MENTAL HEALTH CLIENT
RESOURCE DIRECTORY

PATIENTS’ RIGHTS OFFICE

COUNTY OF LOS ANGELES
DEPARTMENT OF MENTAL HEALTH

June 2009
PREFACE

The purpose of this Resource Directory is to assist mental health clients from all over Los Angeles County to know where to go to find help.

This Resource Directory puts power into the hands of mental health clients.

KNOWLEDGE IS POWER.

I have worked as a Patients’ Rights Advocate for over eight years and compiling this Resource Directory has been one of my priorities. If there is someone on the street asking for money, I give them a copy of this directory instead. I believe I am giving them the tools they need to empower themselves and take control over their lives.

With this Resource Directory in hand, a person can find food, shelter, clothing, showers, laundry facilities and services to get them the long-term benefits they need. A person can also begin to make a new start with employment services, sliding-scale counseling and substance abuse problems. The clinics and hospitals listed in this directory can help people with mental health and other healthcare needs. If there is a legal problem there are resources to help, if residential facilities or healthcare professionals are acting inappropriately, there are telephone numbers in this directory so that they can be reported. There are also resources for mental health alternatives.

This Resource Directory was developed in collaboration with a number of individuals whom I would like to acknowledge; Mr. M.C. Harris from the Empowerment and Advocacy Division of the Department of Mental Health for his tireless efforts of going into the community on foot and digging up resources for this directory, Jo Martinetti, Ellen McKinney and Jacqueline Perez, Patients’ Rights Advocates who contributed resources, Ms. Valerie Johnson, Secretary, Zaruhi Ishkhanyan, Supervising Typist Clerk and Nune Petrosyan, Intermediate Clerk, who assisted with the editing and formatting of the directory, Gerald Minsk from Downtown Mental Health Full Service Partnership for sharing the directory used in his office, the staff of the Self Help and Recovery Exchange for providing phone numbers for self-help programs, and Michelle Kobayashi, a personal friend who shared her resources with me. Last but not least, I want to give special thanks to Nyja Tapscott, from the Quality Improvement Data Team who designed and created the maps for this directory.

-- Jessica Paul Martinez, M.A.  
Patients’ Rights Advocate  
Los Angeles County Department of Mental Health

Call (213) 738-2714 or email jpmartinez@dmh.lacounty.gov for new or updated resource information.
LOS ANGELES COUNTY BOARD OF SUPERVISORS

DISTRICT 1:
Supervisor Gloria Molina
Hall of Administration
500 W. Temple St. Room 856
Los Angeles, CA 90012
(213) 974-4111

DISTRICT 2:
Supervisor Mark Ridley-Thomas
Hall of Administration
500 W. Temple St. Room 866
Los Angeles, CA 90012
(213) 974-2222

DISTRICT 3:
Supervisor Zev Yaroslavsky
Hall of Administration
500 W. Temple St. Room 821
Los Angeles, CA 90012
(213) 974-3333

DISTRICT 4:
Supervisor Don Knabe
Hall of Administration
500 W. Temple St. Room 822
Los Angeles, CA 90012
(213) 974-4444

DISTRICT 5
Supervisor Mike Antonovich
Hall of Administration
500 W. Temple St. Room B69
Los Angeles, CA 90012
(213) 974-5555

ELECTED REPRESENTATIVES (STATE AND FEDERAL)

U.S. Capital Switchboard
(202) 224-3121
Ask to speak to your U.S. Senator or Representative in Congress/ www.senate.gov
California Senator Diane Feinstein (202) 224-3841/ (310) 914-7300
Senator Barbara Boxer (202) 224-3553/ (213)894-5000

Office of the President
(202) 456-1111

Governor of California
Arnold Schwarzenegger
(213) 897-0322 (916) 445-2841
TABLE OF CONTENTS

Acknowledgements…………………………………………………………………………………..page 2
Elected Representatives………………………………………………………………………………..page 3

Sections:

1. Outpatient Clinics and Wellness Centers………………………………………………………pages 5-15
2. Service Area Navigator Team……………………………………………………………………pages 15-17
3. Inpatient Psychiatric Hospitals……………………………………………………………………pages 17-21
4. Urgent Care Centers………………………………………………………………………………..page 21
5. Benefit Assistance…………………………………………………………………………………..pages 22-23
6. Client Empowerment Organizations………………………………………………………………pages 24-29
7. Counseling Centers (Sliding Scale)………………………………………………………………pages 29-32
8. Drug Treatment Programs…………………………………………………………………………pages 33-35
9. Emergency Help and Hot Lines……………………………………………………………………pages 36-37
10. Employment …………………………………………………………………………………………pages 38-41
11. Facilities Licensing…………………………………………………………………………………..page 42
12. Fraud and Professional Licensing Boards…………………………………………………………pages 43-44
13. Housing, Shelter, and Food Assistance……………………………………………………………pages 44-52
14. Legal Advocacy…………………………………………………………………………………………pages 52-56
15. Medical Clinics (Low Cost)…………………………………………………………………………pages 57-60
16. Medically Related Health Resources………………………………………………………………pages 61-63
17. Mental Health Care Alternatives……………………………………………………………………pages 64-65
18. Regional Center Advocacy for Developmental Disabilities………………………………….page 66
19. Services for the Physically Disabled…………………………………………………………………page 67
20. Support Groups:
   A. Aids Support……………………………………………………………………………………………page 68
   B. Domestic Violence and Rape Support………………………………………………………………page 69
   C. Family Support………………………………………………………………………………………pages 69-70
   D. Groups for the Living and Dying……………………………………………………………………page 71
   E. Twelve Step Support Groups………………………………………………………………………..pages 71-73
21. Related Websites…………………………………………………………………………………………pages 73-74

Addendum: Service Area Maps
SECTION ONE

OUTPATIENT CLINICS AND WELLNESS CENTERS

**Outpatient Programs:** Provides services to severely and persistently mentally ill clients. Provides assessment, case management, individual and group therapy, medication and symptom management.

**Wellness Centers:** Offer treatment and support options for adult clients at higher stages of recovery that require less professional care and a greater degree of self-directed and peer support services. The centers work with clients toward community reintegration and an eventual exit from the formal mental health system.

**Client Run Wellness Centers:** Offer the same treatment and support options as Wellness Centers, the only difference is that these centers are run by people who identify themselves as mental health clients.

**Service Area: 1**

**Alifia Mental Health Center** .................................................................(661) 940-9094
1331 W. Avenue J #202, Lancaster, CA 93534

**Antelope Valley Mental Health Center** .............................................. (661) 723-4264
349-A East Avenue K-6, Lancaster, CA 93535
Walk-ins 8am-3:30pm M-F

**Antelope Valley Wellness Center** ......................................................(661) 974-8400
251 East Avenue, K-6, CA 93535

**Challenger Mental Health Unit** ..........................................................(661) 940-4051
5300 West Avenue 1, Lancaster, CA 93536

**Palmdale Mental Health Center** .......................................................(661) 575-1800
1529 E. Palmdale Blvd., Suite 150 Palmdale, CA 93550
Walk-ins 8 am-11:30am M+W

**National Mental Health Association Palmdale** ...............................(661) 947-1595
1609 East Palmdale Blvd., Palmdale, CA 93550
*(Client Run Wellness Center)*
OUTPATIENT CLINICS AND WELLNESS CENTERS

Service Area: 2

Asian Pacific Counseling & Treatment Center
5900 Sepulveda Blvd #425, Van Nuys, CA 91411
Open 9am-5pm M-F
(818) 267-1100

Aviva Center
7120 Franklin Ave., Hollywood, CA 90046
Open 9-5pm. Appts. Only
(213) 637-5000

Barry J. Nidorf Juvenile Hall MH Unit
16350 Filbert St., Sylmar, CA 91342
(818) 364-2078

Center for Family Living
14545 Sherman Circle, Van Nuys, CA 91405
Walk-ins 8:30am-5pm M-TH 8:30-4pm
(818) 901-4854

Cornerstone
14660 Oxnard Street, Van Nuys, CA 91411
(818) 901-4836

El Centro De Amistad
6800 Owensmouth, Canoga Park, CA 91303
Open 8-5pm Intakes & Medi-cal Only
(818) 347-8565

El Centro De Amistad
566 S. Brand Blvd., San Fernando, CA 91340
(818) 898-0223

The Harbour
5519 Elmer Avenue, North Hollywood, CA 91601
(818) 980-7576

Hillview Mental Health Center
12450 Van Nuys Blvd. #200, Pacoima, CA 91331
Walk-ins 9am-3pm
(Wellness Center)
(818) 896-1161

Independent Living Program
14411 Vanowen Street, Van Nuys, CA 91405
(818) 374-5383

MacDonald Carey East Valley Mental Health Center
11631 Victory Blvd., Ste. 203, North Hollywood, CA 91606
Walk-ins 9am-3pm M-F
(818) 908-3855
OUTPATIENT CLINICS AND WELLNESS CENTERS

San Fernando Community Mental Health Center .................................................(818) 901-4854
14545 Sherman Circle, Van Nuys, CA 91405
M-Th: 8:30 a.m. – 4:30 p.m.; 8:30 a.m. - 3:30 p.m.

San Fernando Mental Health Center .............................................................(818) 832-2400
10605 Balboa Blvd. Ste. 100, Granada Hills, CA 91344
Walk-ins 8am-5pm M-F
(Wellness Center)

Santa Clarita Valley Mental Health Center .....................................................(661) 288-4800
23501 Cinema Drive, Suite 210, Valencia, CA 91355
Walk-ins 8am-5:00pm
(Wellness Center)

Valley Coordinated Children Services ............................................................(818) 708-4500
19231 Victory Blvd. Ste. 110, Reseda, CA 91335

Verdugo Mental Health Center .....................................................................(818) 244-7257
1540 East Colorado St., Glendale, CA 91205
Walk-ins 9am -3:45 M-F (closed for lunch 12pm-1pm)
New patients must have Medicare-Medi-cal and live in service area.

Victory Wellness Center ................................................................................(818) 989-7475
14411 Vanowen Street Van Nuys, CA 91405

West Valley Mental Health Wellness Center ...............................................(818) 610-6700
6800 Owensmouth Ave. #160, Canoga Park, CA 91303
Appt. Only

West Valley Mental Health Center ...............................................................(818) 598-6900
7621 Canoga Ave., Canoga Park, CA 91304

Service Area: 3

Almansor Clinical Services ...........................................................................(323) 344-5536
205 Pasadena Ave., South Pasadena, CA 91030
Open 8:30-5 M-F Appt. Only

Arcadia Mental Health Center .....................................................................(626) 821-5858
330 East Live Oak Ave., Arcadia, CA 91006
Walk-ins 8am-5pm MWF
Orientation Tues. 8:45am
(Wellness Center)
OUTPATIENT CLINICS AND WELLNESS CENTERS

- **BRIDGES Wellness Center**
  - 11927 Elliot Ave., El Monte, CA 91732
  - Phone: (626) 350-5304/207

- **ENKI – La Puente Valley Mental Health Center**
  - 160 South Seventh Ave., La Puente, CA 91744
  - Appointment Only
  - Phone: (626) 961-8971

- **ENKI Youth and Family Services**
  - 535 S. Second Ave., Covina, CA 91723
  - Mon 9 am – 6pm.; Tues, Th 10 am – 7 pm.; F 8 am.-5pm.
  - Phone: (626) 974-0770

- **Pacific Clinics**
  - 70 N. Hudson Ave., Pasadena, CA 91101
  - Walk-ins must register first by calling 877-722-2737
  - Phone: (626) 795-8471

- **Pacific Clinics**
  - 66 Hurlbut St., Pasadena, CA 91105
  - Phone: (626) 441-4221

- **Pacific Clinics Client Sierra Family**
  - 1160 Grand Avenue, Glendora, CA 91740
  - Phone: (626) 335-5980

- **Pacific Clinics**
  - 760 E. Bonita, Pomona, CA 91767
  - Phone: (909) 625-7207

- **Prototypes I-Can**
  - 2555 E. Colorado Blvd. Ste. 100, Pasadena, CA 91107
  - Phone: (626) 577-2261

- **Tri-City Mental Health Center**
  - 2008 N. Garey Ave., Pomona, CA 91767
  - Walk ins 8:30 – 11:30am or 1-3pm
  - Must reside in Pomona, Laverne or Claremont
  - Phone: (909) 623-6131

- **Social Model Recovery System**
  - 510 S. Second Ave., Covina CA 91723
  - Phone: (626) 332-3145

- **Pacific Clinics**
  - 66 Hurlbut St., Pasadena 91105
  - Phone: (626) 441-4221
  - (Client Run Wellness Center)
OUTPATIENT CLINICS AND WELLNESS CENTERS

Service Area: 4

AIDS Project Los Angeles
611 S. Kingsley Dr., Los Angeles, CA 90005
M-F: 9am – 5pm.
(213) 201-1600

Alcott Center for Mental Health
1433 S. Robertson Blvd., Los Angeles, CA 90035
Appointment Only M-F 9-6pm
(310) 785-2121

Amanecer Community Counseling Services
1200 Wilshire Blvd., Los Angeles, CA 90017
Walk-ins Open 8am-7:30pm M-Th 8am-7pm F
(213) 482-9400

Asian Pacific Counseling & Treatment Centers
520 S. Lafayette Park Place, Suite 300, Los Angeles, CA 90057
Walk-ins 9-5pm M-F
(213) 252-2100

Central Juvenile Hall
1605 Eastlake Ave., Los Angeles, CA 90033
(323) 226-8806

Community Counseling Services Amanecer
1200 Wilshire Blvd, Ste, 210, Los Angeles, CA 90017
M-F: 8 am-7:30 pm
(213) 481-1347

Didi Hirsch Community MHC
672 S. Lafayette Park Pl, Ste, 6, Granada Bldg., Los Angeles, CA 90057
M-F: 9am-8pm.
(213) 385-3752

Downtown Mental Health Center
529 S. Maple Ave., Los Angeles, CA 90013
Walk-ins 8am-5pm M-Fri
(Wellness Center)
(213) 430-6700

Gateways Satellite Wellness Center
437 N. Hoover ST., Los Angeles, CA 9004
(323) 666-0705

Lamp Wellness Center
527 Crocker St., Los Angeles, CA 90013
(213) 488-9559

Hollywood Mental Health Center
1224 Vine St., Los Angeles, CA 90038
Walk-ins 8am-3pm
(323) 769-6100
OUTPATIENT CLINICS AND WELLNESS CENTERS

Hollywood Mental Health Wellness Center ......................................................(323) 671-2600
5000 Sunset Blvd., 6th floor, Los Angeles, CA 90027

L.I.F.E. (Life Independence Future and Empowerment) ..................................(213) 368-1889
2120 W. 8th St., Ste. 210, Los Angeles, CA 90057
(Client Run Wellness Center)

Los Angeles Free Clinic ...................................................................................(323) 653-1990
8405 Beverly Blvd., Los Angeles, CA 90048
Call for Appointment.

Northeast Mental Health Center .................................................................(323) 478-8200
5321 Via Marisol, Los Angeles, CA 90042
Open 8am-5pm M-F
Walk-ins open 8am first come first served
(Wellness Center)

Service Area: 5

Center For Health Aging ..............................................................................(310) 829-4715
1527 Fourth Street, Ste. 200, Santa Monica, CA 90401
M-F: 9 am-5pm.

Didi Hirsch ......................................................................................................(310) 390-6612
4760 S. Sepulveda Blvd., Culver City, CA 90230
Walk-ins start at 1pm M-F
(Wellness Center)

Gateways Satellite Wellness Center ...........................................................(323) 666-0705
437 N. Hoover St., Los Angeles, CA 90004

LAMP Wellness Center .................................................................................(213) 488-9559
527 Crocker St., Los Angeles, CA 90013

Edmund D. Edelman Westside Mental Health Center .....................................(310) 966-6500
11080 West Olympic Blvd., 4th Floor Los Angeles, CA 90064
Walk-ins 8am-2pm M-Th / 8am-5:30pm by app. Only

Edelman Wellness Center ..............................................................................(310) 966-6500
1990 Westwood Blvd., Los Angeles, CA 90002

Pacific Asian Counseling (PAC) Services .....................................................(310) 337-1550
8616 La Tijera Blvd., Ste. 200, Los Angeles, CA 90045
M-F: 9 am-6pm.
OUTPATIENT CLINICS AND WELLNESS CENTERS

Step Up on Second ..............................................................(310) 394-6889
1328 Second St., Santa Monica, CA 90405
(Client Run Wellness Centers)

South Central Health and Rehab ..............................................(323) 751-2677
5201 S. Vermont Ave, Los Angeles, CA 90037
M-F: 9am – 5pm; Sat 9 am- 3 pm

Vista Del Mar Child and Family Services .................................(310) 836-1223
3200 Motor Ave., Los Angeles, CA 90034
M-F 8:30 am- 5 pm.

Westside Center for Independent Living (WCIL) ......................(310) 390-3611
12901 Venice Blvd., Los Angeles, CA 90066
(Client Run Wellness Centers)

Service Area: 6

Alafia Mental Health Institute ...................................................(310) 352-6422
11410 Avalon Blvd., Los Angeles, CA
Hours 9-6pm M-F Only Medi-cal Clients.

Augustus F. Hawkins Mental Health Center .........................(310) 668-4271
1720 East 120th St., Los Angeles, CA 90059
Walk-ins 8am-3:30pm M-F

Compton Mental Health Center ..............................................(310) 668-6800
921 Compton Blvd., Compton, CA 90220
Walk-ins 8am-2pm T+TH
(Wellness Center)

Compton Child and Family Services Center ...........................(310) 223-0334
457 S. Long Beach Blvd, Compton CA 90221

Kedren Community Health Center .........................................(323) 233-0425
4211 South Avalon Blvd., Los Angeles, CA 90011
Walk-ins 8:30am-1pm M-F

ML King Jr/Drew Medical Center – Augustus Hawkins ...........(310) 668-4271
1720 East 120th St., Los Angeles, CA 90059
Walk-ins 8am-3:30pm M-F
OUTPATIENT CLINICS AND WELLNESS CENTERS

West Central Family MHS .................................................................(323) 298-3680
3751 Stocker Street, Los Angeles, CA 90008
Walk-ins 8am M-F first come first served
(Wellness Center)

Exodus Recovery ........................................................................(323) 789-6492
8401 S. Vermont Ave., Los Angeles, CA 90044
(Wellness Center)

National Mental Health Association .............................................(323) 346-0960
11905 Central Ave., Los Angeles, CA
(Wellness Center)

Portals ............................................................................................(213) 381-9475
3881 S. Western, Los Angeles, CA 90062
(Wellness Center)

SCHARP Oasis ..............................................................................(323) 751-2677
5201 S. Vermont Ave., Los Angeles, CA 90037
(Wellness Center)

Service Area:  7

ALMA Family Service .................................................................(323) 881-3799
4701 E. Cesar Chavez, Los Angeles, CA 90022
Open 7:30-6pm Intake Only

American Indian Counseling Center ............................................(562) 402-0677
17707 S. Studebaker Rd., Cerritos, CA 90703
Walk-ins (Prefer Appts.) Open M-F 8-5pm

Anne Sippe Clinic Community Services .....................................(562) 906-1335
10012 Norwalk Blvd., Santa Fe Springs CA 90670
Open 8-4pm (Referrals only from inpatient facilities)

Assoc. League of Mex-Amer (ALMA) .........................................(562) 801-4626
9140 Whittier Blvd., Pico River, CA 90660
M-TH: 8:30 am – 6 pm; F-SAT: 8:30am-5pm.

ENKI-East LA MHS-Commerce.....................................................(323) 725-1337
1436 Goodrich Blvd., Commerce, CA 90022
Open 8am-5pm M-F Appointment Only(Wellness Center)
OUTPATIENT CLINICS AND WELLNESS CENTERS

Dorothy Kirby Center
1500 S. McDonnell Ave., Los Angeles, CA 90022
(323) 981-4318

Helpline Youth Counseling
11849 Firestone Blvd., Norwalk, CA 90650
(562) 864-3722
Open M-Th 9am-7pm F 9-5pm Appt. Only

Los Padrinos Juvenile Hall MH Unit
7285 East Quill Dr., Downey, CA 90242
(562) 940-6077

Pacific Clinics
11721 E. Telegraph Rd., #A, Santa Fe Springs, CA 90670
(562) 949-8455
Must register with call center (1-877-722-2737) to make appointment

(Rio Hondo Mental Health Center)

Los Padrinos Juvenile Hall MH Unit
7285 East Quill Dr., Downey, CA 90242
(562) 940-6077

San Antonio Mental Health Center
2629 Clarendon Ave., Huntington Park, CA 90255
(323) 584-3700

San Antonio MHC Somos Familia
10355 Slusher Dr., Santa Fe Springs, CA 90670
M & Th: 7:30 am - 6pm; T & W: 7:30 am - 7pm; F: 7:30am- 5pm.

California Hispanic Commission
10012 Norwalk Blvd., Ste 140, Santa Fe Springs, CA 90670
(562) 941-2537

Service Area: 8

Didi Hirsch Community Mental Health Center
111 N. La Brea Ave., Ste. 500, Inglewood, CA 90301
(310) 677-7808
Open 8am-5pm M-F Appointment only.

Exodus Recovery
923 South Catalina Ave., Redondo Beach, CA 90277
(310) 792-5454
(Wellness Center)
OUTPATIENT CLINICS AND WELLNESS CENTERS

1736 Family Crisis Center ......................................................... (310) 543-9900
21707 Hawthorne Blvd., Torrance, CA 90503

Harbor-UCLA Med. Ctr./Adult Outpatient .................................. (310) 222-3151
1000 W. Carson St., Torrance, CA 90509
Open 8am-5pm M-F Appointment Only.

Harbor-UCLA Wellness Center ..................................................... (310) 781-3400
21730 Vermont Ave., Ste 210, Torrance, CA 90509

Long Beach Asian Pacific Mental Health Program ....................... (562) 599-9401
1975 Long Beach Blvd., Long Beach, CA 90806
Open 8am-5pm M-F Walk-ins 1pm-4pm M-F

Long Beach Child and Adolescent Clinic ..................................... (562) 599-9271
240 E. 20th St., Long Beach, CA 90813

Long Beach Mental Health Center .............................................. (562) 599-9280
1975 Long Beach Blvd., Long Beach, CA 90806
Open 8am-5pm M-F Walk-ins M+TH 7:30-8am

Long Beach Mental Health Wellness Center ............................... (562) 285-0149
1078 Atlantic Ave., Long Beach, CA 90813
Wellness Center

MHA Village Integrated Service ................................................... (562) 437-6717
456 Elm Ave., Long Beach, CA 90802
M-F: 9 am- 5 pm

San Pedro Mental Health Center ................................................... (310) 519-6100
150 W. 7th St., San Pedro, CA 90731, San Pedro, CA 90731
Open 8am-5pm M-F Walk-ins 8am-3:30 pm
(Wellness Center)

South Bay Mental Health Center .............................................. (323) 241-6730
2311 West El Segundo Blvd., Hawthorne, CA 90250
Open 8am-5pm M-F Appointment Only

South Bay Mental Health Wellness Center ................................. (310) 512-8100
1300 W. 155th St Ste 103., Gardena, CA 90247
OUTPATIENT CLINICS AND WELLNESS CENTERS

**Mental Health America**

1078 Atlantic Ave., Long Beach, CA 90813  
(Wellness Center)  
(562) 436-8585

**St. John’s Health Center MH Services for Deaf & Hard of Hearing**

1339 20th St., Santa Monica, CA 90404  
Open M-TH 8am-8pm Friday 8-4:30. Appointments Only  
(Provides services countywide)  
(310) 829-8536

**Transitional Living Center (TLC)**

16119 Prairie Ave., Lawndale, CA 90260  
(310) 542-4825

**Transitional Living Center (TLC)**

15342 Hawthorne Blvd St. 102  
(Wellness Center)  
(310) 973-2892

SECTION TWO

SERVICE AREA NAVIGATOR TEAMS

**Service Navigator Teams:** Service Area Navigation teams may be called upon to assist individuals or families identify the appropriate type or level of mental health service to their local community. They have familiarity with and the capacity to make appropriate linkages to the wide array of services and supports. Individuals seeking mental health services may also present for services directly at any outpatient mental health program.

**Service Area One:**

Angela Coleman – Adult Navigator  
(661) 223-3813

Wanda Champion – Child Navigator  
(661) 223-3800

**Service Area Two:**

Darrell Scholte – Adult Navigator  
(818) 610-6705

Sally Ng – Child/TAY Navigator  
(818) 610-6741
SERVICE AREA NAVIGATOR TEAMS

Service Area Three:
Eugene Marquez – Adult Navigator………………………………………………..(626) 258-1999
Frances Liese – Child/TAY Navigator……………………………………………(626) 455-4606

Service Area Four:
M. Latoya Boston – Adult Navigator………………………………………………..(323) 671-2624
Suyapa Umanzor – Child/TAY Navigator……………………………………………..(323) 671-2625

Service Area Five:
J. Sandy Mills – Adult Navigator……………………………………………………(310) 482-6617
Carolyn Kaneko – Child Navigator………………………………………………….(310) 482-6610

Service Area Six:
Greg Hooker – Adult and Child Navigator………………………………………..(323) 298-3717

Service Area Seven:
Tere Antoni – Adult Navigator………………………………………………………..(213) 738-4068
Jesus Ramirez – Child/TAY Navigator……………………………………………….(213) 738-3313

Service Area Eight:
Lisa Powell – Adult Navigator………………………………………………………..(562) 435-2287
Belen Williams – Child Navigator …………………………………………………….(562) 435-2257
SECTION THREE

INPATIENT PSYCHIATRIC HOSPITALS

Service Area One:

Antelope Valley Hospital .................................................................(661) 949-5250
1600 West Avenue J, Lancaster, CA 93534

Service Area Two:

Encino Hospital Medical Center.........................................................(818) 995-5174
16237 Ventura Blvd., Encino, CA 91436

Glendale Adventist Medical Center......................................................(818) 409-8027
1509 Wilson Terrace, Glendale, CA 91206

Henry Mayo Newhall Memorial Hospital...........................................(661) 253-8000
23845 W. McBean Parkway, Valencia, CA 91355

Mission Community Hospital..............................................................(800) 608-4624
14850 Roscoe Blvd., Panorama City, CA 91402

Northridge Hospital Medical Center...................................................(818) 885-5484
18300 Roscoe Blvd., Northridge, CA 91328

Pacifica Hospital of the Valley..............................................................(800) 522-1154
9449 San Fernando Road, Sun Valley, CA 91352

Valley Care Olive View UCLA Medical Center.................................(818) 364-4341
14445 Olive View Drive, Sylmar, CA 91342

Verdugo Hills Hospital.................................................................(818) 790-7100
(Stepping Stone) 1812 Verdugo Blvd., Glendale, CA 91208

Service Area Three:

Aurora Charter Oak Hospital...........................................................(626) 966-1632
1161 E. Covina Blvd., Covina, CA 91724

Aurora Las Encinas Hospital...........................................................(626) 795-9901
2900 E. Del Mar Blvd., Pasadena, CA 91107

BHC Alhambra Hospital.................................................................(626) 286-1191
4619 N. Rosemead Blvd., Rosemead, CA 91770
INPATIENT PSYCHIATRIC HOSPITALS

Citrus Valley Medical Center / IC Campus (Intercommunity Med. Center)………1-800-654-2673
210 W. San Bernardino Rd., Covina, CA 91723

City of Angels Medical Center (Silverlake Medical Center) /Ingleside Campus…..(626) 288-1160
7500 E. Hellman Ave., Rosemead, CA 91770

East Valley Hospital Medical Center......................................................(626) 852-5063
150 West Route 66, Glendora, CA 91740-6307

Huntington Hospital.................................................................(626) 397-2323
Della Martin Center for Behavioral Health Services
100 W. California Blvd.
Pasadena, CA 91109-7013

LAC+USC @ City of Angels Ingleside
East & Center 7500 East Hellman Ave., Rosemead, CA 91770..............(626) 572-2171

Penn Mar Therapeutic Center.........................................................(626) 401-1557
3938 N. Cogswell Road, El Monte, CA 91732

Service Area Four:

Cedars Sinai Medical Center –Thalians.............................................(310) 423-4715
8730 Alden Drive, C301, Los Angeles, CA 90048

City of Angels (Silverlake Medical Center)...........................................(213) 989-6100
1711 West Temple, Los Angeles, CA 90026

Forensic Inpatient Program (FIP).....................................................(213) 893-5392
Twin Towers Correctional Treatment Center
Medical Services Building, 4 East, 450 Bauchet St., Los Angeles, CA 90012

Service Area Five:

Gateways Hospital & Mental Health Center......................................(323) 644-2000
1891 Effie St., Los Angeles, CA 90026

Kaiser Permanente Mental Health Center.........................................(213) 580-7200
765 W. College St., Los Angeles, CA 90012

LAC+USC Healthcare Network.......................................................(323) 409-6350
1200 N. State St. Rm. 7700, Los Angeles, CA 90033

USC University Hospital..............................................................(323) 442-8560
1500 San Pablo St., Los Angeles, CA 90033
INPATIENT PSYCHIATRIC HOSPITALS

White Memorial Medical Center.........................................................(323) 265-5020
1720 Cesar Chavez Ave., Los Angeles, CA 90033

Service Area Six:

Brotman Medical Center.................................................................(310) 836-7001x6600
3828 Delmas Terrace, Culver City, CA 90231

Resnick UCLA Neuropsychiatric Hospital...........................................(310) 825-9989
150 Medical Plaza, Los Angeles, CA 90095

V.A. Greater Los Angeles Health Care System- West L.A....................(310) 478-3711
11301 Wilshire Blvd., Building 500, 116 A, Los Angeles, CA 90073

Service Area Seven:

Kedren Acute Psychiatric Hospital and CMHC...................................(323) 233-0425
4211 S. Avalon Blvd., Los Angeles, CA 90011

LAC+USC @ AF Hawkins – Ward F
LAC+USC @ Hawkins – Wards A, B

1720 E. 120th St., Los Angeles, CA 90059.............................................(310) 668-8212

L.A. Metropolitan Center.................................................................(323) 730-7300
2231 S. Western Ave., Los Angeles, CA 90018

St. Francis Medical Center...............................................................(310) 900-8256
3630 Imperial Highway, Lynwood, CA 90262

Service Area Eight:

Bellflower Medical Center..............................................................(562) 925-8355
9542 E. Artesia Blvd., Bellflower, CA 90706

College Hospital.................................................................(562) 924-9581
10802 College Place, Cerritos, CA 90703

Metropolitan State Hospital.........................................................(562) 863-7011
11401 Bloomfield Ave., Norwalk, CA 90650

Service Area Nine:

Community Hospital of Long Beach...................................................(800) 633-7888
1720 Termino Ave., Long Beach, CA 90804
INPATIENT PSYCHIATRIC HOSPITALS

Del Amo Hospital.................................................................(310) 530-1151
23700 Camino Del Sol, Torrance, CA 90505

Harbor-UCLA Medical Center...............................................(310) 222-2345
1000 W. Carson St., Torrance, CA 90509

Harbor View Adolescent Center...............................(562) 591-8701
490 West 14th St., Long Beach, CA 90813

La Casa Psychiatric Health Facility...........................(562) 630-8672
6060 Paramount Blvd., Long Beach, CA 90805

Service Area Ten:

L.A. Metropolitan Medical Center...........................(319) 679-3321
13300 S. Hawthorne Blvd., Hawthorne, CA 90250

Little Company of Mary San Pedro Hospital – Bridges Program...........................(310) 514-5359
1300 W. 7th St., San Pedro, CA 90732

Pacific Hospital of Long Beach..............................(562) 997-2500
2776 Pacific Ave., Long Beach, CA 90806

Pacific Hospital of Long Beach (South Campus)...................(562) 256-8400
1725 Pacific Ave., Long Beach, CA 90806

Star View Adolescent Center.................................(310) 373-4556 x0
4025 W. 226 St., Torrance, CA 90505

V.A. Long Beach Health Care System...............................(800) 273-8255
5901 East 7th St., Long Beach, CA 90822
SECTION FOUR

Urgent Care Center

Augustus F. Hawkins Urgent Community Care …………………..(310) 668-3765
1720 E. 120TH Street, Los Angeles, CA 90059
(Service Area)

Exodus Urgent Care ………………………………………………..(310) 253-9494
3828 Delmas Terrace
Culver City, CA 90232
Psychiatrists available MTW 6:30am – 10pm, TH 1pm-8pm, F 11am-7pm
It is suggested that clients call ahead of time to confirm availability.

DMH-Olive View Urgent Care Services ……………………………(818) 832-6192
10605 Balboa Boulevard, Suite 100, Granada Hills, CA 91344

Mental Health Urgent Care at Long Beach ……………………..(562) 790-1860
6060 Paramount Blvd.
Long Beach, CA 90805
Open 24 hours seven days a week.
Psychiatrists available 11am-6pm.
It is suggested that clients call ahead of time to confirm availability.

USC Psychiatric Urgent Care Center ………………………………..(626) 399-1335
2020 Zonal Avenue – IRD, Room 215, Los Angeles, CA 90033
SECTION FIVE

BENEFITS ASSISTANCE

**BACUP** ..........................................................(213) 368-1888
2120 W. 8th St. Suite 207, Los Angeles, CA 90057
Consumer run non-profit agency helping mental health clients and homeless obtain/process SSI and/or SSDI benefits. Also advocates for issues related to consumer needs in Los Angeles County.
*(Service Area 4)*

**Center for Health Care Rights** (LA County only)..………………..…..…..(213) 383-4519
520 S. Lafayette Park Place – Suite 214, Los Angeles, CA  90057……………….(800) 824-0780
Private non-profit organization providing information, advocacy, some litigation, and community education programs for the mentally disabled, elderly and handicapped regarding Medicare, Medi-Cal and Medi-Gap HMO’s.

**Los Angeles County Public Social Services** .................................(213) 744-5611
Metro Special Aids District
2707 S. Grand Ave., Los Angeles, CA  90007-6623
Administers General Relief, Food Stamps, AFDC, Cal-Works and Medi-Cal Programs
Call and give your zip code to find an office near to you.
*(Service Area 6)*

**Mental Health Advocacy Services** ..............................................(213) 389-2077
1336 Wilshire Blvd., Suite 102, Los Angeles, CA  90017-1705
Provides legal advocacy for consumers with benefit issues (i.e., SSDI, SSI, Medicare, Medi-Cal)
*(Service Area 4)*

**Social Security General Information** ..........................(800) 772-1213
(Open 7am-7pm)

**Medi-Cal**
Eligibility Questions.............................................................(800) 456-2387
State Medi-Cal.................................................................(213) 897-0745

**Social Security Administration** .................................(800) 772-1213
Provides information and answers questions regarding SSI and SSA benefits but may not be local.
(When dealing with representatives at your local Social Security Administration office, be sure to get their phone number to contact him/her directly.)
**BENEFITS ASSISTANCE**

**State Disability**  
Los Angeles (P.O. Box 513096, Los Angeles, CA 90051)……………………………..(800) 480-3287  
Spanish Line……………………..….(866) 658-8846  
Claim Forms……………………………..(213) 580-3118  
State government agency providing benefits for those who are temporarily disabled because of an illness or condition not job related.

**California Dept. of Insurance**……………………………………………………………..(800) 927-4357  
www.insurance.ca.gov  
An agency that regulates the insurance industry and protects insurance consumers against insurance fraud. Serves as an information clearinghouse for consumers with insurance related questions or problems. Offers a Consumer Communication Bureau staffed with insurance experts.

**Public Guardian**……………………………………………………………………………..(213) 974-0515  
320 W. Temple St., 9th Floor, Los Angeles, CA 90012
SECTION SIX

CLIENT EMPOWERMENT ORGANIZATIONS

Client Coalition
695 S. Vermont, 8th Floor, Los Angeles, CA 90020
Political and social support group for mental health clients/consumers. Focuses on legislative/policy-making activities, support and self-advocacy for mental health consumers. Meets third Friday of every month. Call to sign up and get on mailing list.
(Service Area 4)

California Network for Mental Health Clients
Website – www.californiaclients.org
2012 19th St. Suite 100, Sacramento, CA 95818
Client-run organization formed to empower clients in the mental health system through self-help groups, networking and influencing policy-makers throughout California. Provides training, information and advocacy. Provides a statewide voice for mental health clients. A critical participant, stakeholder advocacy agent in all statewide mental health policy processes. Membership is $5, but the fee may be waived. Membership includes newsletter.

Disability Rights California (formerly Protection and Advocacy)
100 Howe Ave., Suite 185N, Sacramento, CA 95825
www.disabilityrightsca.org
Federally mandated non-profit organization established to protect and advocate for the humane, civil and service rights of Californians with developmental and mental disabilities. Provides information and materials about legal rights and utilizes attorneys to fight discrimination, promote autonomy and choice, end abuse and neglect, and increase access to programs and services that respect each client’s unique needs and culture. PAI enforces legal rights and makes sure there is access to courts, administrative agencies, and legal service so that individuals with disabilities can defend and enforce their rights. Hours are M-F 9-5. Waiting period of 3-5 working days before case is approved.
Sacramento
Los Angeles
3580 Wilshire Blvd., Suite 902, Los Angeles, CA 90010
(Service Area 4)
Oakland
1330 Broadway, Suite 500, Oakland, CA 94612
San Diego
1111 6th Ave., Suite 200, San Diego, CA 92101

Disability Rights Legal Center
919 Albany St., Los Angeles, CA, 90015
Provides free legal services to persons with disabilities. Offers mediation services and meaningful referrals to other agencies. Uses law student externs and pro bono attorneys to fight disability discrimination in the areas of housing, employment, and access to government programs and privately owned public accommodations.
(Service Area 4)
CLIENT EMPOWERMENT ORGANIZATIONS

Empowerment and Advocacy Division LACDMH..................................................(213) 251-6512
695 S. Vermont Ave., 8th Floor, Los Angeles, CA 90005
Promotes, and sustains recovery – based practices and policies to achieve its vision through core goals that enhance advocacy, support systems change, expand peer support and foster consumer and family empowerment. Has a vision of empowerment and advocacy that will advance the realization of consumer-centered, family-focused systems of mental health services and supports. Will promote wellness, eliminate stigma and discrimination associated with mental illnesses, remove barriers to recovery and community integration and improve the quality of life of the citizens of Los Angeles County through comprehensive implementation of the recovery model in county mental health services, policy, and programming. (Service Area 4)

Programs:

CLIENT OFFICE OF RECOVERY AND EMPOWERMENT………..213-251-6530
Offers consumer provider supports, a consumer employment taskforce, engagement and outreach, client advocacy, peer advocate training coordination, Hope and Recovery Conferences, Coalitions and community organization, and community affairs.

OFFICE OF THE FAMILY ADVOCATE.................................(213) 251-6581
Responds to calls from families, loved ones, and friends, who seek help for people suffering from mental illness. Incarceration, medication non compliance, missing persons, joblessness, conservator issues and court related problems are among the most frequent concerns that are handled.

OFFICE OF COMMUNITY EMPOWERMENT.............................(213) 251-6570
Latino, Asian, African American and other ethnic community education, training in leadership and support groups, conducts community-based empowerment and advocacy groups, coordination of joint consumer and family promotional activities.

LAMP (Main number).................................................................(213) 488-9559
Toll free member hotline...............................................................(866) 200-5924
527 S. Crocker St. Los Angeles, CA 90013
Website - www.Lampcommunity.org
Lamp Community’s philosophy is based on the belief that housing is a basic right and that people living with mental illness should be integrated into our communities. Offers meals, temporary and permanent housing, health and addiction recovery, mental health care, job training and employment in nine facilities serving over 4000 individuals annually. (Service Area 4)
CLIENT EMPOWERMENT ORGANIZATIONS

Programs:

The Village
527 S. Crocker St. Los Angeles, CA 90013
The Village houses 50 homeless people with a severe mental illness in a community setting and provides a full range of services including employment, counseling and psychiatric care. The facility also houses the only laundromat and public showers on skid row.

New Lease on Life (Permanent Supportive Housing)
510 E. 4th St., Los Angeles, CA 90013
A source of job training and employment. Incorporates small businesses providing needed facilities and services for the skid row neighborhood. Offers 200 private, furnished apartments, with clinical and supportive services built in. The agency also provides housing placement, rental subsidies, and lifelong services to an additional 400 people.

Art Project
1010 E. 7th St., Los Angeles, CA 90021
A professional level art studio/school for emerging and established artists who are homeless (or formerly homeless) and living with a psychiatric illness. Museum trips, classes in art history, painting, drawing, photography, ceramics, and theatrical performances for members.

Integrated Health Program/Wellness Center
527 S. Crocker St. Los Angeles, CA 90013
Services provided include: psychiatry, mental health counseling, substance abuse services, harm reduction, medication management, and primary and preventative health care. These prevention, treatment, and disease management services are provided on-site.

Frank Rice Safe Haven and Drop in Center
627 San Julian Ave, Los Angeles, CA 90013
Open seven days a week and featuring a low-threshold day center (serving 150 street dwelling mentally ill people each day) and a 30-bed community residence. Services include meals, showers, clothing, health screening, street/jail outreach, follow-up, representative payee services/money stewardship for SSI, laundry facilities, case management (specializing in HIV and diabetes), medication management, mental health screening, on-site psychiatric treatment, and a drug recovery program.

Mental Health America
100 W. Broadway, Suite 5010, Long Beach, CA 90802
Advocates for humane and responsive care for people with mental illnesses. Provides programs, education and advocacy services for adults with mental disabilities and youth with emotional disturbances.

(Service Area 8)
CLIENT EMPOWERMENT ORGANIZATIONS

Programs:

The Village………………………………………………………………………………..(562) 437-6717
456 Elm Ave., Long Beach, CA 90802
An integrated service agency which believes that recovery from mental illness involves hope, empowerment, self-responsibility, and a meaningful role in life. Its’ philosophy and principles involve client choice, quality of life, community focus, and “whatever it takes”. They offer personal service plans, psychiatric care, employment, substance abuse recovery, housing assistance, financial services, and community involvement. Services are driven by the individual member’s goals. Members will receive psychiatric care with an emphasis on collaboration and choice.

Transitional Age Youth Services…………………………………………………………..(562) 284-0108
Long Beach Center- 2025 Seventh St., Long Beach, CA 90804
Antelope.Valley.Center- …………………………………………………………….(661) 726-2850
43423 Division St. Suite 107, Lancaster, CA, 93535
A service for young adults age 17-25. Helps prepare youth for life in mainstream community. Many of the youth are from the foster care system and need help making the transition to adult services and adult lives. The focus is on education, employment and housing.

Antelope Valley Services…………………………………………………………………..(661)726-2850
43423 Division St. Suite 107, Lancaster, CA, 93535
Offers integrated services for adults who have a mental illness. Services included a drop in center, showers, laundry, and links to food and shelter. Long term assistance available. Houses a “Discovery Center” which is the Valley’s first center run by and for people with mental illness. It offers education classes, recovery group meetings, life and work skills training, a resource library, get-togethers at the center and social activities in the community.

Village Homeless Assistance Program…………………………………………………..(562) 437-6717
456 Elm Ave., Long Beach, CA 90802
Offers a drop in center open MTTHF 9am-2pm and Wednesdays 10am-1pm. Provides a safe place to spend the day off the street. Goal is to connect members to long-term mental health and homeless assistance. Provides short term case management referrals, showers, laundry facilities, toiletries, clothing, day labor work opportunities, psychiatric evaluations and medication.

National Empowerment Center…………………………………………………………..(800) POWER2U
599 Canal Street, 5th Floor East, Lawrence, MA 01840
www.power2u.org
Organization of mental health consumers and psychiatric survivors who have come together to build a national voice for consumers/psychiatric survivors. Offers information and technical assistance to individuals and groups throughout the country to promote recovery, hope and healing. Has information on topics such as advance directives, shock treatment, schizophrenia, self help and legal services area throughout the country. Information on recovery can be ok through their website.
CLIENT EMPOWERMENT ORGANIZATIONS

National Mental Health Consumers’ Self-Help Clearinghouse ………………….(800) 553-4539
1211 Chestnut Street, Suite 1207, Philadelphia, PA 19107
www.mhselfhelp.org
Organization providing publications and technical assistance through their website and referrals regarding self-help, organizing client coalitions to advocate for mental health reform and fight stigma and discrimination. Has an extensive library of mental health material and provides information for individuals and organizations. Maintains extensive library on self-help, advocacy, peer counseling, deinstitutionalization, patients’ rights and using the media.

Patients’ Rights Office – CA County Dept. of Mental Health …………………...(213) 738-4888
550 South Vermont Ave., 6th Floor, Los Angeles, CA 90020
(Mental Health recipients lacking funds may call toll-free) ……………………...(800) 700-9996
Protects and furthers the rights of mental health care recipients. Provides representation and advocacy for mental health consumers in psychiatric hospitals and outpatient agencies. Handles complaints, represents consumers at probable cause and medication capacity hearings, provides education, training and outreach, participates in legislative process. Handles problems and complaints in residential facilities.
(Service Area 4)

Project Return Peer Support Network …………………………………………..(323) 346-0960
6055 Washington Blvd, Suite 900, Commerce, CA 90040
(Service Area 7)

Programs:

SELF-HELP CLUBS - A network of more than 100 self-help clubs stretching across Los Angeles County to make peer support within easy reach of interested individuals. The clubs meet weekly for discussion, friendship and social activities. Its network includes clubs that are tailored to bilingual individuals, young adults, and people who have both mental illness and substance abuse problems.

WELLNESS CENTERS – (Located in South Los Angeles and Long Beach) Blends physical and mental health care strategies to help individuals achieve and maintain healthy lifestyles. The centers offer awareness classes on living with health conditions; sponsors support groups to help individuals build peer networks, provides goal-oriented counseling, and trains individuals to become peer supporters.

FRIENDSHIP LINE – Phone line # 1-888-448-9777 offering peer to peer support (i.e. helpful listening) and information to mental health clients. Operating 6pm-10pm on weeknights and 10am-10pm on weekends and holidays.

EMPLOYMENT – Offers opportunities to mental health clients to learn leadership, receive training, and get work experience.
CLIENT EMPOWERMENT ORGANIZATIONS

**Step Up on Second** .........................................................(310)-394-6889
1328 2nd St., Santa Monica, CA 90401
Reintegrates individuals with severe and persistent mental illness into the community by offering long term support to people in recovery and their families. Offers quality housing, educational, social and work experiences. Has an S.T.E.P. program (Steps Toward Empowering People) *(Service Area 5)*

**WCIL (Westside Center of Independent Living)** .........................................(310) 390-3611
12901 Venice Blvd., Los Angeles, CA 90066
Provides independent living advocacy services to physically and mentally disabled individuals such as housing, in-home supportive services, benefits, peer support etc. *(Service Area 5)*

SECTION SEVEN

COUNSELING CENTERS (SLIDING SCALE)

**Airport Marina Counseling Center** .........................................................(310) 670-1410
7891 La Tijera Blvd., Los Angeles, CA 90045
Clinical Psychology Interns available. Psychiatrists available for clients already working with an intern. Open M-TH 9am-9pm and Fri. Sat. Sun. open 9am-3pm. Initial intake is $30. Weekly fees as low as $15. Services available in Spanish. *(Service Area 5)*

**Antioch University Counseling Center** .......................................................(310) 578-1080
400 Corporate Pointe, Culver City, CA 90230
No psychiatrist available. Services available in Spanish, Russian, Farsi, Hebrew. Specializes in treating immigrants. *(Service Area 5)*

**Center for Healthy Aging** .................................................................(310) 576-2550
2125 Arizona Ave., Santa Monica, CA 90404
Social Service and health care including: psychotherapy and other mental health services, health education screening, and other social services, day rehab services for older adults and their caregivers. Peer counseling, daily money management, friendly visiting, support groups. In-home services available. Spanish spoken. *(Service Area 5)*
COUNSELING CENTERS (SLIDING SCALE)

Family Services of Santa Monica

1533 Euclid St., Santa Monica, CA, 90404
Treats mild to moderate mental health needs on an outpatient basis. No psychiatrist available. Accepts Medi-cal. Spanish speaking staff. Sliding scale begins at $25 on a case by case basis. (Service Area 5)

Intercommunity Counseling Center

P.O. Box 9046, 7702 Washington Ave. 1st Floor, Whittier, CA 90608-9046
Professional mental health counseling services for individuals, couples and families. Concerns ranging from depression, anxiety, communication, relationship issues, abuse, neglect, grief, loss, ADD, ADHD, school problems, stress, work related. Counselors trained to address spiritual issues if client so desires. Support groups for survivors of suicide offered on a monthly basis. (Service Area 7)

Jewish Family Services-West Los Angeles

2040 Bundy Dr., Suite 270, Los Angeles, CA, 90025
Psychiatrist available for clients only. (Service Area 5)

Jewish Family Services

1424 4th Street, Suite 303, Santa Monica, CA, 90401
Psychiatrist available for clients only. Has services for Russian immigrants. Minimum sliding scale is $30. (Service Area 5)

Jewish Family Services - San Fernando Valley Region

22622 Vanowen St., West Hills, CA 91307
Individual, couple, family counseling, divorce mediation, crisis and short-term therapy, Iranian (Farsi) peer counseling phone helpline, separation and divorce group for adults, family group for families of divorce, info and referrals. Referrals for other languages. Farsi Hotline. (Service Area 2)

Maple Counseling Center

9107 Wilshire Blvd., Lower level, Los Angeles, CA 90210-5518
Clinical Psychology interns charge $40 per visit. Psychiatrists charge $75 and are available for clients on a 3 month waiting list. Initial intake $40 for residents of Beverly Hills; $45 for non-residents. Has Farsi speaking staff. (Service Area 5)

Older Adults-Center for Healthy Aging

1527 4th St., Santa Monica, CA 90401
Minimum age is 55. Has a money management program, day rehab, psychiatric consultation and caregiver support. Accepts insurance, Medi-Cal and Medicare. Fees as low as $10-sliding scale.
Counseling Centers (Sliding Scale)

Open Paths Counseling Center
12655 W. Washington Blvd., #101, Los Angeles, CA 90066
Provides probation approved Domestic Violence Counseling and anger management. Provides marriage, family, and individual counseling low-cost. Dependent upon income.

Personal Development Institute
1821 Wilshire Blvd., Ste 647, Santa Monica, CA 90403
Licensed marriage and family therapists provide a full range of low fee counseling for individuals, couples, and family members of all ages.

Southern California Counseling Center
5615 Pico Blvd, Los Angeles, CA 90019

Straight Talk, Inc
5712 Camp Street, Cypress, CA 90630
Individual, group, family, couples and child therapy. Specializes in behavioral problems, grief and loss issues, divorce and remarriage, abuse, anger management for teenagers, etc. Offers parenting classes throughout the year, children’s social skills groups and a variety of other groups. Sliding fee scale from $16-$95 per hr. No one turned away for lack of funds.

Tarzana Treatment Centers
18646 Oxnard St., Tarzana, CA 91356
Sliding fee scale. Offers psychotherapy for a variety of issues. Services include medical detoxification, residential rehabilitation, sober living housing, court related programs, women’s services, domestic violence services, and family counseling.

The Men’s Center Los Angeles
21243 Ventura Blvd., Ste 214, Woodland Hills, CA 91364
Outpatient psychotherapy services for men and relationships. Individual, couple, family and group therapy; self-esteem issues, mood disorders, ADD/ADHD, communication skill building, recovery for alcohol and chemical dependency. Offers seminars and retreats.
COUNSELING CENTERS (SLIDING SCALE)

The Relational Center (323) 935-1807
5486 Wilshire Blvd., Los Angeles, CA 90036
Serves communities of color, sexual minorities, people multiply diagnosed with mental illness, chemical dependency, and poverty. Therapy provided at low cost or no cost.
(Service Area 4)

The Saturday Center (310) 829-7997
3201 Wilshire Blvd., Suite 201, Santa Monica, CA 90405
Long term psychodynamic therapy. Open 6 days a week and 5 evenings. Min. fee $25. Accepts Medicare.
(Service Area 5)

Women Helping Women Services (877) 655-3807
543 N. Fairfax Ave., Los Angeles, CA 90036
Callers receive emotional support and practical info on any issue. Support groups dealing with issues such as divorce, single parenting, domestic violence, self-esteem, individual counseling, case mgmt and volunteering. Spanish, Hebrew, French spoken. A 24 hour community service agency. Available appointment only. Scholarships available on Sliding Scale. Clothing giveaway on Sundays 9am-12pm.
(Service Area 4)

Wright Institute (310) 277-2796
9911 W. Pico Blvd., Suite 270, Los Angeles, CA 90035-2720
(Service Area 5)

Veterans Counseling Center (310) 641-0326
5730 Uplander Way, Ste 100, Culver City, CA 90230-6617
Re-adjustment counseling for all veterans that served in combat and their significant others in the form of individual, couples, and group counseling. Specializing in war related post-traumatic stress disorder, counseling to overcome psychological trauma resulting from physical assault, battery of a sexual nature or sexual harassment during active duty.
(Service Area 5)
SECTION EIGHT

DRUG TREATMENT PROGRAMS

Asian American Drug Abuse Program Inc. ...........................................(323) 294-4932
3838 Martin Luther King Jr. Blvd., Los Angeles, CA 90008
(Service Area 6)

California Hispanic Commission – Alcohol-Drug ...........................(323) 560-8847
5101 East Florence Ave., Suite 9, City of Bell, CA 90201
Outpatient counseling for ages 18yrs+, individual, family alcohol and drug treatment services, Al-anon support groups, Prop36, Cal Works, GR, substance abuse and domestic violence programs. Prevention program for adult male and female drug recovery residential six month program. Also offers domestic violence program.
(Service Area 7)

Didi Hirsh Community Mental Health ............................(intake number) (310) 390-8896
4760 S. Sepulveda Blvd., Culver City, CA 90230-4888
Counseling, mental health and drug and alcohol abuse programs through 11 service sites throughout L.A. County (Culver City, Mar Vista, Hawthorne, Inglewood, Mid-Wilshire, Pacoima, Santa Monica, South Central, Venice) Services include 24hr suicide crisis line, residential care, drug and alcohol prevention and education, outpatient services, case management, residential and extensive community outreach.
(Service Area 5)

Family Service of Long Beach .....................................................(562) 436-3358
1043 Pine Ave, Long Beach, CA 90813
Outpatient recovery services for substance abuse. Outpatient individual and group counseling, education and process groups, ex-addicts rebuild their lives, relationships, and become employable.
(Service Area 8)

Homeless Healthcare LA .............................................................(213) 744-0724
2330 Beverly Blvd., Los Angeles, CA 90057
Outpatient treatment and support for chemically dependent homeless persons through group and individual counseling and case management. Medical services, TB testing, parenting classes, acupuncture to decrease cravings, health education, anger management groups, gender specific groups, culturally sensitive social events, assist with food, transportation and emergency housing, referral to residential and detox programs.
(Service Area 4)
DRUG TREATMENT PROGRAMS

**Life Management Counseling Center**

22930 Crenshaw Blvd, Ste K, Torrance, CA 90505

Individual, couples and family counseling, disorders, workshops and seminars in treating disorders and managing behaviors such as stress and anger management, eating disorders, drug and alcohol abuse, addictive relationships, co-dependency, domestic violence, sexual abuse and incest, depression and suicide prevention. Sliding scale starting at $5.

(Service Area 8)

**Palmdale Mental Health Center**

1529 E. Palmdale Blvd., Ste 150, Palmdale, CA 93650

(Service Area 1)

**Portals Mental Health Rehabilitation Services**

679 New Hampshire Ave., 5th Fl, Los Angeles, CA 90005

Offers a continuum of services to help mentally ill adults who may also have a history of substance abuse and homelessness to acquire the skills needed to live independently, maintain sobriety, prepare for employment and reintegrate into the community. Services include dual diagnosis recovery residences, intensive case management, semi-independent and independent housing, clubhouses offering pre-vocational training and assist with finding employment, socialization, and outpatient mental health.

(Service Area 4)

**Portals - Community Connections**

3881 S. Western Ave., Los Angeles, CA 90057

A vocational rehab day program, clubhouse for mental health clients. Individual therapy, psychotherapy groups, preparation for workforce, medication support and wellness center.

(Service Area 4)

**Social Model Recovery Systems, Inc**

River Community Day Treatment, 510 S. 2nd St. Ste. 7, Covina, CA 91723-3017

Outpatient mental health services for adults, families, and groups. Support groups and individual counseling, continuing care provides social and vocational activities to further integrate the dually diagnosed person into society. Day treatment offers a comprehensive day long treatment program for those in need of a highly structured environment. Partial day treatment for people beginning to function in the community.

(Service Area 3)

**Step Up on Second**

1328 2nd St., Santa Monica, CA 90401

Dual Diagnosis Services. Center serves mental health clients that are homeless and non-homeless. Offers housing, social, vocational and educational groups and activities, one-on-one case management. Spanish spoken.

(Service Area 5)
DRUG TREATMENT PROGRAMS

**The Guidance Center**

Administrative Offices
4335 Atlantic Ave. Ste. 600, Long Beach, CA 90807
Mental health services for children, youth, and their families. Services for children age 2-17 yrs include psychotherapy, substance abuse counseling, inpatient rehab and outpatient child day rehab, multi-systemic family therapy, intensive mental health, probation and children and family services, school based MHS, early intervention initiative, dual-diagnosis prevention, assessment and treatment, mentoring program, Juvenile Justice and gang diversion, and Adolescent Day Treatment.

(Service Area 8)

**United American Indian Involvement**

Robert Sundance Family Wellness Center, 1125 W. 6th St., Ste. 103, Los Angeles, CA 90017
Offers counseling, mental health, drug and alcohol abuse residential programs on referral basis, employment counseling, job search and placement, resume writing, career workshops, access to vocational rehab, public health nursing, social services for families and seniors. Senior services for those age 50 years+. Access to sober living to single American Indian women. Outpatient and aftercare services case management, 12 steps. Staffs are multicultural and multi-tribal.

(Service Area 4)

**Venice Medical and Mental Health Services**

717 Lincoln Blvd., Venice, CA 90291
Outpatient detox for males and females over 18 yrs. Services include: drug abuse detox, methadone treatment, psychiatric, prevention services. Spanish, Chinese, French spoken.

(Service Area 5)

**West Valley Mental Health Center**

7621 Canoga Ave., Canoga Park, CA 91304
Substance abuse counselor that will meet with clients if they have a substance abuse disorder. There are three dual diagnosis groups facilitated by clinicians, and one group facilitated by clients.

(Service Area 2)
SECTION NINE

EMERGENCY, HELP AND HOT LINES

ACCESS - LA County Health Services and Information Referral ........................................(800) 854-7771
(Provides on-site evaluation by PET-Team. Provides linkages to consumers to Mental Health services in the community. Available 24 hours 7 days a week.
Resource to consumers in crisis. Also Emergency Disaster Backup to entire County.)

Access Services, Inc ..........................................................(800) 827-0829
L.A. City transportation for the disabled and elderly.
A transportation alternative for individuals with disabilities. Twenty minute pick up window after scheduled pick up time. Hours of service 5am to midnight 7 days a week. Curb to curb service (i.e. must wait outside for pickup).

AIDS Programs .................................................................(213) 351-8000
Provides funding for people living with AIDS and offers resources to different agencies that may be of help.

American Red Cross .........................................................(800) 627-7000
Offers classes in CPR, First Aid, Certified Nurses Assistant, Home Health Aid, and others.

Child Abuse Hotline .........................................................(800) 540-4000

Domestic Violence 24-Hour Hotline ....................................(800) 978-3600

Elder Abuse Hotline ...........................................................(800) 992-1660

Federal Low Income Home Energy Assistance Program ..........(213) 353-1226

Franchise Tax Board (Renter’s Info) ..................................(800) 852-5711
Check status of your renters rebate and receive taxpayer information.

Friendship Line ...............................................................(888) 448-9777(5)
Offering peer to peer support (i.e. helpful listening) and information to mental health clients. Operating 6pm-10pm on weeknights and 10am-10pm on weekends and holidays.

Homebound Mental Health Services .....................................(818) 374-6901
6842 Van Nuys, Blvd 5th Floor, Van Nuys, CA 91405
Mental health services to persons who have mental or physical difficulties leaving their homes to receive services in the community.
(Service Area 2)

Housing (Discrimination) ....................................................(800) 233-3212
California Department of Fair Housing
EMERGENCY, HELP AND HOT LINES

**LA Suicide Prevention Center** .................................................................(310) 391-1253
Hotline for people feeling suicidal. Open 24 hours a day and on holidays. Has trained volunteer counselors to help.

**League of Women Voters** .................................................................(213) 368-1616
Voter Registration forms can be mailed out to individuals and facilities. Encourages informed and active participation in government. Influences public policies through education and advocacy. Nonpartisan organization to help promote citizens in government.

**Los Angeles Rape and Battering Hotline** ...........................................(310) 392-8381
Crisis line immediate counseling and referrals 24 hours a day 7 days a week.

**Medical Board and Health Complaint Hotline** ..................................(800) 633-2322

**Mental Health America – Village Homeless Assistance Project** ...........(562) 437-6717

**MTA Bus Route Information** ..............................................................(800) 266-6883

**Ride Info** (general population)............................................................(800) 431-7882
Will offer info on private transportation in the area such as medical transportation services.

**Southern California Edison Rate Relief Assistance Program** ...............(562) 427-1000x14
SECTION TEN

EMPLOYMENT

**African Comm Resource Center, Inc** .........................................................(213) 637-1450
532 S. Vermont Ave. Ste 104, Los Angeles, CA 90020
Assists African refugees, immigrants, and people of African heritage to increase their capacity for economic self-sufficiency, health care, etc. Legal assit, counseling for domestic violence, human slavery and trafficking victims. Adult and youth job training, senior services, youth services, immigration assistance, emergency food and transportation. Transitional domestic violence center, refugee safe haven. (800) 496-2525. Office hours: M-F 8am-3pm. Tigrean, Amharic, Somalie, Kiro, French, Swahili, Russian, and Armenian spoken. Services are free or low cost. *(Service Area 4)*

**Asian American Employment Access** .......................................................(323) 295-0262
1088 S. La Brea, Los Angeles, CA 90019
Helps people from every cultural background find jobs. Services include putting together a resume, submitting resume through the internet, interviewing skills, and help with transportation. *(Service Area 4)*

**California Department of Rehabilitation** .....................................................(213) 736-3904
3333 Wilshire Blvd., Suite 200, Los Angeles, CA 90010
Assists people with all types of disabilities to retain employment and live independently. Vocational rehabilitation, training, education, transportation, job placement, assistive technology, deaf and hearing services, blind services. *(Service Area 4)*

**Chicana Service Action Center** .................................................................(323) 264-5627
3601 E. 1st St., Los Angeles, CA 90063
Helps people from every cultural background. Work source Employment Center offers free resources for those seeking employment including: computer internet access, phones, message service, faxes, resume assistance, job leads and job search assistance. Spanish spoken. *(Service Area 7)*

**Chinatown Worksource Center** .................................................................(213) 808-1761
767 N. Hill St, Ste 400, Los Angeles, CA 90012
Free access to computers, internet, job listings, career resources, pre-employment orientation, on the job training, job placements to adults and youth needing career assistance. Walk-in. Spanish. Chinese. Vietnamese. *(Service Area 4)*
EMPLOYMENT

**Chrysalis** ............................................................................................................(818) 834-4357
Changing Lives through Jobs
14015 Van Nuys Blvd., Ste E, Pacoima, CA 91331
(Service Area 2)

522 S. Main St., Los Angeles, CA 90019.........................................................(213) 806-6000
(Service Area 4)

1853 Lincoln Blvd., Santa Monica, CA 90404..............................................(310) 401-9400
Goal is to help economically disadvantaged and homeless individuals become self-sufficient through employment opportunities. Job search, skills training, transportation and clothing assistance, supportive services and employment retention services. Orientation on Mondays at 8 am for newcomers to fill out application. Spanish clients have orientation on Tuesday at 8am to fill out application. Cannot be late.
(Service Area 5)

**Department of Rehabilitation Services**
(Local offices are listed in the State Government section of phone book in front of white pages)
State government agency providing services for people with a wide range of physical, mental and emotional disabilities wanting to become more independent and/or self-supporting. Services include vocational counseling and training, job placement, medical treatment, tools, etc.

**Job Starts, Inc.** ..............................................................................................................(323) 291-2812
3010 W. 48th St., Los Angeles, CA 90043
Assists individuals ages 18 yrs+ in their search for traditional employment, self-employment, and financial literacy. Provides employment readiness workshops, small business startup and expansion of business workshops. Financial literacy workshops. Also assist persons with disabilities who want to return to work.
(Service Area 6)

**Program Support Bureau/Department of Mental Health** ..........................................................(213) 738-4959
Vocational services provided at designated clinics in cooperation with the Department of Rehabilitation and the Department of Mental Health.
(Service Area 4)

**United American Indian Involvement** ..............................................................................(213) 202-3970
Robert Sundance Family Wellness Center
1125 W. 6th St., Ste. 103, Los Angeles, CA 90017
Job search and placement, resume writing, career workshops, access to vocational rehab. Staff is multicultural and multiracial. M-F 8am-6pm Services are free to American Indians enrolled in their tribe.
(Service Area 4)
EMPLOYMENT

Weingart Center Association

566 S. San Pedro St., Los Angeles, CA 90013
(213) 689-2235
Offers help to those on General Assistance through their G.R.O.W. (General Relief Opportunity for Work) program. This program offers employment preparation and job search skills. Office hrs: M-F 8am-5pm Spanish spoken Admission requirement 18yrs+

Women at Work

3871 E. Colorado Blvd., Pasadena, CA 91107
(626) 796-6870
Job listings, employment resources, computer classes, and low cost workshops on career choices. Special programs for single parents, displaced homemakers. Counseling and testing for a fee. Open to women and men. Office Hrs: M-T, Th 9:30am-4:30pm, W 9:30am-7:00pm. Closed on Friday. Spanish spoken. No appointment necessary.

EMPLOYERS WITH A HISTORY OF HIRING MENTAL HEALTH CLIENTS

America’s JOBBANK
(www.ajb.org)

Auto Zone/Carl’s Jr./Wal-Mart All locations

Compton Unified School District
501 S. Santa Fe Ave, Compton, CA 90221
(310) 639-4321

Consolidated Disposal Drive
2531 E. 67th St., Long Beach, CA
Apply in Person

Holiday Inn
19800 S. Vermont Ave., Torrance, CA 90502
(310) 781-9100
Apply in Person

Homeboy Industries
130 W. Bruno St., Los Angeles, CA 90012
(323) 526-1254
www.homeboy-industries.org

Hyatt Regency Hotel
(562) 624-6090
(Long Beach Hotline)

J.Paul Getty Trust (Landscape)
(310) 440-6564

LAUSD Apprenticeship Program
(213) 241-1000
www.calconexpo.com
EMPLOYERS WITH A HISTORY OF HIRING MENTAL HEALTH CLIENTS

**LAX Marriott Hotel** ...............................................................(310) 641-5700
5855 W. Century Blvd., Los Angeles, CA 90045
www.greatjobs.marriott.com

**Marshalls and Home Depot**, All locations.

**Suburban Medical Center** ....................................................(562) 531-3110
16453 S. Colorado Ave., Paramount, CA 90723

**Superior Market Warehouse** ...............................................(323) 584-9978
(Huntington Park)

**Temporary Inc.** ...................................................................(562) 809-7785
11825 Del Amo Blvd., Cerritos, CA 90703

**The Towers Beverly Hills** ....................................................(310) 277-2800
www.thetowerbeverlyhills.com

**Time Warner of Torrance**
www.timewarner.jobs

**Union Pacific Jobs**
www.unionpacificjobs.com

**Verizon** ..............................................................................(800) 482-5627
(Sales person in Long Beach area)

**Virco Manufacturing Corp.**, (Fax resume) ..............................(310) 533-6814
(Warehouse Positions)
SECTION ELEVEN

FACILITIES LICENSING

Community Care Licensing (Board and Care)
Questions or complaints regarding Residential Facilities may be directed to these agencies

**District Offices**

**Los Angeles Residential East (Adults)**
1000 Corporate Center Dr., # 200A, Monterey Park, CA 91754 .......... (323) 981-3300

**Los Angeles Residential Northern Valleys (Seniors)**
21731 Ventura Blvd., Suite 250, Woodland Hills, CA 91364 ............ (818) 596-4334

**Los Angeles Residential West (Adults)**
6167 Bristol Parkway, Suite 210, Culver City, CA 90230 ............... (310) 568-1807

**Los Angeles Northwest (Children)**
6167 Bristol Parkway, #400, Culver City, CA 90230 ................. (310) 337-4333

**Los Angeles Child Care East (Adults)**
1000 Corporate Center Dr., #200B, Monterey Park, CA 91754 ........... (323) 981-3350

**Orange County (Children)**
750 The City Drive, Suite 250, Orange, CA 92668 .................... (714) 703-2800

**Orange County – Residential (Adults)**
770 The City Drive, Suite 7100, Orange, CA 92668 .................... (714) 703-2840

Health Facility Licensing
All Acute Care Hospitals ....................................................... (323) 869-8206
For Orange County Hospitals .................................................. (714) 456-0630

Skilled Nursing Facilities Licensing
Main Number ................................................................. (916) 552-8632
North District ................................................................. (818) 901-4375
Central District .............................................................. (323) 869-8518
East District ................................................................. (562) 401-8087

State Dept. of Psychiatric Health Facility (PHF) and Mental Health Rehabilitation Center (MHRC) Licensing ...................................... (916) 654-3727

HMO Licensing
General Information- complaints, problems with health plan .......... (800) 400-0815
Home Health Hospice ....................................................... (323) 869-8200
Home Health Services – Los Angeles .................................. (800) 228-1019
SECTION TWELVE
FRAUD REPORTING

California HMO Help Center .................................................................(800) 400-0815
Complaints against health care plan after plan’s grievance process has been contacted or in an
emergency medical situation.

Department of Insurance
Consumer Hotline.................................................................(213) 897-8921

National Insurance Crime Bureau .......................................................(800) 835-6422
(Insurance Fraud when insurance company is involved) 24 hr/day

Medicare Hotline (8 am – 8 pm EST M-F) .............................................(800) 633-4227

Medi-Cal Fraud
Complaints and Investigations .......................................................(800) 822-6222
Bureau of Medi-Cal Fraud (Attorney General’s Office) .................(800) 722-0432

Mail Fraud/Mail Order Fraud .............................................................(626) 405-1200
Professional Conduct Investigations/Monitoring

PROFESSIONAL LICENSING BOARDS

To file a serious complaint regarding services provided by licensed personnel:

Board of Quality Assurance – Physicians .............................................(800) 633-2322
Consumer Information Unit (Check status of doctor’s license) ..........(916) 263-2382
Psychiatric Technicians Examiners ...............................................(916) 263-7800

Educational Psychologists, Licensed Clinical Social Workers, MFCC’s
Board of Behavioral Science Examiners .............................................(916) 445-4933
400 R Street, Suite 3150
Sacramento, CA  95814-6240

Licensed Vocational Nurses & Psychiatric Technicians ..................(916) 263-7822
Board or Vocational Nurses & Psychiatric Technicians
2535 Capital Oaks Drive, Suite 205
Sacramento, CA  95833-2919

Psychiatrists ..............................................................................(800) 633-2322
Medical Board of California
Attn:  Central Complaint Unit
1426 Howe Avenue, Suite 54
Sacramento, CA  95825-3236
PROFESSIONAL LICENSING BOARDS

Psychologists ...........................................................................................................................................(916) 263-2699
Board of Psychology
1422 Howe Avenue
Sacramento, CA  95825-3200

SECTION THIRTEEN

HOUSING, SHELTER AND FOOD ASSISTANCE

24 hour Resource for referrals for Food, Shelter, and Services 7 days a week.

INFO LINE FOR LAND LINE ASSISTANCE - DIAL #211

INFO LINE FOR CELL PHONE ASSISTANCE – DIAL:
AIRPORT AREA (310) 671-7464
BURBANK/GLENDALE AREA (818) 956-1100
SAN FERNANDO VALLEY (818) 501-4447
SOUTH BAY/LONG BEACH (310) 603-8962
TTD (FOR DEAF AND HEARING IMPAIRED) (800) 660-4026
WEST LOS ANGELES (310) 551-2929
All L.A. County Areas: TOLL FREE (800) 339-6993

African Community Resource Center .................................................................(213) 637-1450
3540 Wilshire Blvd, Suite 804, Los Angeles CA 90010
Assists African refugees, immigrants and people of African heritage to increase their capacity for economic self-sufficiency, health care etc.
(Service Area 4)

Beacon Light Mission .................................................................(310) 830-7063
525 Broad Ave., Wilmington, CA 90744
Emergency Homeless Shelter. Intake 4pm. First come basis. 19 beds available. Hot dinner provided.
(Service Area 8)
HOUSING, SHELTER AND FOOD ASSISTANCE

**Bell Shelter** ...............................................................(323) 263-1206
5600 Rickenbacker Road, Bell, CA 90201
Emergency Shelter. Call M-F 9am to schedule a bed. Can stay one year at a time. Serves Breakfast, Lunch, and Dinner daily.
(Service Area 7)

**Bible Tabernacle** ..........................................................(310) 821-6116
1761 Washington Way, Venice, CA 90291
Emergency Homeless Shelter. Men only. Intake 3:30-6pm. Hot dinner provided. May stay one night every 30 days. Also offers lunch sacks every day.
(Service Area 5)

**Catholic Charities Community Services** ................................(310) 672-2208
St. Margaret’s Center
10217 Inglewood Ave., Inglewood, CA 90304
Food pantry, sack lunches, info and referral, case management and advocacy, shelter vouchers, winter emergency assistance program, homeless program, ESL classes. Immigration services. Spanish spoken.
(Service Area 8)

**Catholic Charities/ Social Service & Homeless Programs** .................(213) 251-3400
1531 James M. Wood Blvd., P.O. Box 15095, Los Angeles, CA 90015
Multiservice agency provides: counseling, advocacy, emergency vouchers for temporary housing, shelter, financial assistance, food, vouchers for lodging, cold weather energy assistance, transportation, employment, and educational referrals to the homeless, and persons at-risk of becoming homeless, to help them become self-sufficient and improve their lives.
(Service Area 4)

**Christian Outreach in Action (COA)** ..............................................(562) 432-1440
515 E. 3rd Street, P.O. Box 2490, Long Beach, CA 90802
Provides restrooms and washing machines, hot meals M-F 5pm, info & referral, transitional housing, and blankets in cold weather. Breakfast served M-F 7:30am-8:30am. Lunches 1st, 3rd, 5th Sat 11am. Optional worship service M-F 4:30. USDA commodity food Tu, Th 9am-12pm. Clothing is given out TTH 12pm-1:45pm. Info and referral, transitional housing. Walk-in. Spanish spoken.
(Service Area 8)
HOUSING, SHELTER AND FOOD ASSISTANCE

**East Los Angeles Service Center** .................................................................(323) 260-2808
133 N. Sunol Dr., Los Angeles, CA 90063
Emergency food: M-F 9:30 am-12pm, 1:30-4:30 (closed Thursdays). Case management, Health and Wellness, information and assistance, legal aid program, translation services, congregate meals, home delivered meals, transportation. Spanish spoken.
(Service Area 7)

**Emanuel Baptist Rescue Mission** ..............................................................(213) 626-4681
530 E. 5th St., Los Angeles, CA 90014
Emergency Homeless Shelter. Intake 4:30pm. First come basis. May stay seven days. Hot dinner provided.
(Service Area 4)

**Food on Foot** .............................................................................................(310) 442-0088
270 N. Canon Dr., PMB1091, Beverly Hills, CA 90210
Serves more than 500 meals each week to homeless, disabled, elderly, low income adults and children. Work for food program for homeless to earn additional food coupons.
(Service Area 5)

**Harbor Interfaith** ......................................................................................(310) 831-0589
1420 W. 8th St., San Pedro, CA 90731
A transitional ninety day family shelter. Applications taken M-F 9am-5pm.
(Service Area 8)

**His Nesting Place Ministries** .................................................................(562) 422-2137
350 E. Market, Long Beach CA 90805
Serves pregnant women and children up to 3 children for six months. Takes applications 9am-5pm.
(Service Area 8)

**Homeless Healthcare LA** ........................................................................(213) 744-0724
2330 Beverly Blvd., Los Angeles, CA 90057
Outpatient treatment and support for chemically dependent homeless persons through group and individual counseling and case management. Medical services, TB testing, parenting classes, acupuncture to decrease cravings, health education, anger management groups, gender specific groups, culturally sensitive social events, assist with food, transportation and emergency housing, referral to residential and detox programs.
(Service Area 4)
HOUSING, SHELTER AND FOOD ASSISTANCE

Homes for Life Foundation
8939 Sepulveda Blvd., Ste. 460, Los Angeles, CA 90045
Non-profit grassroots corporation that develops permanent, quality semi-independent and licensed housing solely for mentally ill persons.
(Service Area 5)

Hope Again
5121 Sunset Blvd., Los Angeles, CA 90027
Multi-purpose social service agency provides comprehensive case management, employment assistance, food, shelter referral, recovery groups, support groups, rental and referral services for low income, disabled, and destitute families. 20-bed transitional housing for single women.
(Service Area 4)

House of Mercy
812 N. Alvarado Street, Los Angeles, CA 90026
Multi-social service center, emergency food pantry, legalization center, amnesty program, job bank, Spanish AIDS support group, information & referral, counseling.
(Service Area 4)

HUD
Assisted Rental Housing
U.S. Department of Housing/Urban Development
1615 W. Olympic Blvd., Los Angeles, CA 90015 – 8:00-4:30pm
Offers information on public housing, Section 8, rental assistance vouchers and certificates, a list of HUD subsidized apartment complexes, and purchasing HUD homes. Provides information concerning emergency shelters, homeless programs, and block grants. Provides assistance or information regarding the Federal Fair Housing Act.

LAMP (Main number)
Toll free member hotline
527 S. Crocker St. Los Angeles, CA 90013
(Service Area 4)

Day Center and Crisis Shelter:
Provides daytime activities and 30 crisis beds with support services at night.

Supportive Housing Properties
Permanent housing designed to be affordable, safe, and provide a strong sense of community and family. On site staff and volunteers provide comprehensive range of support services.

Village Residence
A structured housing and recovery program with 50 semi-private units. Services include meals, showers, clothing, laundry, health screening, medication management, one-on-one group counseling, and a drug recovery program.
HOUSING, SHELTER AND FOOD ASSISTANCE

**Los Angeles Mission**

303 E. 5th Street, Los Angeles, CA 90013

Hot meals are served to those who attend the worship service M-Sat 12pm and 7pm. The services last for 1 hr. Meals are served around 1pm and 8pm. Offers a rehabilitation program for one year. Provides shower and SHARE tickets, clothing tickets for men and women, and a Medical Clinic. Clothing distribution, meals (noon for lunch, 7pm for dinner), showers, shaves (men), transient housing (men only), rehab program, religious services. Confidential HIV/AIDS testing.
(Service Area 4)

**Long Beach Rescue Mission**

1335 Pacific Ave., Long Beach CA 90813

Emergency shelter for men and women. Serves meals.
(Service Area 8)

**Los Angeles Regional Foodbank**

Provides meals to many Los Angeles locations.

**Lutheran Social Services/Van Nuys**

Brown Bag Food Program, 6425 Tyrone Ave., Van Nuys, CA 91406

Brown bags of food are distributed to low income individuals and families, specifically the homeless, seniors and welfare recipients Tues-Fri, 10am-12pm, 1pm-3pm
(Service Area 2)

**Mary Star Sea Christian Care**

853 W. 7th Street, San Pedro, CA 90731

Lunch is served M-F 11:30am-12:30pm. Groceries are given once a month, but clients must pre-register on Mondays. Clothes are given out Mondays and Fridays. Call for more information. Only offering services to San Pedro residents.
(Service Area 8)

**Midnight Mission**

396 S. Los Angeles Street, Los Angeles, CA 90013

Provides hot meals M-Sun 6:30am-5pm for men and women of all ages. No Sunday lunch. Provides shelter for men, sign-up is 7:30am. Provides family housing by referral only. Provides weekly clothing distribution with I.D., haircuts, showers, employment development. Also provides formal live-in drug and alcohol rehabilitation program for adult males 18 and up.
(Service Area 4)

**New Image Emergency Shelter**

3804 E. Broadway Place, Los Angeles, CA 90037

Provides emergency food, shelter services, and referrals; financial rental and utility assistance including emergency motel and restaurant vouchering; comprehensive case management services, affordable housing assistance; outreach and referral and much more, to homeless families with children, persons living with HIV/AIDS and persons with disabilities.
(Service Area 6)
HOUSING, SHELTER AND FOOD ASSISTANCE

North Valley Caring Services
15435 Rayen St., North Hills, CA 91343
(818) 891-0481
Emergency food including baby food, given 1st and 3rd Wed. with emergency clothing every month. Showers M, W, F 7:30am-9am. Call for more services. Spanish spoken.
(Service Area 2)

Oasis House Mobile Homeless Outreach Program
5201 S. Vermont Ave., Los Angeles, CA 90037
(323) 751-2689
Mental health facility. Will refer to local shelters. Drop in center for Dual Diagnosis Clients.
(Service Area 6)

P.A.T.H (People Assisting the Homeless)
2346 Cotner Ave., Los Angeles, CA 90064
(310) 996-0034
Shelter intake for men and women Mon.-Thurs. 8am-1pm
(Service Area 5)

People for People
860 E. Mission Drive, San Gabriel, CA 91776
(626) 285-2549
Emergency food and clothing for those who are unemployed, low income, welfare mothers or seniors. Walk-in or call.
(Service Area 3)

Rainbow Shelter
Location is confidential. Emergency 30 day battered women and children’s shelter referral hotline.
(310) 547-9343

Rio Hondo Temporary Home
12300 4th St., Norwalk CA 90650
(562) 863-8805
Shelter for up to 18 months for families with children. Call for 1 day intake.
(Service Area 7)

Skid Row Development Corporation
4334 S. San Pedro, CA 90013
(213) 627-6188
Emergency Shelter. Serves food. 120 bed capacity for men and women.
(Service Area 4)

Sober Living Housing
This organization has listings of sober housing throughout Los Angeles.
(800) 799-2084
www.soberhousing.net

St. Victor’s Cardinal Manning Center
231 Winston St. LA 90013
(213) 229-9963
Emergency shelter and drop in center and showers. A twenty-eight day bed facility. Has four rooms for women and children.
(Service Area 4)
HOUSING, SHELTER AND FOOD ASSISTANCE

SRO Housing/Golden West Hotel...............................................................(213) 229-9638
417 E. 5th Street, Los Angeles, CA 90013
(Service Area 4)
Transitional housing program for homeless, chronically mentally ill persons or any other persons with disability. Provides case management, money management, benefits, advocacy, information and referral, recreation activities, transportation, and related social services. Continental breakfast and hot lunch and dinner served each day.

SRO Housing/Russ Hotel...............................................................(213) 229-9655
517 S. San Julian St., Los Angeles, CA 90013
Temporary housing program for single adults 18 yrs & older. Provides case management, benefits advocacy, info & referrals, transportation & related social services. Hot lunch is served M-F for 60 yrs & older.
(Service Area 4)

St. Mary’s...............................................................................................(323) 662-4391
4365 Willowbrook, Los Angeles, CA 90029
Serves meals to the homeless MWF 12pm-2pm
(Service Area 4)

St. Francis Center.................................................................................(213) 747-5347
1835 S. Hope St. Los Angeles, CA 90015
Not a Shelter. Serves breakfast and is a drop in center for the homeless.
(Service Area 4)

St. Lawrence Family Food Pantry..........................................................(323) 567-1439
10122 Compton Ave., Los Angeles, CA 90002
Food for low income families and seniors T & Th 7am-8:30am. Homeless program offers hot meals T,W,Th 11am.
(Service Area 6)

St. Mark’s Evangelical Lutheran..........................................................(323) 731-2157
3651 S. Vermont Ave., Los Angeles, CA 90007
Hot meals for the hungry Wed., Thurs, Fri. 12 noon. Food pantry every 4th Saturday of month at 11am, one time a month per family. Clothing distributed every Saturday. Register for food on Tues 10am Mon-Wed bag lunch. Thurs. and Fri. hot meal. Thanksgiving meal offered.
(Service Area 6)

St. Vincent De Paul Society.................................................................(323) 224-6280
210 N. Avenue 21, Los Angeles, CA 90031-1713
Operates in Catholic Churches and Catholic Korean Center. Volunteers from the parent center assist with the needs of the community. They assist with food, clothing, rent, prescriptions, and shelter. Traveling aid is offered as funds allow.
(Service Area 4)
HOUSING, SHELTER AND FOOD ASSISTANCE

St. Vincent’s Cardinal Manning Center ..................................................(213) 229-9962
St. Vincent De Paul Society
231 Winston Street, Los Angeles, CA 90013
Emergency 28-day shelter for men and up to five month shelter for single women with children. Referrals for permanent housing, job referrals, info and referral to other social services. Drop-in center for homeless men M-Th 5am-11:00 am, Sun 7am-3pm; women M-Th 12:30pm-5pm. Showers, counseling, case management. Sack lunches (Sandwiches, Fruit and Milk) distributed to homeless everyday.
(Service Area 4)

Union Station ........................................................................................................(626) 449-4596
412 S. Raymond Ave., Pasadena, CA 91104
Emergency shelter for men and women. Can stay 60 days with a possible extension. Serves meal.
(Service Area 3)

Travelers Aid Society/L.A. ......................................................................................(323) 468-2566
Crisis intervention for stranded travelers, homeless, runaways, and persons new to the area. Services include counseling, case planning, referrals to local resources and assistance with return home.
(Service Area 4)

Union Rescue Mission ............................................................................................(213) 347-6300
545 S. San Pedro Street, Los Angeles, CA 90013
Nonprofit Christian shelter serving the poor and homeless of Los Angeles. Emergency services for men, women, children and families include: shelter beds, meals, showers, clothing, hygiene items and counseling. Residential recovery programs include Bible study, computer training, job training, money management, parenting classes, and anger management. At the mission the UCLA School of Nursing provides free comprehensive primary care to the homeless and uninsured. USC Dental School provides basic dental care in the dental clinic. Pepperdine University School of Law has a legal aid clinic at the Mission.
(Service Area 4)

Union Station Foundation ......................................................................................(626) 449-4596
412 S. Raymond Ave., Pasadena, CA 91105
Homeless shelter with 60 beds. Breakfast served M-Sun 9am, 9:30am; lunch daily 12pm, 12:30pm, 1pm. Residents also receive an evening dinner. Screening interview required before admission to shelter.
(Service Area 3)

WIC Program ..........................................................................................................(310) 661-3080
Harbor-UCLA Research & Education Institute
2930 W. Imperial Highway Ste. 601, Inglewood, CA 90303
Supplemental Nutritional Program for Women, Infants & Children (WIC) provides eligible participants free food vouchers, nutritional and health education, counseling and referrals.
(Service Area 8)
HOUSING, SHELTER AND FOOD ASSISTANCE

Weingart Center Association
566 S. San Pedro St., Los Angeles, CA 90013
Information and referral, residential services, case management for high risk homeless. Transitional program for employable clients and STAIRS for those released from correctional facilities. Alcohol, drug detox and rehab, Veterans program, employment preparation and job search.
(Service Area 4)

Volunteers of America (Weingart)
541 S. Crocker St., Los Angeles, CA 90013
Has 90 beds for both men and women. Call for mental health needs. Agency referral preferred.
(Service Area 4)

SECTION FOURTEEN

LEGAL ADVOCACY

Adult Protective Services
Investigates allegations of abuse of elderly and disabled adults.

Alliance for Children’s Rights
Considers issues regarding constitutional rights.
(Service Area 4)

American Civil Liberties Union
1313 W. 8th St., Los Angeles, CA 90017
Considers issues regarding constitutional rights.
(Service Area 4)

Asian Pacific American Legal Center
1145 Wilshire, Suite 200, Los Angeles, CA 90017
Legal assistance: immigration, citizenship, landlord and tenant law, family law.
(Service Area 4)

Bet Tzedek Legal Services
Free legal services to low income and elderly residents of LA County. Areas of legal expertise: housing, landlord and tenant disputes, consumer protection, home equity fraud, bankruptcy, wills, nursing home problems, conservatorship and guardianship, Supplemental Security Insurance (SSI), Social Security, Medi-Cal and Medicare.
(Service Area 4)
LEGAL ADVOCACY

California Women’s Law Center .........................................................(323) 951-1041
3460 Wilshire Blvd., Suite 1102, Los Angeles, CA 90010
The center works to ensure, through systemic change, that life opportunities for women and girls are free from unjust social, political, and economic constraints through education, legislation, and high impact litigation. The law center does not provide direct services, but does provide referrals.
(Service Area 4)

California State Patients’ Rights .......................................................(916) 575-1610
449 15th Street, Suite 401, Oakland, CA 94612-2821

Center for Health Care Rights (LA County only) .........................(213) 383-4519
520 S. Lafayette Park Place – Suite 214, Los Angeles, CA 90057..............(800) 824-0780
Private non-profit organization providing information, advocacy, some litigation, and community education programs for the mentally disabled, elderly and handicapped regarding Medicare, Medi-Cal and Medi-Gap HMO’s.
(Service Area 4)

Center for Human Rights and Constitutional Law .................................(213) 388-8693
(Accepts collect calls)
256 S. Occidental Blvd., Los Angeles, CA 90057
Training and technical support to other agencies and referrals for free legal assistance. Provides direct legal services to indigent immigrants and refugees in proceedings before the INS and other government agencies. Initiates major civil rights cases in state and federal courts on behalf of immigrants, refugees, minorities and indigenous peoples. Provides legal, residential and social services to minority youth, including unaccompanied immigrant and refugees. Operates a shelter for homeless minority youth ages 12-17 and a transitional living program for homeless minority youth ages 16-21.
(Service Area 4)

Disability Rights California (Protection and Advocacy) .........................(800) 776-5746
100 Howe Ave., Suite 185N, Sacramento, CA 95825
Federally mandated non-profit organization established to protect and advocate for the humane, civil and service rights of Californians with developmental and mental disabilities. Provides information and materials about legal rights. Hours are M-F 9-5. Waiting period of 3-5 working days before case is approved.

Sacramento .........................................................................................(916) 488-9955
Los Angeles .........................................................................................(213) 427-8747
Oakland ...............................................................................................(510) 267-1200
San Diego ..............................................................................................(619) 239-7861
Fresno .................................................................................................(559) 476-2000
LEGAL ADVOCACY

Disability Rights Legal Center
919 Albany St. Los Angeles, CA 90015
(Accepts Collect Calls)
Provides mediators to help parties negotiate agreements without going to court. Helps to identify issues, communicate interests, and reach agreements that satisfy everyone. Handles consumer-merchant, landlord-tenant, employment, and other disputes. Charges $20 per party per dispute.
(Service Area 4)

Programs:

Civil Rights Litigation Project
(Accepts Collect Calls)
Protects the civil rights of people with disabilities through negotiation and litigation. Represents people who have been unfairly denied access to public services, commercial venues, and educational opportunities because of disabilities. Services are free to clients.

Options Counseling and Lawyer Referral Service
Helps callers assess their issues and their options, and connects them with resources that can assist them. Offers referrals to several panels of private attorneys that will take cases involving public accommodations, government benefits, and employment. Service is free of charge to the public. Panel attorneys may charge a fee.

Legal Advice Hotline
9135 A Reseda Blvd., Suite 203, Northridge, CA 91324
Provides information regarding medical malpractice, personal injury, landlord/tenant disputes, divorce, business, and elder abuse.
(Service Area 2)

Legal Aid Foundation
West Los Angeles Office
Provides civil legal services to low income people who reside in East Los Angeles, South Central, Pico-Union, Korea-town, and Long Beach. Helps clients escape domestic violence, avoid homelessness, obtain food, healthcare, and other benefits; and move from welfare to work.
(LA Center for Law and Justice
1241 S. Soto St., Suite 102, Los Angeles, CA 90023
Offers high quality free legal representation, education, and advocacy to low income residents in Communities East, Northeast, and Southeast Los Angeles. They perform these services to improve their fundamental living conditions and to empower them to achieve self-sufficiency.
(Service Area 7)
LEGAL ADVOCACY

Programs:

**Family Law Unit**
Provides legal advocacy in dissolution of marriage, legal separation, establishment of paternity, restraining order cases, and guardianship.

**Housing Unit**
Provides eviction defense, outreach to tenants living in substandard conditions and affirmative action against slumlords and landlords engaging in fraudulent activities.

**Government Benefits Unit**
Provides legal representation in cases of Social Security Income, Supplemental Security income, CalWorks, Food Stamps, General Relief, and In home supportive services.

**Los Angeles County Bar Association**
(213) 243-1525
(818) 880-0120
Referrals to attorneys practicing different types of law.

**Los Angeles County Law Library**
(213) 629-3531

**L.A. County Dispute Settlement Service**
(213) 974-0825
Helps to settle legal cases without going to court by utilizing a mediator. Must live in LA County to receive services.

**Mental Health Advocacy Services**
(213) 389-2077
1336 Wilshire Blvd., 2nd Floor, Los Angeles, CA 90017
Provides free legal advocacy services to mentally and developmentally disabled individuals. Jointly sponsored by the LA County and Beverly Hills Bar Associations and the Mental Health Association.

**Ombudsmen**
(8:30-5:00 M-F)
(800) 334-9473
After Hours State Crisis Line
(800) 231-4024
A patients’ rights advocacy program with state certified volunteers in licensed long-term facilities (skilled nursing homes, board and cares, and retirement homes). Investigates all complaints, including elderly abuse. No age limits for the clientele as long as the client resides in a long-term care facility.

**Patients’ Rights Office – LA County Dept. of Mental Health**
(213) 738-4888
550 South Vermont Ave., 6th Floor, Los Angeles, CA 90020
(Mental Health recipients lacking funds may call toll-free)
(800) 700-9996
The Patients’ Rights Office mandate is to protect and further the constitutional and statutory rights of mental health care recipients. Patients’ Rights Advocates assist mental health clients with resolving problems, grievances and complaints about their hospital, non-hospital, residential and jail mental health services. Advocates also represent mental health clients at involuntary detention and medication capacity hearings when they are involuntarily hospitalized.
LEGAL ADVOCACY

**Public Counsel** (general legal counsel – free services)………………..(213) 385-2977
Activities are far ranging and impact a wide spectrum of people who live at or below the poverty level. Volunteer attorneys work on a variety of projects, large and small, litigation and transactional matters. One of its programs includes the **Homelessness Prevention** Project which strives to reduce the number of homeless individuals in the community by focusing on the needs of populations who are at high risk of becoming chronically homeless. The project provides legal representation to individuals or families, engages in impact litigation, and other regular legal clinics.

**Small Claims Court Advisor Program**……………………………………..(213) 974-9759

**U.S. Dept. of Justice (ADA Unit/Civil Rights Division)**…………………..(800) 514-0301
www.ada.gov
Call to obtain answers to general and technical questions regarding the Americans with Disabilities Act.

**U.S. Equal Employment Opportunity**……………………………………..(800) 669-3362
Sends out information pertaining to employment discrimination on the basis of age, disability, sex, and race. Provides referrals to district offices in local areas to speak with someone regarding employment discrimination.

**Victim Witness Assistance Program**………………………………………..(213) 974-7499
Helps victims of crime with court support if they are afraid of testifying. Gives criminal case status report. Helps fill out application for victim compensation for medical bills or mental health services. Also helps with relocation of victims.
SECTION FIFTEEN

MEDICAL CLINICS (LOW COST)

Antelope Valley Health Center
335 E. Avenue K6, Lancaster, CA 93536
(661) 723-4511
(Service Area 1)

Arroyo Vista Family Health Center
6000 N. Figueroa St., Los Angeles, CA 90042
(323) 254-5221x 118
Eye Exam: $45.00 Glasses $39 and up/ Payment plan available
Medi-Cal accepted, discounts available on approval
(Service Area 4)

Bell Garden’s Clinic
6912 Ajax Avenue, Bell Garden’s, CA 90201
(323) 562-5813
No one will be turned away due to lack of ability to pay for services.
(Service Area 7)

Denti-Cal (Dental coverage with Medi-Cal)
(800) 322-6384
www.denti-cal.ca.gov
Call to identify a dentist in your area.

East L.A. Health Task Force
630 S. Saint Louis St, Los Angeles, CA 90023
(323) 261-2171
Info and referral, prevention and education, outpatient counseling, AA meetings, parenting classes, DUI programs, outpatient clinic offers immunizations, pregnancy testing, counseling, birth control, pediatric, health education, TB testing, AIDS testing and treatment. STD testing.
Office hrs: T-Fri 1-10pm Sat 2pm-6pm Spanish spoken.
(Service Area 7)

Edward R. Roybal Comprehensive Health
245 S. Fetterly Ave., Los Angeles, CA 90022
(323) 780-2373
The Outpatient Reduced-cost Simplified Application allows clients to receive care and medicine at a cost based on family size, resources and income. Cost for services may be low fee or no fee.
For more information call (323) 780-2340. Most services require appointments. To schedule an appointment call (800) 383-4600 M-F 7am-4:30pm. The center is open M-F 8am-5pm and Sat. 9am-5pm.
(Service Area 7)

El Monte Comprehensive Health Center
10953 Ramona Blvd., El Monte, CA 91731
(626) 579-8403
MEDICAL CLINICS (LOW COST)

**Hollywood-Sunset Free Clinic** ................................................................. (323) 660-7959
3324 W. Sunset Blvd., Los Angeles, CA 90026
Primary health care services, family planning services, HIV testing & STD clinic, well baby (CHDP) physical exams, immunizations. Counseling for individuals, couples, families, groups. Homeless Mobile Unit. Cold Weather Program, blankets and warm clothing distributed as available. Tattoo removal free for those who qualify. Spanish and English. Must call for appt. No walk ins. Open M-F 10am-9pm and Sat. 9am-1pm.
(Service Area 4)

**Hubert H. Humphrey Comprehensive Health** ........................................ (323) 846-4220
5850 S. Main St., Los Angeles, CA 90003
Takes walk ins and makes referrals.
(Service Area 6)

**H. Claude Hudson Comprehensive Health** ........................................... (800) 383-4600
2829 S. Grand Ave., Los Angeles, Ca 90007
Takes walk-ins.
(Service Area 6)

**Korean Health Education Info/Research** ............................................. (213) 427-4000
545 S. Gramercy Place, Los Angeles, CA 90020
Offers health education and screening programs as well as information and referral for social services, health related issues, and preventive health care information.
(Service Area 4)

**L.A. American Indian Health Project** ................................................... (213) 202-3970
1125 W. 6th Street, Suite 103, Los Angeles, CA 90017
Public health assessments, case management, home visits, in-home crisis intervention, direct linkage to primary health care, direct linkage to dental care, immunizations, TB testing, health education, diabetic management, medications, links to Medi-Cal services, Healthy Family and other resources; payment on the first 3 premiums for “Healthy Families”, weight management and injury prevention. Offers “Seven Generations Child and Family Counseling Department”. Walk in or call for appt. Office hrs; 8am-5pm M-F
(Service Area 4)

**L.A. County Antelope Valley Health Center** ....................................... (661) 723-4511
335 East Ave. K-6, Building B, Lancaster, CA 93535
Open Monday through Friday 8am-5pm.
(Service Area 1)

**Long Beach Comprehensive Health Center** ........................................ (562) 599-8787
1333 Chestnut Ave., Long Beach, CA 90813
(Service Area 8)
MEDICAL CLINICS (LOW COST)

**Medi-Cal**
Eligibility Questions.............................................................................................................(800) 456-2387
State Medi-Cal.......................................................................................................................(213) 897-0745

**Mid Valley Comprehensive Health Center**.................................................................(818) 947-4000
7515 Van Nuys Blvd., Van Nuys, CA 91405-1949
(Service Area 2)

**Norwalk Regional Health Center**.............................................................................(562) 281-0305
12360 Firestone Blvd., Norwalk, CA 90650
The center is open M-F 7:30 am-8:30pm and Sat. 7:30 to 5pm. For appointments call
(800)383-4600. Bus service lines 494 and 495 stop in front of the center.
(Service Area 8)

**P.F. Bresee Foundation**..............................................................................................(213) 387-2822
184 S. Bimini Pl. Los Angeles, CA 90004
Free health services for all ages including pediatric clinic M-F 9am-5pm and homeless clinic on
first and third Thursday 10am-1pm. Youth services for 11-18 yrs, recreation, after school
homework lab, scholarships.
(Service Area 4)

**Queenscare Family Health Center**...........................................................................(213) 380-7298
150 N. Reno St., Los Angeles, CA 90026
Eye Exam: $35 Glasses $55 and up.
Medi-Cal accepted
(Service Area 4)

**Recuperative Care Program @ the Weingart Center**..............................................(213) 689-2131
566 S. San Pedro St., 2nd Floor, Los Angeles, CA 90013
Nurse managed recuperative care facility for homeless individuals being discharged from local
hospitals, and clinics in need of temporary housing, meals and medical attention while recovering
from illness or injury. Pre-screening required, no self-referrals accepted. Operates 24 hours a day,
7 days per week.
(Service Area 4)

**Saban Free Clinic**........................................................................................................(323) 337-1755
Offers Crisis Intervention Counseling, Case management, in-house linkages to a variety of free
services including medical and dental care, transportation assistance, clothing, shower services.
Professional health and human services. Most medical services by appt. only. General medical
appts. Call until schedule filled. Appts made for same day. Other services include menopause
clinic, dermatology, family planning, gynecology, physical exams, podiatry, STD testing and
treatment.
MEDICAL CLINICS (LOW COST)

Beverly Site:
8405 Beverly Blvd., Los Angeles, CA 90048
Walk-ins are acceptable Monday through Friday 8am-Thursday 8am-3pm and Friday 10-3pm
(Service Area 4)

Hollywood Site:
6043 Hollywood Blvd., Los Angeles, CA 90028
Walk-ins are acceptable for case management M-F 9am-4:30pm. Showers are available Tue, Thurs and Fri. from 8:30am-11:45 am. All other services available by appointment only.
(Service Area 4)

Melrose Site:
5205 Melrose Ave., Los Angeles, CA 90038
Case management available on walk-in basis Mon, Tues, Weds 8:30am -11:45 and Thursday 9am-1pm. Showers not available at this site.
(Service Area 4)

Safe Harbor’s Women’s Clinic .................................................................(213) 622-4073
721 E. 5th St., Los Angeles, CA 90013
No one will be turned away due to lack of ability to pay for services.
(Service Area 4)

Union Rescue Mission .................................................................(213) 347-6300
545 S. San Pedro Street, Los Angeles, CA 90013
Nonprofit Christian shelter serving the poor and homeless of Los Angeles. At the mission the UCLA School of Nursing provides free comprehensive primary care to the homeless and uninsured. USC Dental School provides basic dental care in the dental clinic. Pepperdine University School of Law has a legal aid clinic at the Mission. Walk ins from 7:30am-4pm. M-F
(Service Area 4)
SECTION SIXTEEN

MEDICALLY RELATED HEALTH RESOURCES

**American Diabetes Association**

Address: 5200 West Century Blvd., Suite 480, Los Angeles, CA 90045
Contact: (323) 966-2890
Description: Public education of all people interested in diabetes. Public education meetings are held with guest speakers. Call for info and answers to medical questions and free literature. Sponsor family camps and youth camps in summer. M-F 8:30-5pm
(Service Area 5)

**American Holistic Health Association**

Address: P.O. Box 17400, Anaheim, CA 92817-7400
Contact: (714) 779-6152
Description: AHHA encourages participation in creating personal wellness. Will mail lists of self-help resources at no cost that promote a holistic approach, considering the whole person and wellness oriented lifestyles. No on site services. Call or mail request. All materials are free.

**American Heart Association**

Address: 816 S. Figueroa, Los Angeles, CA 90017
Contact: (800) 439-2911
Description: Programs and info about heart disease prevention and stroke, rehab, treatment and community resources. Professional and educational program.

**American Kidney Fund**

Address: 6110 Executive Blvd., Ste 1010, Rockville, MD 20852
Contact: (800) 638-8299
Description: Directs financial aid to needy dialysis patients, transplant recipients and kidney donors to help cover the most of treatment specific expenses. Grants to assist patients to afford medication, transportation, emergency transient dialysis, special diet needs. Fund also supports public and professional education, kidney donor development and research. Publishes many brochures about kidney disease and its treatment, including selections in Spanish.

**American Liver Foundation**

Address: 75 Maiden Lane, Ste 603, New York, NY 10038
Contact: (800) 465-4837
Description: Makes physician and support group referrals and offers information, including fact sheets. Single copies of liver disease info are available at no cost. Office hours: M-F 9am-5pm.

**American Lung Association**

Address: 3325 Wilshire Blvd., Suite 710, Los Angeles, CA 90010
Contact: (800) 586-4872
Description: Info and referral services, literature on lung disease, professional and community education programs, open airways curriculum for children with asthma and smoking cessation programs. Better breathers club & other respiratory support groups. Office hours: 9-5 Spanish spoken.

**American Pain Foundation**

Contact: (888) 615-7246
Description: Info clearinghouse for pain management. Advocacy, research & support.
MEDICALLY RELATED HEALTH RESOURCES

American Parkinson Disease Association
1250 Hylan Blvd, Ste 4B, Staten Island, NY 10305-1946
Info and referrals to patients and families for support groups and treatment centers. Supports research to discover the cause and cure of Parkinson’s. Office hrs: 9am-5pm
Spanish, Italian spoken.

American Stroke Association
7272 Greenville Ave., Dallas, TX 75231
Wide array of programs, products & services, from patient education and information to scientific statements with cutting edge information for Health Care Professionals. You can get info on stroke risk factors and warning signs. Life after a stroke, resources, referrals and access to support groups. Office hours: 24 hrs/ 7 days.

Arthritis Foundation/ Info line
National Headquarters, 1330 W. Peachtree St., Atlanta, GA 30309
Current info printed on arthritis and referrals to local arthritis foundation offices. Office hours M-F 9am-6pm

Asthma and Allergy Foundation
5900 Wilshire Blvd. Ste 2330, Los Angeles, CA 90036-4216
Breathmobile program provides free asthma diagnosis, treatment and education to high risk inner city school children at their school site. Free literature.

Avon Cares Program
National Breast Cancer Coalition, 1101 17th St., NW Ste 1300, Washington DC 20036
Avon has supported research to find a cure for breast cancer since 1933. Other services include education, referral, screening, support services, advocacy and financial assistance. Office hrs: M-F 9am-5pm

Brain Injury Support Group
Casa Colina/TLC Bldg. 7, 255 E. Bonita Ave., P.O. Box 6001, Pomona, CA 91769
Free support group for family members and those recovering from brain injury.

Cancer Legal Resource Center
919 Albany St., Los Angeles, CA 90015
Provides free services to cancer patients, their families and caregivers, including telephone counseling, health professionals’ seminars, cancer rights workshops, and referrals. (Service Area 4)
MEDICALLY RELATED HEALTH RESOURCES

Christopher Reeve Paralysis Center .........................................................(800) 539-7309
Nat’l clearinghouse for info, referral and educational materials on paralysis.

Chronic Fatigue Immune Dysfunction .......................................................(800) 442-3437
P.O. Box 220398, Charlotte, NC 28222-0398
Educational info and referral services to persons with inquiries on CFDIS. Supports research and publishes journal.

Consumer Nutrition Info Line .................................................................(800) 366-1655
120 S. Riverside Plaza, Ste 2000, Chicago, IL 60606-6995

Epilepsy Foundation ..............................................................................(800) 564-0445
5777 W. Century Blvd. Ste. 820, Los Angeles, CA 90045
Provides information and referrals, self-help groups, educational outreach, residential and family camps, parent phone network, educational conferences.
(Service Area 5)

Foundation Fighting Blindness ...............................................................(800) 683-5555
11435 Cronhill Dr., Owings Mills, MD 21117-2220
Funds research to discover the causes and treatments of blindness. Provides comprehensive information kits.

Help Anorexia & Bulimia .................................................................(818) 766-5663
10 Universal City Plaza, Ste. 200, Universal City, 91608
A Clinical Psychologist volunteers to lead self-help support groups. Meets every other Wednesday night.
(Service Area 2)

Multiple Sclerosis Support Group .........................................................(909) 596-7733
Casa Colina Adult Day Health Care, 255 E. Bonita Ave., Pomona, CA 91769
Self-monitored group for adults affected with Multiple Sclerosis.
(Service Area 3)

National Stuttering Association ...............................................................(800) 364-1677
119 W. 40th St., 14th Floor, New York, NY 10018
Offers information and referrals to people regarding stuttering. Call for information on support groups.

Stroke Association of Southern California ................................................(310) 575-1699
2125 Arizona Ave., Ste. 205, Santa Monica, CA 90404
Support groups for stroke survivors and caregivers, phone helpline, home and hospital visitations, information and referral, literature available.
(Service Area 5)
SECTION SEVENTEEN

MENTAL HEALTH CARE ALTERNATIVES

American Art Therapy Association, Inc.
1202 Allanson Road
Mundelein, IL 60060-3808
Telephone: 847-949-6064/888-290-0878
Fax: 847-566-4580
E-mail: info@arttherapy.org
www.arttherapy.org

American Association of Pastoral Counselors
9504-A Lee Highway
Fairfax, VA 22031-2303
Telephone: 703-385-6967
Fax: 703-352-7725
E-mail: info@aapc.org
www.aapc.org

American Chiropractic Association
1701 Clarendon Boulevard
Arlington, VA 22209
Telephone: 800-986-4636
Fax: 703-243-2593
www.amerchiro.org

American Dance Therapy Association
2000 Century Plaza, Suite 108
10632 Little Patuxent Parkway
Columbia, MD 21044
Telephone: 410-997-4040
Fax: 410-997-4048
E-mail: info@adta.org
www.adta.org

American Music Therapy Association
8455 Colesville Rd, Suite 1000
Silver Spring, MD 20910
Telephone: 301-589-3300
Fax: 301-589-5175
E-mail: info@musictherapy.org
www.musictherapy.org
MENTAL HEALTH CARE ALTERNATIVES

American Association of Oriental Medicine
5530 Wisconsin Avenue, Suite 1210
Chevy Chase, MD 20815
Telephone: 888-500-7999
Fax: 301-986-9313
E-mail: info@aaom.org
www.aaom.org

The Delta Society
580 Naches Avenue SW, Suite 101
Renton, WA 98055-2297
Telephone: 425-226-7357
Fax: 425-235-1076
E-mail: info@deltasociety.org
www.deltasociety.org

National Empowerment Center
599 Canal Street
Lawrence, MA 01840
Telephone: 800-769-3728
Fax: 508-681-6426
www.power2u.org

National Mental Health Consumers' Self-Help Clearinghouse
1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
Telephone: 800-553-4539
Fax: 215-636-6312
E-mail: info@mhselp.org
www.mhselfhelp.org

Note: Inclusion of an alternative approach or resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.
SECTION EIGHTEEN

REGIONAL CENTER ADVOCACY FOR DEVELOPMENTAL DISABILITIES

Office of Clients Rights Advocacy for the Developmental Disabled:
Toll Free Number 1-800-390-7032
Toll Free TTY Number 1-877-669-6023

East Los Angeles Regional Center
1000 S. Fremont Avenue
P.O. Box 7916
Alhambra, CA 91802
(Service Area 3)

Harbor Regional Center
13017 Artesia Blvd., Suite D124
Cerritos, CA 90703
(Service Area 7)

Frank D. Lanterman Regional Center
3580 Wilshire Blvd. Suite 925
Los Angeles, CA 90010
(Service Area 4)

North Los Angeles County Regional Center
15400 Sherman Way, Ste. 300
Van Nuys, CA 91406
(Service Area 2)

San Gabriel/Pomona Regional Center
3333 Brea Canyon Road, Suite #118
Diamond Bar, CA 91765-3783
(Service Area 3)

South Central LA Regional Center
4401 S. Crenshaw Boulevard, Suite 316
Los Angeles, CA 90043-1200
(Service Area 6)

Westside Regional Center
5901 Green Valley Circle, Suite 140
Culver City, CA 90230
(Service Area 5)
SECTION NINTEEN

SERVICES FOR THE PHYSICALLY DISABLED

American Association of Mental Retardation .........................................................(800) 424-3688

Braille Institute .............................................................................................................(323) 663-1111

Center for Applied Rehabilitation Technology .......................................................(562) 401-6800

Center for the Partially Sighted ......................................................................................(310) 458-3501

Greater Los Angeles Council on Deafness .................................................................(323) 478-8000

Southland Sound Corp. (Assistive Listening Systems) ..............................................(323) 266-4575

Canine Support Teams, Inc .........................................................................................(951) 301-3625
Trains assistance dogs for persons with disabilities other than blindness. Qualified persons receive the dogs at no cost. Average wait is 2 1/2 – 3 yrs.
SECTION TWENTY

SUPPORT GROUPS

A. AIDS SUPPORT

**Aids Project L.A. – Clientline**

Clientline provides case management, referrals, resources, and information over the phone to APLA clients and their significant others, caregivers and healthcare workers.

**Aids Project L.A. – Dental Clinic**

1127 Wilshire Blvd., Ste. 1504, Los Angeles, CA 90017

Preventative dentistry, and periodontics services provided in a caring environment for registered clients (persons affiliated with a clinic or agency) who are HIV infected or diagnosed with AIDS. Fees are sliding scale.

(Service Area 4)

**Aids Project L.A. – Food Bank**

Located at several different locations throughout the county. Call for information.

Groceries provided to low income individuals living with HIV/AIDS.

**Aids Project L.A. – Mental Health**

A mental health program for clients and their significant others. Individual, couple and family counseling, crisis intervention, substance abuse prevention, support groups and referrals to AIDS sensitive mental health services.

(Service Area 4)

**Common Ground: The Westside HIV Community Center**

The only comprehensive HIV service provider on the Westside of Los Angeles. Provides HIV testing and counseling, Peer-led education, medical, dental, and legal services, syringe exchange, case management, housing, benefits counseling, and AIDS drug assistance program.

(Service Area 5)

**HIV Case Management Services @ the Weingart Center**

Comprehensive HIV case management services including emergency and transitional housing and meals, as appropriate.

(Service Area 4)

**Minority AIDS Project**

AIDS service organization providing case management, pilot care, support groups.

(Service Area 6)
SUPPORT GROUPS

B. DOMESTIC VIOLENCE AND RAPE SUPPORT

**Battered Women Support Group**

Hotline (626) 967-0658

YWCA-P.O. Box 1357, Glendora, CA 91740

A 24 hour helpline with crisis intervention and referrals. Provides 45 days shelter program for women and their children who are victims of domestic violence; and legal referrals, restraining order clinic, support groups and community education.

(Service Area 3)

**Battered Women Shelter Referral**

(562) 945-3939

24 hour hotline, emergency food, shelter, clothing and medical care.

**Domestic Violence Helpline**

(310) 547-9343

Rainbow Services, Ltd., P.O. Box 627, San Pedro, CA 90733

Helps victims and children who are both survivors and current victims of domestic abuse. Offers individual and child counseling, family counseling, and children’s groups. Support groups are open to all women experiencing domestic violence.

(Service Area 8)

**Rape/Sexual Abuse (Hotline)**

(909) 626-4357

Project Sister, Claremont Area

A 24 hour sexual assault crisis hotline. Support groups for rape and incest survivors, referrals to other agencies, workshops and parenting classes, self-defense classes, public info and counseling.

**Rape Support Group (Hotline)**

(818) 886-0453

Valley Trauma Counseling Center

A 24 hour hotline for victims of sexual assault, abuse and molestation. Offers rape support groups, counseling for individuals and groups.

C. FAMILY SUPPORT

**Compassionate Friends**

(310) 474-3407

P.O. Box 67823, Los Angeles, CA 90067

Support group for bereaved parents.

**Center for Nonviolent Education and Parenting**

(213) 484-6676

1226 N. Alvarado St., Los Angeles, CA 90026

To teach effective non-violent child raising practices based on empathy and compassion in order to deepen adult-child relationships and move toward a culture of peace and understanding.

(Service Area 4)
SUPPORT GROUPS

C. FAMILY SUPPORT

Crystal Stairs

5110 W. Goldleaf Circle, Ste. 150, Los Angeles CA 90056
(323) 299-8998
Helping parents find childcare, training childcare providers on how to nurture and educate young children, helping parents and provider’s bridge the affordability gap with childcare subsidies, and teaching a child to use a computer.
(Service Area 5)

Friends Outside/Los Angeles County

464 E. Walnut Street, Pasadena, CA 91101
(626) 795-7607
Services to families of criminal offenders and their incarcerated/formerly incarcerated loved ones throughout the county including crisis intervention, transportation assistance, emergency supplies, advocacy, support groups, peer counseling, job placement, placements into drug/alcohol treatment programs, special events & info about the criminal justice system.
(Service Area 3)

Grandparents as Parents

P.O. Box 964, Lakewood, CA 90714
(562) 924-3996
(818) 789-1177
Support groups for grandparents and relative caregivers who are raising their grandchildren.

Hathaway Children & Family Services

Family Resource Center, 840 N. Avenue 66, Los Angeles, CA 90042
(323) 257-9600
Provides support services to families and children; family, individual & group counseling, parent & student support groups, parent education, after school activities and tutoring, family art and drama activities, food, clothing, toy banks, school based conflict resolution and self-esteem groups.
(Service Area 4)

NAMI (National Alliance for the Mentally Ill)

1111 Howe Ave., Suite 475, Sacramento, CA 95825
(916) 567-0163
Provides support groups and education for families for persons with mental disabilities and is active in advocacy on their behalf by linking together family support groups (AMI affiliates) statewide to improve the quality of life for persons with mental disabilities. AMI groups affiliate with CAMI (California Alliance for the Mentally Ill). Call for location.

NAMI – Affiliates

824 Moraga Drive, Los Angeles, CA 90049
(310) 478-8761
Has groups all over Los Angeles County. Has a free twelve week “family to family” education program and also has a twelve week “peer to peer” education program. Sponsors presentations “In Our Own Voice”. Has a program where consumers and family members go to schools and speak, called “Parents and Teachers as Allies”. Also sponsors presentations for police and sheriff organizations.
(All Service Areas)
SUPPORT GROUPS

D. SUPPORT FOR THE LIVING AND DYING

Family/Friends of Murder Victims
P.O. Box 1385, Alta Loma, CA 91701-4762
(909) 798-4803
Provides information, support & friendship to those who have experienced the murder of a loved one, and also to those who are victims of attempted murder.

Survivors After Suicide
Suicide Prevention Center – Didi Hirsch Community Mental
4760 S. Sepulveda Blvd., Culver City, CA 90230
(310) 390-6610
Support group for family, friends and others impacted by suicide.
(Service Area 5)

E. TWELVE STEP/SELF-HELP PROGRAMS OF RECOVERY

Alcoholic’s Anonymous (AA) (800) 923-8722
Antelope Valley (661) 945-5757
Harbor Area (562) 989-7697
Huntington Park (323) 582-2439
Los Angeles (323) 936-4343
San Fernando Valley (818) 988-3001
San Gabriel Valley (626) 914-1861
South Bay (310) 618-1180
West Los Angeles (310) 474-7339
Los Angeles (Spanish) (323) 735-2089

Adult Children of Alcoholics (ACA)
Los Angeles, Santa Monica, Glendale & San Fernando Valley (310) 281-9740
Long Beach/South Bay (562) 272-4469
San Gabriel Valley (626) 914-4899

AL-Anon/AL-Ateen
International (800) 356-9996
Central Office (818) 760-7122
LA County (Spanish) (562) 948-2190

Cocaine Anonymous (CA)
National (800) 347-8998
Local (310) 216-4444

Codependents Anonymous
Local (323) 964-4016
San Fernando Valley (818) 906-6608
SUPPORT GROUPS

E. TWELVE STEP/SELF-HELP PROGRAMS OF RECOVERY

Compulsive Eaters Anonymous
Beach cities areas (310) 374-8533
Santa Fe Springs (562) 942-8161

Consumer Credit Counseling (800) 750-2227

Crystal Meth Anonymous (213) 488-4455

Emotions Anonymous
Los Angeles (323) 589-3768
Long Beach (562) 928-0646
Valley/West LA (818) 377-4341
San Bernadino/Riverside (909) 873-2273
Orange County (714)739-5449/(714)903-7999

Gamblers Anonymous (GA)
LA Chapter (213) 386-8789

Marijuana Anonymous (MA)
International (800) 766-6779

Narcotics Anonymous (NA)
World Service (818) 773-9999
San Fernando Valley (818) 997-3822

Nicotine Anonymous (800) 642-0666

Recovery Inc. (310) 306-6766

Debtor’s Anonymous (310) 822-7250

SELF HELP & RECOVERY EXCHANGE/SHARE: (310) 305-8878

- Dual Recovery Anonymous
- Recovering Couples Anonymous
- Shoplifters/Thieves Anonymous
- Survivors of Child Abuse
- Women Survivors of Child Abuse

SEX AND LOVE ADDICTS ANONYMOUS (323) 957-4881

SEXAHOLICS ANONYMOUS (213) 480-1096
SUPPORT GROUPS

E. TWELVE STEP/SELF-HELP PROGRAMS OF RECOVERY

SEXUAL COMPULSIVES ANONYMOUS (SCA)
Gay Men and Women (310) 859-5585
Spanish (213) 368-4814

SURVIVORS OF INCEST ANONYMOUS (SIA) (562) 806-7270
Los Angeles

SECTION TWENTYONE

RELATED WEBSITES:

Bazelon Center for Mental Health Law
www.bazelon.org
A website with information and alerts on disability issues and legislation, publications, case summaries, and links to other useful sites on mental health law and general disability issues.

California Association of Mental Health Patients’ Rights Advocates
www.camhpra.org/index.htm
This is the website for CAMHPRA, a professional organization for Patients’ Rights Advocates. It is a membership organization working to promote public policy furthering the rights and wellbeing of mental health consumers. This site contains membership information and links to information that is of interest to Patients’ Rights Advocates along with general legal resources, statutes and regulations, government agencies, diagnosis and treatment, and consumer concerns and associations.

California Department of Mental Health
www.dmh.ca.gov
This is the home page for the California Department of Mental Health. It includes descriptions of mental health programs, information for county administrators and providers, and links to press releases and publications.
RELATED WEBSITES:

**California Network of Mental Health Clients**
[www.cnmhc.org](http://www.cnmhc.org)
The CNMHC is the first statewide, client-run organization in the country and was formed in 1983 as an organization for, by and of persons who have received or are receiving mental health services. The primary goals of the CNMHC are to empower clients through the development of self-help groups and networking around the state; to confront discriminating attitudes about mental health clients; to provide a strong voice of, by and for mental health clients; and to promote and instill the rights of clients in and out of treatment situations, with special attention to the right to freedom of choice. This web site contains information on current news, programs, and resources.

**L.A. County Department of Mental Health**
[www.dmh.co.la.ca.us](http://www.dmh.co.la.ca.us)
This website allows you to download this entire resource directory and have access to resources offered by the L.A. County Department of Mental Health including the Patients’ Rights Website.

**National Institute of Mental Health**
[www.nimh.nih.gov](http://www.nimh.nih.gov)
This website offers breaking news regarding mental health issues on a national level. It also offers information on breaking scientific news and research currently being conducted.

**National Mental Health Association**
[www.nmha.org](http://www.nmha.org)
A website for Mental Health America which focuses on education, crisis hotlines, and advocacy networks.

**Substance Abuse and Mental Health – SAMSA**
[www.smhsa.gov](http://www.smhsa.gov)
Offers latest headlines and feature articles in the field of substance abuse and mental health and presents programs and current campaigns.

**The State Bar of California**
[www.calbar.org](http://www.calbar.org)
This web site contains information on the State Bar activities and organizations and includes names and addresses of all attorneys admitted to practice in California.

**Wellness and Client Run Centers Wiki**
[www.wcrc.pbwiki.com](http://www.wcrc.pbwiki.com)
A project website for Wellness and Client Run Centers. This website includes employment, job fairs and education opportunities, community resources, and disability benefits information. Including resources for youth, ex-offenders, and multicultural services.

ADDENDUM: Service Area Maps
Los Angeles County
Department of Mental Health
Clinics

Service Area 3

1. Arcadia Mental Health
   Center
2. Aurora Charter Oak
   Hospital
3. Aurora Las Encinas
   Hospital
4. BHC Alhambra Hospital
5. ENGI ? La Puente
   Valley Mental Health
   Center
6. Huntington Hospital
   Della Martin Center for
   Behavioral Health
   Services
7. City of Angels Medical
   Center (Silverlake
   Medical Center)
   Angeleside Campus
8. Citrus Valley Medical
   Center / U.C. Campus
   (Intercommunity Med.
   Center)
9. Client Run Wellness
   Center
10. Pacific Clinics
11. Prototypes I-Can
12. Social Model Recovery
    System

Map created by: DLA

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