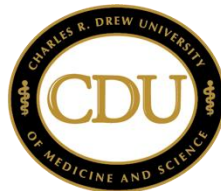


# Charles R. Drew University Mental Health Resources



Charles R. Drew University of Medicine and Science  
1731 E 120th Street E. 120<sup>th</sup> Street  
Los Angeles, CA 90059



Charles R. Drew University  
of Medicine and Science  
*A Private University with a Public Mission*

## **Mental Health Educational Resources-Online Resources**

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### **Depression Today:**

Depression today is a website that connects you to books, articles, personal stories, communities, and prescription information for low income individuals. This website provides resources and discussion boards that allow you to know, you are not alone.

<http://www.mental-health-today.com/dep/>

### **Mental Health Matters:**

These two online resources provides information on coping, different disorders, articles based on mental and physical health for yourself or loved ones.

<https://mental-health-matters.com/treatments/>

<https://www.healthcentral.com/category/depression?ic=1102>

### **Critical Mental Health Resources for College Students:**

With the pressures facing most people today, it is essential to take your mental health seriously. This is especially true for college students and young people, whose lack of experience in the real world could lead to major mental health issues resulting from stress, overwork, fatigue, or even the onset of a more serious mental illness. In fact, up to [75 percent of college students](#) with possible mental health issues do not seek help for what ails them.

While this resource is meant to provide college students and young people with quality information on maintaining good mental health and identifying mental health issues, it is not meant to take the place of professional advice from a qualified mental health specialist. Anyone who wishes to learn more keeping tabs on their mental health should consider taking this [mental health assessment](#) before diving into the resource.

<https://www.onlinecolleges.net/for-students/mental-health-resources/>

### **Online Therapist Resource:**

Talk Space: With Talk Space online therapy, anyone can get therapy without traveling to an office - and for significantly less money than traditional therapy.

1. Get an Assessment
2. Choose the Right Plan (Plans start at \$49.00 a week- texting available)
3. Find your Match
4. Begin Therapy

\*This is not a free service and does not take insurance: <https://www.talkspace.com/>

## **Mental Health Facilities and Clinics**

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### **UCLA Mindful Awareness Research Center**

MARC was created to bring to a renowned mental health research institution the ancient art of mindful awareness in a scientifically supported and rigorous form. Below is a link to their free resources:

**Mindful Awareness Research Center (MARC)**  
**UCLA Semel Institute for Neuroscience and Human Behavior**  
**740 Westwood Plaza, Rm. 17- 468**  
**Los Angeles, CA 90095**  
[marcinfo@ucla.edu](mailto:marcinfo@ucla.edu)

<https://www.uclahealth.org/marc/body.cfm?id=83>

### **SHIELDS for Families: Adult Mental Health Services**

If you are in need of mental health or substance abuse services, please contact SHIELDS' Assessment Center at 323-242-5000.

Our Adult Mental Health programs address mental health disorders through comprehensive and collaborative services including **psychosocial assessments, individual, group, and family therapy, medication support services, psychiatric services, comprehensive case management, educational and vocational services, life skills classes, drug and alcohol education, and child development and parenting.**

**11601 S. Western Avenue | Los Angeles, CA 90047**  
**Program info 323.242.5000 | fax 323.242.5011**  
**(English) 800.735.2922 | (Spanish) 800.855.3000**  
**[info@shieldsforfamilies.org](mailto:info@shieldsforfamilies.org)**

### **Positive Steps, Inc.**

Classes are held in the evenings and anyone interested should contact our office at 562.804.2700. Each call is important to us and if we are not available at the time you call, we will return your call within twenty-four hours.

We accept cash, visa and MasterCard through PayPal as well as Social Service Vouchers to cover classes and/or Counseling sessions.

### **Services include:**

- Substance Abuse and Addiction
- Alcohol Abuse and Addiction
- Domestic Violence - Court Certified by Probation Dept.

### **Positive Steps, Inc. (continued)**

- Victim Assistance
- Anger Management - Court Certified Facilitator
- Abuse - Physical and Mental
- Parenting
- Self-Esteem
- Obsessive Compulsive Disorders

### **Positive Steps Inc.**

**5230 N. Clark**

**Lakewood, California 90712**

**Phone: 562.804.2700**

### **Behavioral Health Services**

Mental Health Services are provided to adults and adolescents who have mental health challenges beyond substance abuse. Increasingly larger numbers of substance abusers also suffer from depression, anxiety, Bipolar disorder, and other mental illnesses. Clients receive assessment and evaluation from board certified psychiatrists, medication management services, and individual and group therapy from licensed therapists in both the residential and outpatient settings.

<http://www.bhs-inc.org/mental-health-treatment>

#### [BHS-Hollywood Recovery Center](#)

**6838 Sunset Boulevard**

**Hollywood, CA 90028**

**323-461-3161**

#### [BHS-Lincoln Heights Recovery Center](#)

**4099 North Mission Road**

**Los Angeles, CA 90032**

**323-221-1746**

**If you need to locate a type of facility in your area: Substance Abuse, Mental Health, Health Care Centers, and Buprenorphine Physicians check out the Substance Abuse and Mental Health Services Administration locator map:**

<https://findtreatment.samhsa.gov/locator?sAddr=Compton%2C%20CA%2C%20USA#>

### **HOPICS: Homeless Outreach Program Integrated Care System**

Understanding that no one person is the same, we therefore structure our services to:

1. Deliver interventions that will reduce or eliminate the mental and substance use related impairment;

## **HOPICS: Homeless Outreach Program Integrated Care System (continued)**

2. Improve/restore/maintain the current and previous level of functioning that will assist individuals with learning how to develop skills, live independently and promote self-efficacy; and
3. Deliver services that are tailored to meet the individual goals, desired results and personal milestones in order to foster a healthy self.

Services Offered:

**Adult Outpatient Program (AOP):** This program provides a broad range of outpatient consultation, evaluation and treatment interventions for emotional, psychological, and cognitive problems of adults.

**Community Assessment Service Center (CASC):** CASC is the designated assessment center for Los Angeles County Service Planning Area Six (SPA 6). CASC provides bio-psycho-social assessments, substance abuse treatment referrals and placements to adults.

**Family Drug Dependency Court Program (FDDC):** This program provides assessments, treatment, education, counseling and rehabilitation of parents with the goal of family reunification. Participants are referred by the Department of Children and Family Services.

### **Broadway Office**

**5715 S. Broadway, Los Angeles, CA 90037**

**Phone: (323) 948-0444**

**Fax: (323) 948-0443**

**Hours of Operation:**

**Monday, Wednesday and Friday 8:00 a.m.-5:00 p.m.**

**Tuesday and Thursday 8:00 a.m.-9:00 p.m.**

**Saturday 8:00 a.m.-4:30 p.m.**

### **Crocker Office**

**5849 Crocker Street, Los Angeles, CA 90003**

**Phone: (323) 432-4399**

**Fax: (323) 432-4398**

**Hours of Operation: Monday-Friday 8:00am - 4:30pm**

### **Compton Office**

**3010 East Victoria St., Compton, CA 90221**

**Phone: (424) 403-5800**

**Fax: (424) 403-5801**

**Hours of Operation: Monday-Friday 8:00am - 4:30pm**

## Los Angeles Support Groups

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Below is a link for all the support groups in Los Angeles. You are able to narrow it down by issue and area. Here are a few for Depression:

<https://www.psychologytoday.com/us/groups/depression/ca/los-angeles>

### **Attacking Anxiety and Destroying Depression:**

Anxiety and feelings of sadness affect many people throughout their lifetime. It can be difficult to know how to identify healthy coping strategies. The good news is, you're not alone. My group therapy session aims to provide a safe space to share your experiences, to find support, and to develop coping skills and strategies to better manage difficult feelings as they arise. Currently accepting new members! **Issues:** Anxiety, Coping Skills, Depression. **Session Cost:** \$20+

### **Solstice Clinic**

**10921 Wilshire Blvd, Suite 412**

**Los Angeles, California 90024**

[\(424\) 531-7685](tel:(424)531-7685)

### **Existential Depression and Anxiety Group**

The group is designed to assist clients who have a history of mild to moderate depression and have experienced a loss, personal crisis, or are undergoing a transitional period in which he or she seeks meaning and purpose. Each session focuses on universal existential themes based on Yalom's theory and is process-oriented. Clients should be open to self-disclosure, receiving peer feedback, and be willing to work on interpersonal skills. *Adults 18+; eight 90-minute sessions; once per week; Cost: \$40/group session; \$70.00 for initial screening/intake*

### **Office of Anne C. Ruane, PsyD**

**2820 Glendale Blvd, Suite 6**

**Los Angeles, California 90039**

[\(323\) 284-2261](tel:(323)284-2261)

### **Think, Act, Be Reclaiming Life**

Therapy group designed to provide individuals with support to dealing with depression, stress, and anxiety. Connect with other people to gain emotional support, and learn vital tools for managing symptoms of stress and anxiety.

### **Family House Mindful Counseling**

**357 West Compton Boulevard**

**Compton, California 90220**

[\(424\) 370-2379](tel:(424)370-2379)

## Los Angeles Clinics – No Insurance Required

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### Southern California Counseling Center

**NO INSURANCE ACCEPTED** \* Sliding Scale for Services \$16 - \$91 per visit

**\*Pay based on your ability to pay**

Individual Intakes \$20 fee

Get Help (323) 937-1344

<https://sccc-la.org/>

Individual Intake Hours:

- Sunday: 1pm-3pm (Couples)
- Monday: 1pm-3pm (Couples)
- Monday: 6pm-8 pm (Individuals)
- Tuesday: 6pm – 8pm (Individuals)
- Wednesday: 6pm – 8pm (Individuals)
- Thursday: 6pm – 8pm (Individuals)
- Friday: 6pm – 8pm (Couples)
- Saturday: 12pm – 2pm (Individuals)

<https://sccc-la.org/>

Monthly Group Counseling Calendar

<https://sccc-la.org/calendar/>

Hours of Operation (WATTS Location)

M-F 8am – 9 pm (last appointment @ 8pm)

Sa-Su 9am – 5pm (last appointment @ 4pm)

**WLCAC CAMPUS**

**10950 S. Central Ave**

**Los Angeles, CA 90059**

**323.556.2358**

[watts@sccc-la.org](mailto:watts@sccc-la.org)



# South Bay Mental Health Center

2311 W. El Segundo Blvd.  
Hawthorne, CA 90250

## **Hours of Operation:**

Monday to Friday 8:00 am – 5:00 pm  
We are closed Saturdays, Sundays, and Holidays

Hello! My name is Jennifer Bailey, Mental Health Clinical Program Manager at South Bay Mental Health Center. On behalf of the administrative team and our entire complement of staff, I would like to welcome you to our clinic and to your journey of achieving optimal mental health. We are a Los Angeles County Department of Mental Health, directly-operated clinic. We are staffed with a dedicated team of multidisciplinary professionals including: psychiatrists, psychologists, therapists, case managers, psychiatric nurses, occupational therapist, substance abuse counselor, community workers, and support staff.

We have been providing mental health services to the South Bay and South Los Angeles communities for over three decades. Our vision is to eradicate the stigma associated with mental illness, such that community members will feel empowered to freely receive services that address their specific mental health goals. Thank you for trusting us to partner with you on your journey.

We are pleased to inform you of the various services offered at South Bay Mental Health Center. These services include but are not limited to:

- Assessment and evaluation.
- Individual and group psychotherapy.
- Psychiatric evaluation and medication management.
- Employment specialist services.
- Housing Liaison services.
- Community linkages/referrals.
- Crisis intervention.
- Achievement of personal mental health goals.

We look forward to working with you on developing and achieving your mental health goals. Please contact us if you have any questions and/or concerns about our program and the services we provide. Best of luck on your individual journey!

Sincerely,

Jennifer Bailey, LCSW



# Our Services

**Intake Process.** To begin the intake process we ask that you contact us to provide instructions and/or visit our clinic during walk-in hours. Walk-in hours are Tue, Wed, and Thurs, from 8:00am – 11:00am & 1:00pm – 3:00pm. All clients are screened and triaged face-to-face in order to determine the client's level of care and specific mental health needs. Once it is determined that the client meets standards of medical necessity, the client is provided with a full intake appointment.

**Psychiatry & Therapy.** Upon completing the intake, the intake clinician will make arrangements for the client to have an initial meeting with a staff psychiatrist and with a case manager. Please note that your case manager may be a licensed clinician, a medical case worker, a licensed psychiatric nurse, or a community worker. If you are interested in receiving psychotherapy, please inform the intake clinician. We strongly encourage clients to uphold initial appointments with their psychiatrist and case manager as they will be the primary service providers.

**Emergencies.** Should you experience a psychiatric emergency after business hours, please contact 911 or the Los Angeles County ACCESS line at 1-800-854-7771. You may also contact the national suicide prevention 24-hour hotline at 1-877-727-4747.

Should you experience a psychiatric emergency during business hours, please contact the clinic at 323-241-6730, and request to speak to your case manager, the officer of the day, or a supervisor. The person receiving your phone call will assess your specific situation and determine next steps. You may also opt to go directly to an urgent care center. Please contact the clinic to obtain a listing of local urgent care centers OR please refer to the Resources Guide in this packet.

If you are experiencing a medical emergency, please contact 911 or go to your nearest emergency room.

**Canceling & Rescheduling an Appointment.** If you need to cancel or reschedule an appointment with your psychiatrist, please contact the clinic's main line and our support staff or the officer of the day will assist you. Main line: 323-241-6730.

To cancel or reschedule an appointment with your therapist or case manager, please call the clinic's main number and ask to speak to him/her. If you are unable to leave a voicemail, please inform the front desk and they will obtain a message to provide to your case manager.

**Family involvement.** We encourage the inclusion of family members as part of your support network. Due to HIPPA laws, we will require your written consent to include your family members in any aspect of your treatment including but not limited to: making/cancelling appointments, medication concerns, therapy concerns, and attending a therapy session.

**Hospitalization.** Please note that we use a standardized approach to hospitalizations. Clients will be evaluated by a licensed clinician if they indicate that they want to (a) harm themselves, (b) harm others, or (c) are found to be gravely disabled. Please note that client confidentiality may be breached in order to sustain the client's safety and/or that of the identified victim.

If you are hospitalized for any reason, psychiatric or medical, it is strongly encouraged that you contact your case manager once you are released. It may be necessary to schedule an urgent follow-up appointment based on the client's specific needs. We strongly encourage clients to bring all discharge paperwork to their next appointment.

**Housing assistance.** Please request to speak to your case manager to discuss housing options. Your case manager will obtain preliminary information and possibly refer you to our housing liaison. Please note that we utilize the resources currently existing in the community. Our housing liaison will evaluate the client's current resources and provide options based on income and needed supports. For emergency housing needs, clients will be referred to local shelters.

**Return to work or school.** If you would like to return to work or engage in an educational program, please request to speak to your case manager. Based on your individual employment or educational goals, you may be referred to our Occupational Therapist.

**Groups.** At South Bay Mental Health Center we are proud to offer a rigorous group schedule for clients. Please refer to the group schedule located in this packet for an overview of groups. Some groups are "open", meaning that clients can visit the group at their discretion. Other groups are "closed" meaning that they are designed to target clients with specific needs and may require a referral from your case manager. To discuss referrals to groups, please ask to speak to your case manager.

## Resources

### **Mental Health Services – Los Angeles Department of Mental Health**

| <b>Clinic</b>                        | <b>Contact #</b>             | <b>Address</b>  | <b>Walk-in Info</b>                                 | <b>Clinic Hours</b>               |
|--------------------------------------|------------------------------|---|---|-----------------------------------|
| Palmdale                             | 661-575-1800                 | 1529 E. Palmdale Blvd., Ste. 150<br>Palmdale, CA 93550                      | Monday – Friday<br>8 am – 6 pm                      | Monday – Friday<br>8 am – 6 pm    |
| Antelope Valley                      | 661-723-4260                 | 349–A E. Avenue (A) K – 6 Ste. A<br>Lancaster, CA 93535                     | Monday – Friday<br>7:30 am – 6 pm                   | Monday – Friday<br>7:30 am – 6 pm |
| San Fernando                         | 818-901-4854                 | 14545 Sherman Circle<br>Van Nuys, CA 91405                                  | Monday – Friday<br>8 am – 3:30 pm                   | Monday – Friday<br>8 am – 5 pm    |
| Hillview                             | 818-896-1161                 | 12450 Van Nuys Blvd. Ste. 200<br>Pacoima, CA 91331                          | Call provider for walk-in<br>information            | Monday – Friday<br>9 am – 5:30 pm |
| Santa Clarita Valley                 | 661-288-4800                 | 23501 Cinema Dr. Ste. 200<br>Valencia, CA 91355                             | Monday – Friday<br>8 am – 5 pm                      | Monday – Friday<br>8 am – 5 pm    |
| West Valley                          | 818-407-3200                 | 20151 Nordhoff St.<br>Chatsworth, CA 91311                                  | Monday – Friday<br>8 am – 5 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Arcadia                              | 626-821-5858                 | 330 E. Live Oak<br>Arcadia, CA 91006  | Pre-screening completed<br>by phone                 | Monday – Friday<br>8 am – 5 pm    |
| Arcadia (Monrovia)                   | 626-821-5844                 | 2620 California Ave.<br>Monrovia, CA 91016                                  | Pre-screening completed<br>by phone                 | Monday – Friday<br>8 am – 5 pm    |
| La Puente Valley                     | 626-961-8971                 | 160 Seventh Ave.<br>La Puente, CA 91744                                     | Call Center<br>(866) 227 - 1302                     | Monday – Friday<br>8 am – 5 pm    |
| Northeast                            | 323-478-8200                 | 5321 Via Marisol<br>Los Angeles, CA 90042                                   | Monday – Friday<br>8 am – 5 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Hollywood                            | 323-769-6100                 | 1224 North Vine St.<br>Los Angeles, CA 90038                                | Monday – Friday<br>8 am – 3 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Downtown                             | 213-629-6200                 | 529 Maple Ave.<br>Los Angeles, CA 90013                                     | Monday – Friday<br>8 am – 3 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Edelman Westside                     | 310-966-6500                 | 11080 W. Olympic Blvd. 4 <sup>th</sup> Fl.<br>Los Angeles, CA 90064         | Monday – Friday<br>8 am – 3 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Augustus Hawkins                     | 310-668-4272                 | 1720 East 120th St.<br>Los Angeles, CA 90059                                | Monday – Friday<br>8 am – 5 pm                      | Monday – Friday<br>8 am – 5 pm    |
| Compton                              | 310-668-6800                 | 921 East Compton Blvd.<br>Compton, CA 90221                                 | Monday – Friday<br>8 am – 3 pm                      | Monday – Friday<br>8 am – 5 pm    |
| West Central                         | 323-298-3680                 | 3751 Stocker Street<br>Los Angeles, CA 90008                                | Monday –Thursday<br>8 am – 5 pm                     | Monday – Friday<br>8 am – 5 pm    |
| Rio Hondo & American<br>Indian Ctr.  | 562-402-0688<br>562-402-0677 | 17707 S. Studebaker Rd.<br>Cerritos, CA 90703                               | Pre-screening completed<br>by phone                 | Monday – Friday<br>8 am – 6 pm    |
| Roybal Family<br>MH Service          | 323-267-3400                 | 4701 E. Cesar Chavez Ave. 2 <sup>nd</sup> Fl.<br>East Los Angeles, CA 90022 | Call provider for walk-in<br>information            | Monday – Friday<br>8 am – 6 pm    |
| San Antonio                          | 323-584-3700                 | 2629 Clarendon Ave. 2 <sup>nd</sup> Fl.<br>Huntington Park, CA 90255        | Call provider for walk-in<br>information            | Call for clinic hours             |
| Enki East LA                         | 323-725-1337                 | 1436 Goodrich Blvd.<br>Commerce, CA 90022                                   | Call Center<br>(866) 227 - 1302                     | Monday – Friday<br>8 am – 5 pm    |
| Long Beach                           | 562-256-2900                 | 2600 Redondo Ave. 3 <sup>rd</sup> Fl.<br>Long Beach, CA 90806               | Monday – Friday<br>8 – 10 am & 1 – 4:30 pm          | Monday – Friday<br>8 am – 5 pm    |
| Asian Pacific<br>Long Beach          | 562-346-1100                 | 4510 E. Pacific Coast Hwy. Ste. 600 Long<br>Beach, CA 90804                 | Call provider for walk-in<br>information            | Monday – Friday 8<br>am – 6 pm    |
| Harbor UCLA                          | 310-222-3151                 | 1000 West Carson St. Bldg D – 5<br>Torrance, CA 90509                       | Pre-screening completed<br>by phone                 | Monday – Friday<br>8 am – 5 pm    |
| San Pedro                            | 310-519-6100                 | 150 West 7th St.<br>San Pedro, CA 90731                                     | Monday – Friday<br>8 am – 5 pm                      | Monday – Friday<br>8 am – 5 pm    |
| South Bay                            | 323-241-6730                 | 2311 W. El Segundo Blvd.<br>Hawthorne, CA 90250                             | Tuesday – Thursday<br>8 am – 11 am &<br>1 pm – 3 pm | Monday – Friday<br>8 am – 5 pm    |
| Coastal Asian<br>Pacific Islander MH | 310-217-7312                 | 14112 S. Kingsley Dr.<br>Gardena, CA 90249                                  | Monday – Friday<br>8:30 am – 4:30 pm                | Monday – Friday<br>8 am – 5:30 pm |

**Mental Health Services – Community Based Clinic**

**Mental Health Services – Crisis Contact Numbers**

| <b>NAME</b>                                | <b>PHONE NUMBER</b> |
|--|---------------------|
| <b>ACCESS</b>                              | <b>800-854-7771</b> |
| <b>Los Angeles Warm Line</b>               | <b>855-952-9276</b> |
| <b>Suicide Prevention Hotline - SoCal</b>  | <b>877-727-4747</b> |
| <b>National Suicide Prevention Hotline</b> | <b>800-273-8255</b> |

**Mental Health Services – Urgent Care Centers**

|  |
|--|
| Exodus Urgent Care – Harbor UCLA<br>100 W. Carson St. Bldg. 2 South<br>Torrance, CA 90502<br>(424) 405-5855    |
| Exodus Urgent Care – Martin Luther King<br>12021 S. Wilmington Ave.<br>Los Angeles, CA 90059<br>(800) 829-3923 |
| Mental Health Urgent Care – Long Beach<br>6060 Paramount Blvd.<br>Long Beach, CA 90805<br>(562) 790-1860       |

**Mental Health Services – Family Support**

| <b>NAME</b>            | <b>PHONE NUMBER</b> | <b>WEBSITE</b>  |
|------------------------|---------------------|---|
| NAMI Long Beach        | 562-435-2264        | <a href="https://www.namilongbeach.org/">https://www.namilongbeach.org/</a> |
| NAMI South Bay         | 310-533-0705        | <a href="https://www.namisouthbay.com/">https://www.namisouthbay.com/</a>   |
| NAMI Urban Los Angeles | 323-294-7814        | <a href="https://www.namiurbanla.org/">https://www.namiurbanla.org/</a>     |

**Drug & Alcohol Treatment - Inpatient**

| <b>NAME</b>                | <b>PHONE NUMBER</b> | <b>LOCATION</b> |
|----------------------------|---------------------|-----------------|
| Castle                     | 323-233-3342        | Los Angeles     |
| Cider House                | 562-864-7724        | Norwalk         |
| Clare Foundation           | 310-314-6212        | Santa Monica    |
| Flossie Lewis (Women Only) | 562-435-7350        | Long Beach      |
| Freedom House              | 562-422-0196        | Long Beach      |
| Impact                     | 323-681-2575        | Pasadena        |
| Pacifica House             | 323-754-2816        | Hawthorne       |
| Palm House                 | 310-830-7803        | Carson          |
| Patterns (Women Only)      | 310-675-4431        | Hawthorne       |
| Shawl House                | 310-521-9310        | San Pedro       |
| Substance Abuse Foundation | 562-987-5722        | Long Beach      |
| Tarzana Treatment Center   | 562-218-1868        | Long Beach      |
| Women to Women             | 562-426-8262        | Long Beach      |

### **Drug & Alcohol Treatment – Outpatient**

| <b>NAME</b>               | <b>PHONE NUMBER</b> | <b>LOCATION</b> |
|---------------------------|---------------------|-----------------|
| Alcohol and Drug Programs | 562-570-4100        | Long Beach      |
| BHS Inc.                  | 310-673-5750        | Inglewood       |
| BHS Inc.                  | 310-769-9031        | Gardena         |
| Clare Foundation          | 310-314-6245        | Santa Monica    |
| Do It Now Foundation      | 323-465-3784        | Hollywood       |
| Ebony Counseling Center   | 661-324-4756        | Bakersfield     |

|                       |              |             |
|-----------------------|--------------|-------------|
| House of Uhuru        | 323-568-5400 | Watts       |
| Joint Efforts         | 310-831-2358 | San Pedro   |
| NCADD – South Bay     | 310-328-1460 | Torrance    |
| Pride Health Services | 310-677-9019 | Inglewood   |
| Shields               | 310-898-2450 | Los Angeles |
| Sidekicks             | 626-974-8122 | Covina      |
| Sunrise Community     | 213-207-2770 | Los Angeles |
| VWC Inc.              | 818-713-8700 | Canoga Park |
| Women to Women        | 562-426-8262 | Long Beach  |

**1. Didi Hirsch Community Mental Health Services**

323 N. Prairie Ave.  
Inglewood, CA 90301  
310-677-7808  
310-390-8896 (Intake)  

- Accepts Medi-Cal
- Psychiatry Available

**2. Inglewood Medical Clinic**

4450 W. Century Blvd.  
Inglewood, CA 90304  
310-671-0555  

- Accepts Medi-Cal
- Psychiatry Available

**3. The Neighborhood Family Center**

15508 S. Western Ave. Suite 203  
Gardena, CA 90249  

- No Medi-Cal; Sliding Scale Fee
- Anger Management
- Domestic Violence Classes
- No Psychiatry
- No individual Counseling

**4. Richstone Family Center**

13634 Cordary Ave.  
Hawthorne, CA 90250  
310-970-1921  

- No Medi-Cal; Sliding Scale Fee
- NO Psychiatry
- Individual Counseling
- Couples Counseling
- Group Counseling
- Domestic Violence Classes
- Anger Management

**5. SBCC – Thrive LA**

540 N. Marine Ave.  
Wilmington, CA 90744  
310-414-2090  

- No Medi-Cal; Sliding Scale Fee
- Individual Psychotherapy
- Family Psychotherapy

**6. Airport Marina Counseling Services**

7891 Tijera Blvd.  
Los Angeles, CA 90045  
310-670-1410  

- NO Medi-Cal; Sliding Scale Fee
- Psychiatry Available

**7. Shields for Families**

11601 S. Western Ave.  
Los Angeles, CA 90047  
(More than 1 location)  
323-242-5000  

- Accepts Medi-Cal
- Individual Counseling
- Couples Counseling
- Domestic Violence Classes
- Anger Management Classes

**8. U.S Department of Veterans Affairs**

1045 W. Redondo Beach Blvd., Suite 150  
Gardena, CA 90247  
310-767-1221  

- Veterans Only
- Physical health Services
- Mental Health Services

**9. 1736 Family Crisis Center**

21707 Hawthorne Blvd.  
Torrance, CA 90503  
310-543-9900  

- Domestic Violence Resources

**10. Pacific Asian Counseling Services**

8616 La Tijera Blvd. Suite 200  
Los Angeles, CA 90045  

- Accepts Medi-Cal
- Psychiatry Available
- Individual Counseling

### Drug & Alcohol Support Groups

| <b>NAME</b>             | <b>PHONE NUMBER</b> |
|-------------------------|---------------------|
| Alcoholics Anonymous    | 310-618-1180        |
| Cocaine Anonymous       | 310-216-4444        |
| Crystal Meth Anonymous  | 213-488-4455        |
| Marijuana Anonymous     | 800-766-6779        |
| Narcotics Anonymous     | 310-372-9666        |
| Al-Anon                 | 818-760-7122        |
| Co-Dependence Anonymous | 818-906-6608        |

### Healthcare Referrals

| <b>NAME</b>               | <b>PHONE NUMBER</b> | <b>LOCATION</b> |
|---------------------------|---------------------|-----------------|
| BHS Family Medical Center | 424-456-8933        | Hawthorne       |
| Harbor UCLA               | 310-222-2345        | Torrance        |
| Hubert Humphrey           | 323-846-4122        | Los Angeles     |
| LAC USC Medical Center    | 323-226-2622        | Los Angeles     |
| Oasis Clinic              | 310-668-4213        | Los Angeles     |
| Watts Health Center       | 323-564-4331        | Los Angeles     |

### Legal Referrals

| <b>NAME</b>                               | <b>PHONE NUMBER</b>          |
|---|------------------------------|
| Anchor Of Hope                            | 323-509-4897<br>323-432-3976 |
| Child Support Services Department         | 323-890-9800                 |
| CHIRLA (immigration)                      | 213-353-1333                 |
| District Attorney                         | 213-974-3501                 |
| Eviction Defense Center                   | 213-487-7609                 |
| Government Benefits                       | 213-640-3834                 |
| Harriet Buhai Center for Family Law       | 213-388-7515                 |
| HIV/AIDS Legal Services Alliance          | 213-637-1690                 |
| Housing Issues                            | 213-385-1719                 |
| Legal Aid Foundation of Los Angeles       | 800-399-4529                 |
| Levitt & Quinn Family Center              | 213-482-1800                 |
| Neighborhood Legal Service of Los Angeles | 800-433-6251                 |
| Public Counsel                            | 213-385-2977                 |



### Local Law Enforcement

| <b>Department</b>   | <b>Phone Number</b> |
|---------------------|---------------------|
| Gardena Police      | 310-217-9600        |
| Hawthorne Police    | 310-349-2700        |
| Inglewood Police    | 310-412-5211        |
| Lawndale Sheriff    | 310-219-2750        |
| Los Angeles Sheriff | 323-820-6700        |

### Advocacy

|                                      |              |
|--------------------------------------|--------------|
| Patient's Rights                     | 213-738-4888 |
| Department of Consumer Affairs       | 213-250-0028 |
| Department of Public Social Services | 866-613-3777 |

**Additional listings in each category can be acquired by dialing “211” from any phone within Los Angeles County.**