide Prevention	800-273-8255
The Trevor Project	800-488-7486
Youth Crisis Line	650-265-1193
Youth Moving On	626-765-6010

CITY RESOURCES

Black Infant Health

1845 N. Fair Oaks Ave., Suite 2137 Pasadena, CA 91103
Phone: (626) 744-6155
Website: http://cityofpasadena.net/public-health/child-and-maternal-health/black-infant-health-program
Hours of operation: Mon.-Thurs. 8 a.m.-5 p.m.; Open on alternating Fridays 8 a.m.-4:30 p.m.
Services provided: Free supportive services to pregnant African American women (18+). Individualized life planning to help you plan for your future. Prenatal support groups and postpartum support groups (bring baby with you!). Additionally, we offer several health workshops throughout the year when we invite the whole family to join us.

Office of the Young Child (Hub Network)

Phone: (626) 744-4297
Email: chegwood@cityofpasadena.net
Website: https://www.cityofpasadena.net/Office-of-the-Young- Child
Hours of operation: Call or email, as hours may vary
Services provided: Resources for parents, including information about the City of Pasadena's commitment that nurtures every child and creates an environment where young children are healthy, safe and find early success in school and life.

Pasadena Fire Department- Public Education & Community Programs

Phone: (626) 744-4655
Website: https://www.cityofpasadena.net/fire
Services provided: Multiple public education programs for the community. Keeping our neighborhoods safe is a top priority of the City of Pasadena and public safety is the paramount duty of the Pasadena Fire Department. Our programs strive to provide effective fire safety education and positive community role models.

Pasadena Police Department- Community Services

Website: https://www.cityofpasadena.net/police
Services provided: An array of ongoing and annual programs, presentations and special events intended to serve the entire community.

CITY RESOURCES

The department endeavors to utilize technology and departmental resources to deliver information and increase the public's awareness of the programs and services we offer.

Pasadena Public Health Department- Social and Mental Health Division

1845 N. Fair Oaks Ave. Pasadena, CA 91103
Phone: (626) 744-6000
Info on Services & Enrollment: (626) 744-6339
Website: https://www.cityofpasadena.net/public-health
Hours of operation: Mon.-Thurs. 7:30 a.m.-5 p.m.; Every other Fri. 7:30 a.m.-4:30 p.m.
Services provided: Case management services to eligible individuals in Pasadena and the surrounding communities. With a focus on special populations, such as at-risk youth, with HIV, and homeless, the Social and Mental Health Division is available to help meet your mental health needs.

Pasadena Public Health- Tobacco Control Program

1845 N. Fair Oaks Ave. Pasadena, CA 91103
Phone: (626) 744-6071
Website: https://www.cityofpasadena.net/public-health/tobacco-control/
Hours of operation: Mon.-Thurs. 7:30 a.m.-5 p.m.; Every other Fri. 7:30 a.m.-4:30 p.m.
Services provided: Resources for parents, including information about the City of Pasadena's commitment that nurtures every child and creates an environment where young children are healthy, safe and find early success in school and life.

Pasadena Public Library

Phone: (626) 744-4066
Website: www.pasadenapubliclibrary.net
Hours of operation: visit https://www.pasadenapubliclibrary.net for locations and hours
Services provided: Free access to mental health information, including books, databases, pamphlets, and online mental health guides and directories.

Search a Directory

Los Angeles Department of Mental Health

Find a provider directory: https://dmh.lacounty.gov/pd/
Service locator: https://locator.lacounty.gov/dmh
Services provided: Look for a clinic by entering your zip code. We know how important it is to find the mental health provider that is right for you. Use the Provider Directory below to find the mental health provider to best meet your mental health needs. You can use the filters below to refine your search.

Service and Bed Availability

Website: https://sapccis.ph.lacounty.gov/
Services provided: Find substance use services. The SBAT is a web-based tool that provides a dashboard of available substance use services throughout Los Angeles County, including: outpatient and intensive outpatient treatment, different levels of residential treatment, withdrawal management, Opioid Treatment Programs (methadone clinics), Recovery Bridge Housing, and DUI programs.

LOCAL RESOURCES: ALL AGES

Be Mindful Breathe, Ann D'Angelo M.A.
274 S. Los Robles Ave. Pasadena, CA 91106
Phone: (626) 840-0045
Website: www.bemindfulbreathe.com
Hours of operation: Mon.-Fri. 8 a.m.-7 p.m.
Services provided: Mindfulness Based Stress Reduction for Teens, Mindfulness for Children, Teens, Adults, Families & Schools. Self-Compassion workshops and classes.

Bridges, INC
Phone: (909) 623-6651, ext. 110
Fax: (909) 623-0455
Email: info@bridgesrehab.org
Website: http://www.bridgesrehab.org
Hours of operation: Call, as hours may vary
Services provided: BRIDGES transitional and long term social rehabilitation programs include mental health and psychiatric services, wellness and recovery, health and skills education, employment readiness. Outpatient services are individualized to meet the needs of the family.

ChapCare
455 W. Montana St. Pasadena, CA 91103
Phone: (626) 993-1221
Fax: (626) 204-0086
Website: https://www.chapcare.org
Hours of operation: Mon.-Fri. 8 a.m.-5 p.m.
Services provided: ChapCare is a federally qualified health center servicing the San Gabriel Valley through medical services and health insurance enrollment, as well as advocacy.



Los Angeles County Department of Health- Service Area 3

330 W. Maple Ave. Monrovia, CA 91016
Phone: (626) 256-1932
Email: spa3@ph.lacounty.gov
Website: http://dmh.lacounty.gov/our-services/
Hours of operation: Call, as hours may vary
Services provided: Offers clinical services. The agency conducts surveillance and medical case management of reportable communicable diseases, contains the spread of communicable diseases, and provides numerous outreach activities to engage the community as active participants to improve the health of residents.

National Alliance on Mental Illness- San Gabriel Valley

2550 E. Foothill Blvd. Pasadena, CA 91107-3406
IN CRISIS 24/7 Phone/Text
Suicide Prevention Lifeline: (800) 273-TALK or (800) SUICIDE
Text: Text "HOME" to 741741
Phone: (626) 577-6697
Fax: (626) 577-0381
Email: sgvnami@pacificclinics.org
Website: http://www.namisangabrielvalley.org
Hours of operation: Call, as hours may vary
Services provided: Free support groups, educational workshops, and classes about mental illness for family members, caregivers and peers. NAMI also provides community presentations.

Pacific Clinics

Corporate Office: 66 Hurlbut St. Pasadena, CA 91105
Phone: (626) 254-5000
Email: info@pacificclinics.org
Website: http://www.pacificclinics.org
Hours of operation: Call, as hours may vary
Services provided: Supportive services for individuals and families in over 60 locations across Los Angeles, Orange, San Bernardino and Ventura counties. Free, low-cost and sliding scale fee services for children, youth, transitional age youth, adults, and older adults.



Pasadena Humane

361 S. Raymond Ave. Pasadena, CA 91105
Phone: (626) 792-5151
General information: 1 (877) 722-2737
24 Hour Emergency Service: (626) 792-7151 ext. 102
Website: https://www.pasadenahumane.org
PHS Companion Animals Outreach program: Certified volunteer teams consisting of a companion animal and their human (or humans) visit libraries, schools, assisted-living facilities, rehabilitation centers, hospitals, or organizations serving at-risk and vulnerable populations on a monthly basis.

San Gabriel Valley LGBTQ Center

2607 S. Santa Anita Ave. Arcadia, CA 91016
Phone/Text: (626) 578-5772
E-mail: info@sgvlbgtq.org
Website: https://sgvlgbtq.org
Services provided: Peer support groups, community education, and community building.

Social Model Recovery Systems

Phone: (877) 507-6242
E-mail: pcadd@socialmodel.com
Website: https://www.socialmodelrecovery.org/
Services provided: The **PCADD** treatment program in Pasadena, CA is designed to meet the needs of people suffering from alcoholism and drug dependence. Included are assessment and evaluation, treatment planning and access to other resources, supervised implementation of the plan, monitored 12-step meeting attendance, education on addiction topics and issues, facilitated recovery support groups, and weekly individual counseling and case management.

LOCAL RESOURCES-ADULTS

The Black Mental Health Task Force
530 S Lake Ave., Suite 236 Pasadena, CA 91101
Phone: (323) 924-9084
Website: https://www.blackmentalhealthtaskforce.net/

CalFresh
Provides supplemental food support for low income families. Visit https://www.getcalfresh.org/ to apply for benefits. If you qualify, you'll get a debit card to use for groceries.

Casa Treatment Center
160 N. El Molino Ave. Pasadena, CA 91101
Toll Free: 1 (855) 954-2272
Phone: (626) 792-2770
E-mail: info@casatreatmentcenter.org
Website: https://www.casatreatmentcenter.org
Hours of operation: Call, as hours may vary
Services provided: Casa is a 24-hour, non-medical substance abuse treatment program for women. Our programs emphasize abstinence from alcohol and/or other mind-altering substances and encourage the physical, mental and spiritual growth in the recovery process, while also addressing co-occurring disorders. Women, 18 years of age or older (or emancipated minors), are provided with a safe, clean and sober environment to help them reach the goal of becoming alcohol and drug free.

Disability Rights California
Phone: 1 (800) 776-5746 Mon-Fri 9 a.m.-4 p.m.
Website: https://www.disabilityrightsca.org
Hours of operation: Call, as hours may vary
Services provided: Free services for people with disabilities including self-advocacy, legal, non-legal, media, public policy, legislative and investigatory. DRC also conducts and coordinates trainings/outreach to traditionally underserved ethnic and disability communities. DRC can assist with issues regarding special education, higher education, housing, access, discrimination, voting, employment, mental health, public benefits, and community integration and/or with the regional center.



Grandview Foundation
Phone: (626) 797-1124
Website: https://grandviewfoundation.com
Services provided: Provides individualized drug and alcohol addiction treatment for Los Angeles County residents age 18 and older with active Los Angeles County Drug Medi-Cal.

Healing Arts Center of Altadena
1911, 1927 and 1927½ N. Lake Ave. Altadena, CA 91001
Phone: (626) 398-0292
Website: www.healingartscenterofaltadena.com
Hours of operation: Call, to make an appointment
Services provided: Healing sessions to help individuals overcome the effects of stress and anxiety, reclaim a sense of peace and safety, and develop a healthier relationship with the body.

Heritage Clinic
447 N. El Molino Ave. Pasadena, CA 91101
Phone: (626) 577-8480
Fax: (626) 577-8978
Website: http://www.heritageclinic.org
Hours of operation: Mon.-Fri. 8:30 a.m.-5 p.m.
Services provided: Counseling, case management, caregiver support, crises intervention, and mental health services for low-income adults 55+.

Las Encinas Hospital
2900 E. Del Mar Blvd. Pasadena, CA 91107
Phone: (877) 579-8140, (626) 795-9901
Website: http://www.lasencinashospital.com
Hours of operation: 24 hrs/day
Services provided: A wide variety of inpatient and outpatient programs designed to address mental health and addiction treatment needs.



Lumos Transforms
454 N. Avenue 56, #1 Los Angeles, CA 90042
Phone: (323) 254-7775
Email: info@lumostransoforms.com
Website: http://lumostransforms.com
Hours of operation: Mon.-Fri. 9 a.m.-5 p.m.
Services provided: Effective, simple stress-reduction solutions that build capacity and grow resilience for individuals, communities and organizations.

NAACP Pasadena
595 Lincoln Ave., Suite 103 Pasadena, CA 91103
Phone: (626) 793-1293
Website: http://naacppasadena.org/
Hours of operation: Monday-Friday 10am-2pm

Peace Over Violence—West San Gabriel Valley Center
892 N. Fair Oaks Ave., Suite D Pasadena, CA 91103
24/7 L.A. RAPE & BATTERING HOTLINE
(626) 793-3385
(310) 392-8381
(213) 626-3393
Office Phone: (626) 584-6191
Video Phone: (626) 243-7972
Website: https://www.peaceoverviolence.org
Hours of operation: Mon.-Fri. 8 a.m.-5 p.m.
Services provided: Case management, accompaniment services, legal services and individual counseling services for victims of domestic violence.

Recovery International
Phone: (312) 337-5661, (866) 221-0302
Website: https://recoveryinternational.org
Hours of operation: Call, to make an appointment
Find a meeting: https://recoveryinternational.org/map-locator/
Services provided: Offers meetings and tools to control behavior and change attitudes, for men and women of all ages.



Southern California Resource Services for Independent Living

2023 Lincoln Ave. Pasadena, CA 91103
Office: (626) 587-5010
Fax: (626) 714-7068
Video Phone: (626) 407-3562
Website: https://www.scrs-ilc.org
Hours of operation: Mon.-Fri. 8:30 a.m.-5 p.m.
Services provided: A wide range of comprehensive services, ranging from peer-support groups to job preparation and job placement to ensure maximum quality of life.

Union Station Homeless Services

825 E. Orange Grove Blvd. Pasadena, CA 91104
Phone: (626) 240-4550
Website: https://unionstationhs.org
Hours of operation: Mon.-Fri. 8:30 a.m.-5 p.m.
Services provided: A full continuum of nine programs throughout the San Gabriel Valley helping homeless individuals and families rebuild their lives. Our services include street outreach, intake/assessment, care coordination and navigation, meals, shelter, housing, employment development, benefits enrollment, and referrals to medical and mental health services.

Wesley Health Centers – Andrew Escajeda Clinic

1845 N. Fair Oaks Ave., Suite G-151 Pasadena, CA 91103
Phone: (562) 867-7999
Website: https://jwchinstitute.org/locations/#Pasadena
Hours of operation: Mon.-Fri., 7:30 a.m.-4:30 p.m.
Services provided: primary care, mental and behavioral care, HIV care, dental, food pantry, and care management.

LOCAL RESOURCES-TEENS & YOUNG ADULTS

Day One Pasadena
175 N. Euclid Ave. Pasadena, CA 91101
Phone: (626) 229-9750
Website: https://www.godayone.org/do-pasadena
Hours of operation: Mon.-Fri. 10 a.m.-6 p.m.
Services provided: empowering youth, igniting change, and offering development programs, public health education, intervention and policy development.

Hillsides-Youth Moving On
456 East Orange Grove Blvd., Suite 140 Pasadena, CA 91104
Phone: (626) 765-6010
Email: prc@hillsides.org
Website: http://www.youthmovingon.org
Hours of Operation: Mon. 9 a.m.-5:30 p.m., Tues. 11:30 a.m.- 8 p.m., Wed. 11:30 a.m.- 5 p.m., Thurs. 11:30 a.m.-8 p.m., Fri., 9 a.m.-5:30 p.m.
Services provided: Affordable quality housing and support services for former foster and probation youth as they transition successfully to adulthood.

Hillsides Cares
940 Avenue 64 Pasadena, CA 91105
Phone: (323) 316-9830
Website: www.hillsidescares.org/contact-hillside-cares/
Services provided: Residential Treatment, a Partial Hospitalization Program (PHP), and an Intensive Outpatient Program (IOP) for children and youth experiencing mental health challenges and co-occurring disorders

Holistic Teen Health
The Teen Call Line is a partnership between Planned Parenthood and the Wellbeing Center. Ask sexual health questions, get mental health counseling resources and alcohol and drug abuse resources.
Phone: (844) 810-0062
Hours of operation: 5pm-midnight, 7 days a week.



Las Encinas Hospital

2900 E. Del Mar Blvd. Pasadena, CA 91107
Toll Free: (877) 579-8140
Phone: (626) 795-9901
Fax: (626) 792-2919
Website: http://www.lasencinashospital.com
Hours of operation: 24 hrs/day
Services provided: A wide variety of inpatient and outpatient programs designed to address mental health and addiction treatment needs.

Teen Line Cedars-Sinai

P.O. Box 48750 • Los Angeles, CA 90048-0750
Phone: 1-310-855-HOPE (4673)
Toll-Free: 1-800-TLC-TEEN (852-8336) (U.S. & Canada only)
Text: "TEEN" to 839863
Hours of operation: 6-10 p.m. Pacific Time, every night.
Website: https://teenlineonline.org/get-help/
Services provided: If you have a problem or just want to talk with another teen who understands, this is the place for you.





PASADENA PUBLIC LIBRARY

TEEN MENTAL HEALTH INITIATIVE

1. **SAFE SPACES:**
For library locations and hours, visit: https://www.cityofpasadena.net/library/branches/
Or call 626-744-4066.

2. **PRINTED RESOURCES:**
Pick up copies of the Youth Yellow Pages, brochures, and other mental health guides

3. **FREE WI-FI & COMPUTER ACCESS:**
In libraries or checkout a hotspot or Chromebook. Free Wi-Fi is also available at many Pasadena parks and recreation centers.

4. **EVENTS:**
mental health, well-being, art, academics, social
https://pasadena.evanced.info/signup

5. **HEALTH AND WELLNESS VIRTUAL RESOURCE CENTER:**
digital mental health guide and other resources
https://cityofpasadena.libguides.com/webteen/health





30 DAY

Color something	Create a relaxing playlist	Take a silent walk and look around
Make a gratitude list	Organize a drawer	Create a vision board
Do a breathing exercise	Write 3 things you are grateful for	Attend a fitness class or try a video
Organize your desk or workspace	Try a new art class or watch a tutorial	Play with sand
Think of a new skill you want achieve	Write 10 positive affir-mations	Play a game
Set a mini goal	Donate something you never use	Try a new recipe

Well-being Challenge

Check off the squares when you accomplish each goal!

Call or text a friend something kind	Read a book or article	5
Make a spending plan	Do a puzzle	10
Watch a docu-mentary	Do a guided meditation	15
Write 5 physical health goals	Volunteer for a non-profit	20
Care for a plant	Plan a healthy meal	25
Stretch for 10 minutes	Visit a new place	30

MORE RESOURCES

6 **MENTAL HEALTH EDUCATION KITS:**
for classes and youth groups
https://cityofpasadena.libguides.com/webteen/mentalhealth

7 **WELL-BEING E-COURSE:**
for ages 12-24
https://cityofpasadena.libguides.com/wellbeing

8 **MATERIALS:**
checkout mental health kits, steam and art kits, games, puzzles, books, movies, and more!

9 **MENTAL HEALTH BOOK LIST:**
fiction and nonfiction
http://cityofpasadena.libguides.com/teenbooks/mentalhealth

10 **WELL-BEING BOOK LIST:**
beyond mental and emotional health
https://cityofpasadena.libguides.com/teenbooks/wellbeing

Pasadena Public Library's Teen Advisory Board (TAB) launched a Mental Health initiative in May 2016 to:

- increase awareness and discussions around topics of mental health,
- provide specialized services and programs for teens, family and friends,
- provide training for staff, and
- maintain a well-stocked, vetted, mental health resource center.

For more info about the initiative, visit
https://pasadena-library.net/teens/teen-advisory-board/mental-health-initiative
or contact Jane Gov at jgov@cityofpasadena.net

THE WAY TO WELL-BEING PROJECT

Join us on the journey to healthier and intentional living. The Way to Well-Being project is a series of trainings, programs, activities, and exercises to help you explore mindfulness techniques, be healthier, gain personal clarity, live intentionally, and learn about community supports. The Way to Well-Being is part of Pasadena Public Library's Teen Mental Health Initiative and is grant supported under the Museum and Library Services under the provisions of the Library Services and Technology Act.

For more info, visit:
http://pasadena-library.net/teens/teen-advisory-board/the-way-to-well-being/

Find it yourself: Go to any Pasadena Library and look for these books in the nonfiction section. The numbers are in order on the book's spine label.



Tough Topics for Teens

Check YA and Adults Non-Fiction

Abuse/incest.....362.76
Abusive relationships..... 362.8
Acne/skin care.....616.53, 646.726
Alcohol.....363.292
613.81
Anorexia.....616.852
Birth control.....613.94
Body changes /puberty.....612.661
Body image.....616.852
Bulimia.....616.85263
Cutting/self-harm.....616.8582
Date/acquaintance rape.....362.883
Depression.....616.8527
616.85844
Divorce.....306.89
Drugs.....362.29, 616.86
Health / hygiene.....613.04243
613.7043
LGBTQA.....306.766
Pregnancy.....306.8743, 618.2
Relationships/dating.....305.235
306.73, 646.77
Self-esteem.....305.235
Sex.....613.951
STDs.....616.951
Suicide 362.28
616.8527

Well-Being for Teens

Check J, YA and Adults Non-Fiction

155 ..... Self-esteem
158 ..... Habits, Mindfulness
158 ..... Self-acceptance
158 ..... Social change
170 ..... Ethics, happiness
204.35 ..... Meditation
302 ..... Social Well-Being
302.343 ..... Bullying
332.024 ..... Personal finance
363.728 ..... Recycling
631.875 ..... Composting
640 ..... Sustainable living
646.7 ..... Contentment
648 ..... Home organization
649 ..... Confidence
650 ..... Work-life balance
658.314 ..... Workplace happiness



Remember, the library staff want to help you find the info you need, and we understand that there are some things you want to keep private. Don't forget we have self-check out machines and ebooks for your convenience.

Find book suggestions on our book lists and in the Well-Being E-Course (links on the previous page).



Mental Health, Therapy, or Counseling Services in Pasadena

Numerous mental health related services are available in Pasadena, CA, and the surrounding areas. These include community mental health agencies accepting Medi-Cal health insurance, in-network and out of network mental health providers through private health insurance, and psychotherapists in private practice that can be located listed in various directories.

Please note that inclusion in this list of resources does not indicate endorsement by the City of Pasadena. Please contact agencies or mental health providers directly to find one that may suit your needs and to determine whether to enroll in services.

Community Mental Health Agencies

The agencies listed on the next few pages accept Medi-Cal health insurance. Phone numbers listed are for the closest site to Pasadena, CA, plus the intake department's phone number for new referrals (if applicable). Contact agencies directly to determine eligibility for services. Contacting multiple agencies may be helpful if it is challenging to get ahold of one, or there is a long waitlist for services. This not an exhaustive list of agencies, and details, such as age of clients served, are subject to change.

In case of emergencies, please contact:

911
Psychiatric Mobile Response Team (PMRT) at (800) 854-7771
National Suicide Prevention Lifeline at (800) 273-8255
Domestic Violence Hotline at (800) 799- 7233

For non-emergency situations, the peer-run "warm line" CalHOPE can be contacted at (833) 317-HOPE (4673), and it is run by California Department of Health Care Services.



.AGENCY NAME	PHONE NUMBER (if applicable, intake/ referrals number for new clients)	STREET ADDRESS	CITY, STATE, ZIP	AGE RANGE OF CLIENTS SERVED
Almansor	(323) 344-5536	205 Pasadena Ave.	South Pasadena, CA 91030	Therapy for clients 2.5-21 years old.
D'Veal Family & Youth Services	(626) 296-8900 Intake dept. call (626) 658-5679	New Revelation Baptist Church 855 N. Orange Grove Blvd.	Pasadena, CA 91103	Therapy for 0-25 years old. Also, Medi-Cal extension (parent of client) for 6 months.
Five Acres	(626) 993-3113 Referrals call (626) 214-0402 or for 0-5yrs old call (626) 993-3112	867 N. Fair Oaks Ave.	Pasadena, CA 91103	Therapy for 0-20 years old.
Foothill Family Services	(866) 304-4337 Intake dept. (626) 993-3000 ext. 4	897 Granite Dr.	Pasadena, CA 91101 (multiple locations)	Therapy for 0-21.5 years old.
Hathaway Sycamores	(626) 395-7100 Referrals call (844) 222-2377	100 W. Walnut St. #375	Pasadena, CA 91124	Therapy for clients 0-21 years old in Pasadena.
Hillsides	(323) 274-3065 Intake dept. call (323) 274-3075	149 Pasadena Ave.	Pasadena, CA 91030	Therapy for 0-59 years old.



AGENCY NAME	PHONE NUMBER (if applicable, intake/ referrals number for new clients)	STREET ADDRESS	CITY, STATE, ZIP	AGE RANGE OF CLIENTS SERVED
Pacific Clinics	Hurlbut site: (626) 441-4221 Foothill site: (626) 744-5230 Referrals call: (877) 722-2737	66 Hurlbut Ave. (ages 5-60+). 2550 E. Foothill Blvd. site (ages 0-5, previously served at Lake site)	Pasadena, CA 91107	Therapy for 0-60+ years old.
Prototypes	(626) 577-2261 Intake dept. call (909) 634-2950	2650 E. Foothill Blvd.	Pasadena, CA 91107	Therapy for 0-15 and 21+ years old at Pasadena site. Maternal infant health program, DV survivor program.

Examples of online directories for therapists in private practice:

Psychology Today
https://www.psychologytoday.com/us
Armenian American Mental Health Association (AAMHA)
https://aamhawest.org/directory/
Glendale Area Mental Health Professionals Association (GAMHPA)
https://www.gamhpa.org/therapist-directory

Resources gathered by Marina Ovanessian, LCSW, at City of Pasadena.
Last updated March 2022.



D'Veal
2750 E. Washington Blvd., Suite 230 Pasadena, CA 91107
Phone: (626) 296-8900
Website: www.dveal.org
Email: info@dveal.org
Services provided: Behavioral, outpatient, wrap-around and early intervention services to youth ages 0-18 .

First Church of the Nazarene of Pasadena—Food Pantry
3700 E. Sierra Madre Blvd. Pasadena, CA 91107
Hours of operation: Wednesdays from 10:30 a.m.-noon

First United Methodist Church
500 E. Colorado Blvd. Pasadena, CA 91101
Phone: (626) 796-0157
Hours of operation: Tuesdays 10 a.m.-noon
Services provided: Food distribution, bus passes (15th of each month when available), clothes, hygiene kits. Serves the low-income and homeless individuals.

Five Acres
760 W. Mountain View St. Altadena, CA 91001
Phone: (626) 798-6793
Website: http://5acres.org
Hours of operation: Mon.-Fri. 8:30 a.m.-6 p.m., Sat. 8:30 a.m.-2 p.m.
Services provided: Community-based mental health care services for low-income children and families in the San Gabriel Valley.

Foothill Family Services
2500 E. Foothill Blvd., Suite 300 Pasadena, CA 91107
Phone: (626) 993-3000
Website: https://www.foothillfamily.org
Hours of operation: Mon.-Fri. 9 a.m.-5 p.m.
Services provided: Counseling, social services, mental health treatment for children, education, and outreach to families in the San Gabriel Valley.



Foothill Unity Center
191 N. Oak Ave. (near Foothill Blvd.) Pasadena, CA 91107
Hours of operation: Tues. & Fri. 9-11:30 a.m. and Wed. 1-3 p.m.
Services provided: Food pantry for families.

Friends in Deed Food Pantry
444 E. Washington Blvd. (corner of Los Robles Ave.) Pasadena, CA 91104
Hours of operation: Tues. & Wed. 10 a.m.-3 p.m. and Thurs. 10 a.m.-1 p.m.
Services provided: Free groceries for families.

Hillsides| Bienvenidos
940 Avenue 64 Pasadena, CA 91105
Main Campus: (323) 254-2274
Website: http://hillsides.org
Hours of operation: Call, as hours may vary
Services provided: Quality comprehensive services and advocacy dedicated to healing children and young adults, strengthening families and transforming communities.

St. Vincent de Paul/St. Andrew Catholic Church's Food Pantry
140 Chestnut St. (near Raymond) Pasadena, CA 91103
Hours of operation: Wed. & Sat. 7:30-10:30 a.m.

Sycamores
100 W. Walnut St., Suite 375 Pasadena, CA 91124
Phone: (626) 395-7100
Website: http://www.hathaway-sycamores.org
Email: contact@sycamores.org
Services provided: residential treatment; transitional shelter care; foster care and adoption; transitional living assistance for young adults currently or at risk of experiencing homelessness; outpatient and school-based mental health services; wraparound/in-home services; psychiatric services; psychological testing; educational support services; and after-school tutoring/enrichment.



Therapeutic Play Foundation

236 W. Mountain St., Unit 103 Pasadena, CA 91103
Phone: (323) 924-9084
Email: support@therapeuticplayfoundation.org
Website: https://therapeuticplayfoundation.org/
Services provided: We aim to assist children and their families to improve resilience and coping skills; thereby improving overall family health and by extension, overall community health.

Young and Healthy Pasadena

136 W. Peoria St. Pasadena, CA 91103
Phone: (626) 795-5166
Website: http://yhpasadena.org
Hours of operation: Mon.-Fri. 8 a.m.-4 p.m.
Services provided: We connect underserved children with free medical, dental and mental healthcare through our volunteer doctors; help families with insurance enrollment and navigation; and provide referrals to local services.
Primary Service: Free medical, dental and mental healthcare to underserved children



PUSD Free School Meals

During the 2021-22 school year all PUSD students may participate in the breakfast and lunch program at no charge. Please encourage your children to participate in the free school meal programs. Read more here.

PUSD Mental Health Services

1520 N. Raymond Ave., Bldg .7 Pasadena, CA 91103
Phone: (626) 396-5920 x10998
Email: mentalhealth@pusd.us
Services provided: Various services to support children and adolescents 5-21 years of age enrolled in PUSD. Applicants must have Medi-Cal insurance

THRIVE: School Mental Health

351 S. Hudson Ave., Room 208 Pasadena, CA 91109
Phone: (626) 396-3600 x88233
Email: choulakian.lara@pusd.us
Services provided: individual, group and family therapy along with intensive case management services. No insurance and private insurance accepted.



American Foundation for Suicide Prevention (AFSP)
Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. https://afsp.org

American Psychological Association (APA)
APA is the leading scientific and professional organization representingpsychology in the United States, with more than 115,700 researchers, educators, clinicians, consultants and students as its members. https://www.apa.org/topics/index.aspx

Anxiety and Depression Association of America (ADAA)
ADAA is an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. ADAA's unique interlinked consumer and professional mission focuses on improving quality of life for those with these disorders. https://adaa.org/supportgroups

Depression and Bipolar Support Alliance (DBSA)
The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder. These conditions affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost $23 billion in lost workdays and other workplace losses. https://www.dbsalliance.org/

Disabled American Veterans (DAV)
DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than one million veterans in positive, life-changing ways each year. Annually, the organization provides more than 600,000 rides to veterans attending medical appointments and assists veterans with well over 200,000 benefit claims. In 2018, DAV helped veterans receive more than $20 billion in earned benefits. DAV's services are offered at no cost to all generations of veterans, their families and survivors. https://www.dav.org/



MedlinePlus

MedlinePlus.gov is a vetted, reliable collection of quality health information for consumers, patients, and caregivers. Mental health resources are extensive, including Spanish language materials and many other languages. The following is just a small sampling of broad mental health topics; try searching the site for specific disorders, alcohol or substance abuse, drug information, or any other health or mental health topic.

MedlinePlus Mental Health Topic Pages https://medlineplus.gov/
Mental Health https://medlineplus.gov/mentalhealth.html
Child Mental Health https://medlineplus.gov/childmentalhealth.html
Teen Mental Health https://medlineplus.gov/teenmentalhealth.html
Mental Disorders https://medlineplus.gov/mentaldisorders.html

Mental Health America (MHA)

Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. http://www.mentalhealthamerica.net/

MentalHealth.GOV

MentalHealth.gov provides one-stop access to U.S. government mentalhealth and mental health problems information. https://www.mentalhealth.gov/

National Alliance on Mental Illness (NAMI)

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. https://www.nami.org/

National Center for PTSD

World's leading research and educational center of excellence on PTSD and traumatic stress. Veterans Crisis Line: 1-800-273-8255 (Press 1)
https://www.ptsd.va.gov/

National Institute on Drug Abuse (NIDA)

NIDA's mission is to advance science on the causes and consequences of druguse and addiction and to apply that knowledge to improve individual and public health. https://www.drugabuse.gov



National Institute of Mental Health (NIHM)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. https://www.nimh.nih.gov

PATH

PATH provides the support that homeless individuals and families need in order to successfully transition from living on the street, or in shelters, to thriving in homes of their own. High-quality supportive services are critical to ensuring thatthe people we serve are able to not only move into permanent homes, but also stay in their new homes long-term. The services we provide are available to individuals, families, and veterans who are homeless or at risk of becoming homeless.
https://www.epath.org/

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. https://www.samhsa.gov/

Veteran's Administration: Homeless Resources

Connecting homeless and at-risk veterans with housing solutions, health care, community employment services and other required support.
https://www.va.gov/Homeless/index.asp

Veteran's Administration: Mental Health Resources

From anxiety, to depression, to posttraumatic stress, there is a wide range of conditions that can affect your mental health. These pages will walk you through mental health conditions and other mental health topics, and outline programs and services that are in place to help. Explore self-help tools, or download a screening checklist to see if common symptoms apply to you or a loved one. https://www.mentalhealth.va.gov/

Medline en Espanol

MedlinePlus en español es el sitio web de los Institutos Nacionales de la Salud para pacientes, familiares y amigos. Producida por la Biblioteca Nacional de Medicina de los Estados Unidos, la biblioteca médica más grande del mundo, MedlinePlus le brinda información sobre enfermedades, afecciones y bienestar en un lenguaje fácil de leer. MedlinePlus le ofrece información confiable y actualizada en todo momento, en cualquier lugar y de forma gratuita.
El sitio web: https://medlineplus.gov/spanish/



For more consumer health information resources, log on to our consumer health subject guide at: http://cityofpasadena.libguides.com/consumerhealth

Crisis Hotline

The Hotline: (832) 416-1177
Teen Talk: (832) 416-1199 (call) or (281) 201-4430 (text)

LGBTQ Youth and Sexual Abuse: Information for Mental Health Professionals

Provides a short glossary of relevant terms and a chart delineating the continuums of sex, gender, and sexual orientation. This fact sheet offers summaries of issues concerning LGBTQ youth and their parents related to sexual orientation and sexual abuse, a table of common myths and stereotypes about LGBTQ youth and sexual abuse, recommendations for practitioners and agencies on counseling LGBTQ youth, and guidance in treating LGBTQ youth following sexual abuse.
https://www.nctsn.org/resources/lgbtq-youth-and-sexual- abuse- information -mental-health-professionals

National Institute on Drug Abuse (NIDA) for Teens

This website is a project of the National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH), U.S. Department of Health and Human Services. This site is organized to help you find what you are looking for, whether you are a teen, middle or high school teacher, or parent. The purpose of this site is to facilitate learning about the effects of drug use on the brain, body, and lives of teens. https://teens.drugabuse.gov

OK2TTALK

The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems, and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing creative content such as poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards getting help and feeling better. **http://ok2talk.org/**



Talking with Teens: Office of Adolescent Health (OAH)

The Office of Adolescent Health (OAH) is dedicated to improving the health and well-being of adolescents. OAH leads through promoting strength-based approaches, bolstering multi-sector engagement, and bringing in youth voices to support healthy development and transitions to productive adulthood.
https://www.hhs.gov/ash/oah/resources-and-training/for-families/index.html

Teen Health and Wellness Hotlines

Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. If you have a question on a health or wellness issue, we strongly encourage you to call one of the featured hotlines to speak to a qualified professional or speak to a trusted adult, such as a parent, teacher, or guidance counselor. https://teenhealthandwellness.com/static/hotlines

Teen Line Message Boards

Read through other teens' discussions on the message boards, and login or register to join the conversation. https://teenlineonline.org/board/

Teen Line Mental Health Tool Kit for Adults

This tool kit was designed to inform library staff about teen mental illness and includes tips on how to communicate with teens, program suggestions that teach coping skills, online resources, and book suggestions.
http://cityofpasadena.libguides.com/ld.php?content_id=27993436

Teen Mental Health.org

We are committed to creating and disseminating the highest quality mental health information (products and training programs), addressing the needs of youth (ages 12 to 25 years), families, educators, health providers, policy makers and others. Resources based in Canada. **http://teenmentalhealth.org/**

Toolkit for Parents and Teens

ACT (Assets Coming Together) for Youth Center of Excellence connects research to practice in the areas of positive youth development and adolescent sexual health.
http://www.actforyouth.net/adolescence/toolkit/parents.cfm



The Trevor Project

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24. Call the Trevor Lifeline 24 hours a day, 7 days a week.
Trevor Lifeline: (866) 488-7386
TrevorText: Text "START" to 678-678. Standard text messaging rates apply.
Chat: Click to start chat (Recommended on computer rather than phone or tablet)
Hours of operation: Thursdays and Fridays between 3-9 p.m. EST/ noon-6 p.m. PST



American Academy of Child and Adolescent Psychiatry (AACAP)

The mission of AACAP is to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers. https://www.aacap.org/

National Child Traumatic Stress Network

The National Child Traumatic Stress Network was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.
https://www.nctsn.org/what-is-child-trauma



Download these free or low cost helpful apps from the App Store.

General Mental Health
HealthUnlocked Communities (Free; iOS)
Moodfit (Free; iOS and Android)
MoodKit ($4.99; iOS)
SuperBetter (Free; iOS and Android)
What's Up? - A Mental Health App (Free; iOS and Android)

Addiction
Twenty-Four Hours a Day ($5.99 iOS and Android)
Quit That! (Free; iOS)

Anxiety
CBT Thought Record Diary (Free; iOS and Android)
MindShift (Free; iOS and Android)
Pacifica for Stress & Anxiety (Free; iOS and Android)
Self-Help for Anxiety Management (Free; iOS and Android)

Bipolar Disorder
eMoods Bipolar Mood Tracker (Free; iOS and Android)
iMoodJournal – Mood Diary ($1.99; iOS and Android)

Depression
Happify (Free; iOS and Android)
Moodnotes ($4.99; iOS)
Moodpath (Free; iOS and Android)
MoodTools (Free; iOS and Android)

Eating Disorder
Lifesum (Free; iOS and Android)
Recovery Record(Free; iOS and Android)
Rise Up + Recover (Free; iOS and Android)

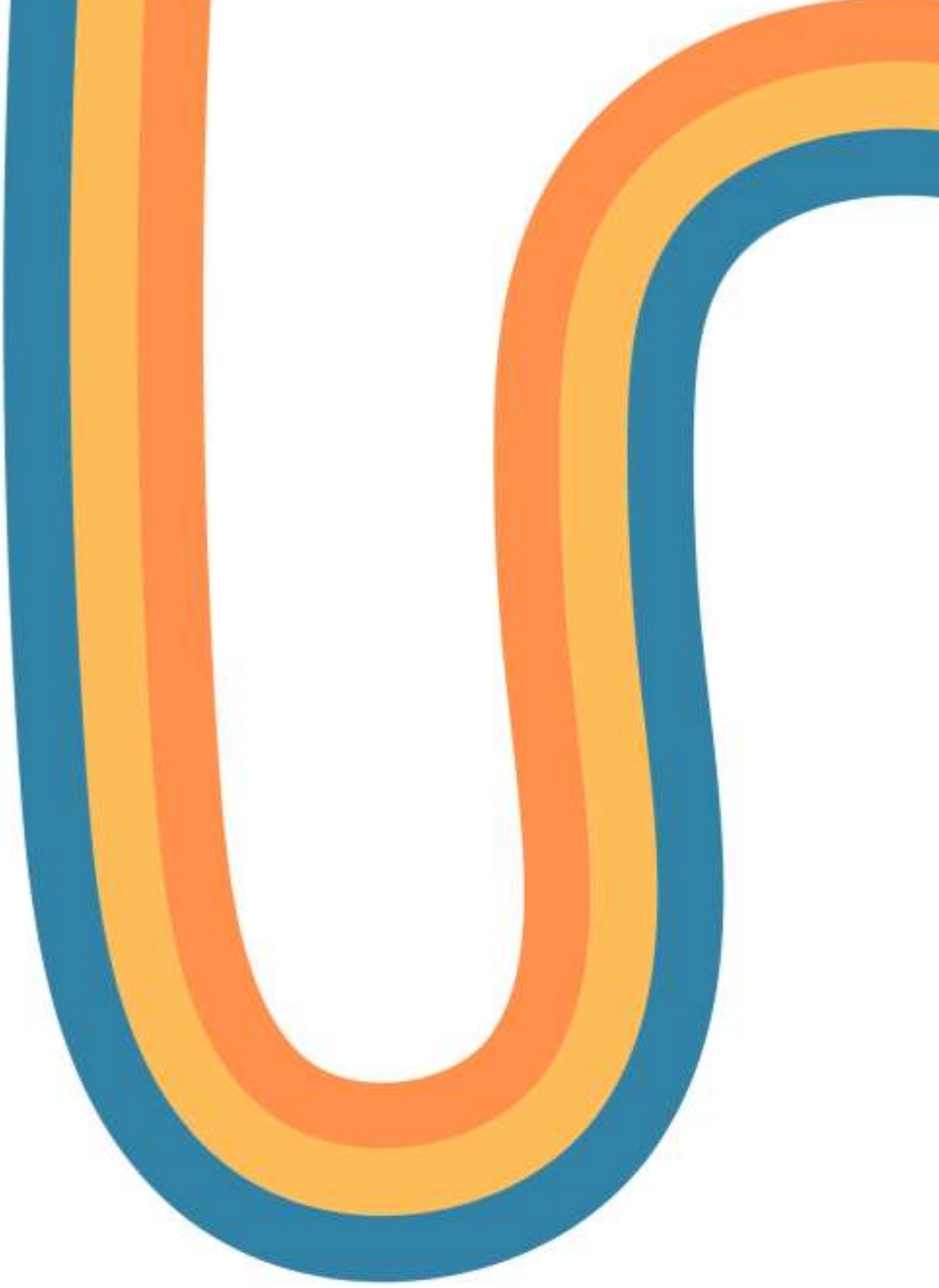
Obsessive-Compulsive Disorder
nOCD (Free; iOS)
Worry Watch ($1.99; iOS)

Prevention
MY3 (Free; iOS and Android)

PTSD
PTSD Coach (Free; iOS and Android)
Breathe2Relax (Free; iOS and Android)

Stress
Calm (Free; iOS and Android)
Headspace (Free for L.A. County Residents—link below)
https://www.headspace.com/lacounty

Adapted from Leadership Pasadena, 2019



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PASADENA PUBLIC HEALTH DEPARTMENT