



EASTERN LOS ANGELES
REGIONAL CENTER

Mental Health Resource Directory



Eastern Los Angeles Regional Center
1000 Fremont Ave. #23,
Alhambra, CA. 91803
Telephone: (626) 299-4700
Website: <https://www.elarc.org/>



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INTRODUCTION

The Eastern Los Angeles Regional Center (ELARC) was awarded a one-year Service Access and Equity Grant in 2023 to address a growing need for mental health resources for persons-served by the regional center. Along with the development of this resource directory, ELARC was able to research and develop new resources, provide consultations with individuals, and increase information and trainings to our community. The goal of the project was to address ongoing concerns with service equity by connecting with local service providers and developing relationships with mental health stakeholders. Given this opportunity, ELARC aimed to build stronger working relationships with the local mental health community and bring those resources to the attention of our individuals and families served. ELARC hopes to continue this work in increasing awareness and reducing the negative stigma that is often associated with mental health, while making resources easier to access for those that we serve.



Purpose and Use of this Directory

This directory is a resource catalog for mental health listings within the ELARC service area. The resources contained in this directory are for informational purposes only. Services and supports are subject to change, so it is recommended that the site or resource be contacted prior to attending. Any use of this directory is at the discretion of the user. Inclusion in this directory of resources does not indicate any endorsement by the Eastern Los Angeles Regional Center.

Please contact info@elarc.org to report needed changes or updates to this directory.

The Eastern Los Angeles Regional Center disclaims any liability to any persons, organization or agency for any loss or damage caused by omissions or errors in this directory, whether such omissions or errors resulted from accident or neglect of any other issue.



PROVIDER SEARCH DIRECTORIES

There are several online listings for mental health professionals that can be found through various search directories. Finding a professional that is a good fit for your needs may include considerations of the reason for referral and professional expertise, location of sessions (office, clinic, community), mode of service delivery (in-person, Teletherapy, hybrid), cost and/or insurance coverage, and the type of therapy offered (e.g., trauma focused, cognitive behavioral, etc.). It may also be helpful to reflect on ethnicity served, age, sexuality, language, and faith, if these are important considerations for your individual needs.

Click on the links below to be redirected to each search directory:

[American Psychological Association](#)

[LACDMH Provider Directory](#)

[Service & Bed Availability Tool \(Substance Use\)](#)

[SAMHSA: Substance Abuse and Mental Health Services Administration](#)

[Psychology Today](#)

[Latinx Therapy](#)

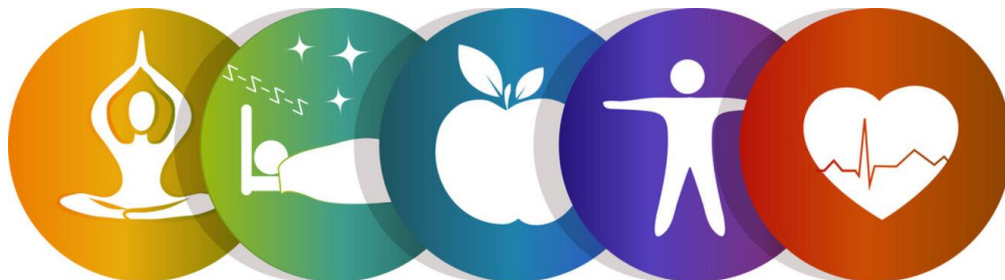
[Asian Mental Health Collective](#)

[Therapy Tribe](#)

[Online Therapy](#)

[Good Therapy](#)

[American Addiction Centers](#)





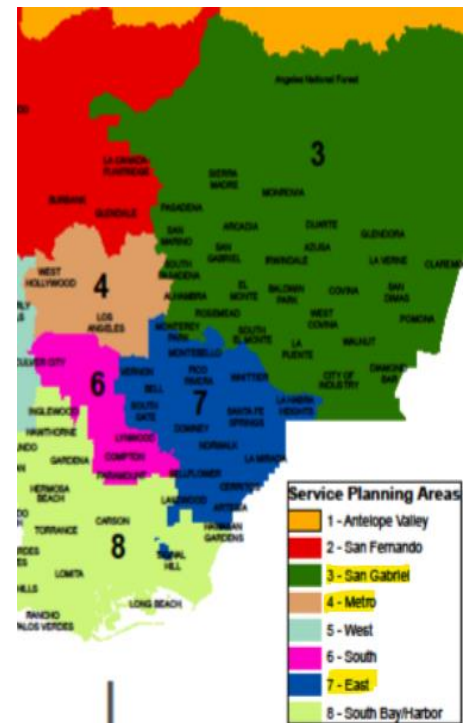
OUT PATIENT CLINICS & WELLNESS CENTERS

In outpatient treatment, individuals receive various types of mental health services that do not require admission to a hospital or inpatient treatment facility. Services can include counseling, group therapy, individual psychotherapy, family and couple counseling, medical consultations, or psychiatry (medication management) during regularly scheduled sessions. Sessions can take place in-person, online (Teletherapy), or a hybrid of both. Services can be provided in an office, clinic, or community setting based on individual need and availability.

Los Angeles County Department of Mental Health’s (LACDMH)

The Los Angeles County Department of Mental Health’s (LACDMH) services are organized into eight geographic service planning areas (SPA). The Eastern Los Angeles Regional Center’s (ELARC) catchment area overlaps with three of these areas:

- **SPA 3: San Gabriel Valley**
 - Service Planning Area 3, or SPA 3, serves the communities of Alhambra, Altadena, Arcadia, Azusa, Baldwin Park, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Irwindale, Monrovia, Monterey Park, Pasadena, Pomona, San Dimas, San Gabriel, San Marino, Temple City, Walnut, West Covina, and others.
- **SPA 4: Metropolitan Los Angeles**
 - The Metropolitan Los Angeles Regional Health Office (Service Planning Area 4) serves the communities of Boyle Heights, Central City, Downtown LA, Echo Park, El Sereno, Hollywood, Mid-City Wilshire, Monterey Hills, Mount Washington, Silverlake, West Hollywood, and Westlake.
- **SPA 7: Eastern Los Angeles**
 - Service Planning Area 7, or SPA 7, serves the communities of Artesia, Bell, Bellflower, Bell Gardens, Cerritos, City of Commerce, City Terrace, Cudahy, Downey, East Los Angeles, Hawaiian Gardens, Huntington Park, La Habra Heights, Lakewood, La Mirada, Los Nietos, Maywood, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, Signal Hill, South Gate, Vernon, Walnut Park, Whittier, and others.





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MENTAL HEALTH RESOURCE DIRECTORY**



Service Area 3:

Arcadia Mental Health Center(626) 254-1400
East San Gabriel Valley Mental Health Center.....(626) 430-2900

Contracted Service Providers

Alma Family Services.....(323) 526-4016
Spiritt Family Services(562) 903-7000
Sycamores.....(626) 395-7100
Project Return.....(323) 346-0960

[Service Area 3 Peer Resource Center](#)

1359 N Grand Ave, Covina, CA 91724

Phone: 626-643-2900

Monday – Friday, 8:30 a.m. – 5 p.m.

For more information please email:

SA3PRC@dmh.lacounty.gov

Service Area 4:

Downtown Mental Health Center.....(213) 629-6200
Hollywood Mental Health Center.....(323) 796-6100
Northeast Mental Health Center.....(323) 478-8200

[Service Area 4 Peer Resource Center](#)

1359 N Grand Ave, Covina, CA 91724

Phone: 626-643-2900

Monday – Friday, 8:30 a.m. – 5 p.m.



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Service Area 7:

American Indian Counseling Center.....	(323) 871-4650
Rio Hondo Community Mental Health Center.....	(562) 402-0688
Rio Hondo Centro de Bienestar.....	(323) 826-6300
Royball Family Mental Health Center.....	(323) 267-3400
San Antonio Family Center.....	(323) 584-3700

Contracted Service Providers

Alma Family Services.....	(323) 881-3799
Enki Health Services, Inc.....	(866) 227-1302
Familias Unidas.....	(323) 430-4200
Five Acres.....	(626) 798-6793
Helping Youth Counseling Services.....	(562) 273-0722
Hillsides.....	(323) 543-2800
Masada Homes.....	(310) 715-2020
Pathways.....	(562) 865-3644
Project Return.....	(323) 346-0960
Spiritt Family Services.....	(213) 639-6434
Sycamores Child and Family Services.....	(844) 222-2377
Telecare Corporation.....	(562) 292-6688
The Whole Child.....	(562) 692-0383
Wellnest.....	(323) 545-3522

Service Area 7 Peer Resource Center

6330 Rugby Avenue Suite 200,
Huntington Park CA 90255
Phone: 323-705-5992
Monday – Friday, 8 a.m. – 5 p.m.
For more information please email:
SA7PRC@dmh.lacounty.gov



Private/Specialty Mental Health Service Providers

In addition to the county-funded programs and services outlined above, there are mental health service providers that may only accept payment through medical insurances or personal funds. If mental/behavioral health is a covered benefit through your private health plan, members can call the number on the back of your insurance card and ask for referrals.

See below for more information on common insurance providers and which programs may be available to you through them:

LA Care’s Behavioral Health Line

L.A. Care provides these services through PCPs, Behavioral Health Specialists from Carelon Behavioral Health, Los Angeles County Department of Mental Health, and Los Angeles County Department of Public Health. Where members can access care varies on the type and severity of symptoms and impairment.

Medi-Cal & Medicare Plus → Treatment through Carelon Behavioral Health

Specialty mental health services will be provided by the L.A. County Department of Mental Health (DMH).

- <https://www.lacare.org/members/getting-care/behavioral-health>
- **(877) 344-2858**

Blue Shield

Blue Shield members may call the number on the back of their insurance card to explore what options are available to them. Your health-plan may include coverage for behavioral health services such as counseling, treatment, and medication management. Members may also visit this webpage to learn more and explore additional resources available to them: Blue Shield Mental Health

CredibleMind: CredibleMind helps Blue Shield of California health-plan members tackle the growing demand for Mental Health Services through self-care portal. This is an evidence-based, one-stop information system for self-care and mental wellbeing.

Wellvolution: Lifestyle-based tool to support mental and physical health at no extra cost to Blue Shield members. Programs included to help manage anxiety and depression. Get expert online mental health care the way you need it, when you need it, and where you need it. Additional programs available for weight loss, diabetes, stress, smoking cessation, and other areas of general health and wellness. Please visit the following website and login to your Blue Shield account to learn more: Wellvolution



Kaiser Permanente

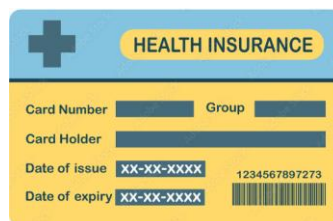
Kaiser members may call the number on the back of their insurance card to explore what options are available to them. Additionally, Kaiser members may visit the website, login, and click on Health and Wellness → Mental Health → Services to make an appointment, take a mental health assessment, get emotional support via Ginger app, and join live online classes featuring a range of mental health and wellness topics.

Follow this link for more information on how to discuss mental health with your child, along with informational videos and materials for supporting your child’s wellness:
<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/youth-mental-health>

Virtual Classes: Virtual psychoeducational classes on a range of mental health topics. Including but not limited to: Mindful Practices, Anxious to Calm, Understanding Depression, Navigating Anger, Creating Balance, Parenting, Couples Communication, and Healing after Loss.

Self-Care Resources: *myStrength* – Get a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more. *Find your Words* – Depression focused resources including assessment, videos, and how to talk about depression. *Center for Healthy Living* – Programs focused on wellness, positive lifestyle change, and health improvement. *Calm* – Free for Kaiser Permanente members. The Calm app has guided meditations, movement videos, and music. Resources are also grouped by topics, including work, sleep, and youth.

Ginger App: 1-on-1 emotional support by text, available 24/7. Get immediate help for stress, sleep troubles, and more. Text with an emotional support coach on the Ginger app now, or schedule a time to connect later. Kaiser Permanente members can use the Ginger app for 90 days at no cost to you.





Health Net

Health Net has several programs that can assist with mental health treatment. These include Managed Health Network (MHN), myStrength, and Integrated Care Management (ICM). [\(Website\)](#)

Managed Health Network (MHN): MHN is Health Net’s behavioral health administrator. MHN has a 24/7 call center that is staffed with well-trained customer service reps and licensed behavioral health care managers to serve callers. Call the phone number for MHN listen on your member ID card to learn more or choose a provider at www.mhn.com. You can visit someone in person, or through MHN’s telehealth network. You do not need to be referred by your doctor or need an approval from MHN. You can simple begin to visit an in-network provider for therapy or medication management (psychiatry).

myStrength: myStrength is a private online website, tailored to help improve your mood, and free for Health Net insurance recipients. The program provides many self-help tools that can help improve your total health. MyStrength has more than 1,600 activities you can access to help with boosting your total wellness, easing stress and worry, and managing panic attacks. MyStrength also has an easy-to-use mobile app available for download on Android and Apple devices. You’ll find relevant, evidence-based behavioral health content anytime, anywhere in a fun, familiar and engaging way.





IN PATIENT PSYCHIATRIC HOSPITALS

Service Area 3:

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	
Citrus Valley Medical Center /Inter-Community Campus.....	(626) 938-7650
210 W. San Bernardino Rd., Covina, CA 91723	
East Valley Hospital Medical Center.....	(626) 852-5063
150 W. Route 66, Glendora, CA 91740-6307	
Huntington Hospital.....	(626) 397-2304
Della Martin Center for Behavioral Health Services	
100 W. California Blvd., Pasadena, CA 91105	
Penn Mar Therapeutic Center.....	(626) 401-1559
3938 N. Cogswell Rd., El Monte, CA 91732	
San Gabriel Valley Medical Center.....	(626) 300-7300
438 W. Las Tunas Dr., San Gabriel, CA 91776	
Silver Lake Medical Center-Ingleside.....	(626) 288-1160
7500 E. Hellman Ave., Rosemead, CA 91770	



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Service Area 4:

- Correctional Treatment Center Mental Health Unit..... (213) 893-5392
Twin Towers Medical Services Building, 4 East,
450 Bauchet St., Room M4127, Los Angeles, CA 90012
- Gateways Hospital and 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) 409-2800
1200 N. State St., Los Angeles, CA 90033
- Silver Lake Medical Center..... (213) 484-3253
1711 W. Temple St., Los Angeles, CA 90026
- White Memorial Medical Center..... (323) 268-5000
1720 Cesar Chavez Ave., Los Angeles, CA 90033



Service Area 7:

- College Hospital..... (562) 924-9581
10802 College Pl., Cerritos, CA 90703
- Metropolitan State Hospital..... (562) 863-7011
11401 Bloomfield Ave., Norwalk, CA 90650



CRISIS SERVICES

CRP: Crisis Response Project

Crisis Response Project (CRP) is a program of **Community Integrated Work Program, Inc.** CRP offers a 24/7 mobile crisis response team that is available to all individuals served by ELARC. The mission of CRP is to provide crisis prevention, intervention, training, and follow-up services as support to community homes, day programs, and families. CRP works specifically to decrease police involvement and unnecessary psychiatric hospitalizations. ([Visit their website](#))

Contact Information:

Director: Marisa Phan, MBA
 Director Email: mphan@ciwp.org
 Director Phone: 310-927-7655
 CRP East LA Team Email: crpela@ciwp.org
24/7 Crisis Hotline: 626-508-1964



Community Integrated Work Program, Inc



LOS ANGELES COUNTY
**DEPARTMENT OF
 MENTAL HEALTH**
 hope. recovery. wellbeing.

LACDMH: Los Angeles County Department of Mental Health

Psychiatric Mobile Response Teams (PMRT) provides non-law enforcement-based mobile crisis response for clients experiencing a psychiatric emergency in the community. PMRT provides caring, deescalating and less traumatizing approaches to crisis intervention—and whenever possible avoids outcomes that involve hospitalization, incarceration, or additional injury. PMRTs also receive community calls that do not rise to the level of direct services; in these situations, staff provide information, referrals, and other kinds of alternative support. ([Visit their website](#))

To request/obtain Emergency Outreach and Triage Division (EOTD) services, including PMRT, please call the 24/7 Help Line at (800) 854-7771



**START: Systemic, Therapeutic, Assessment,
Resource, Treatment**



NATIONAL CENTER
for **START SERVICES**[®]
Institute on Disability
University of New Hampshire

Easterseals Southern California (ESSC) launched its START Crisis Support Team in December 2022. This program supports individuals experiencing a crisis who have a history of a developmental disability and mental health concerns. The START team at Easterseals works closely with an individual’s physicians, mental health professionals, and occupational and speech therapists to coordinate a system of support to reduce crisis episodes and promote overall wellness. START also offers a crisis hotline for each individual served, available between 7 a.m. and 11 p.m., seven days a week. ([Visit their website](#))

Currently, this service is only offered by referral from the East Los Angeles Regional Center (ELARC). Please ask your Service Coordinator about this service if you are interested in learning more.



Exodus Recovery: Project Connect LA

Project Connect LA serves individuals ages 12 and up that have been identified by regional center staff to coordinate a system of support in mental health and forensic communities. Project Connect LA is an innovative program for persons with intellectual and developmental disabilities who are currently involved or at a high risk to become involved in the criminal justice system. Please ask your Service Coordinator about this service if you are interested in learning more. ([Visit their website](#))



EMERGENCY HELP AND HOTLINES

9-8-8 Suicide and Crisis Lifeline

- 988 is the free phone number for anyone experiencing emotional distress or any crisis related to mental health, including suicide and substance use. **Calling 988** will connect you to trained mental health counselors, and if needed, in-person crisis assistance from mental health field intervention teams. The lifeline offers 24/7 call, text, and chat access to trained crisis counselors. People can also dial 988 if they are worried about someone else who may need crisis support. Simply dial 988, text to 988, or chat on the 988 website (988lifeline.org), any time of day or night to receive assistance. ([Website](#))
 - **1-800-273-8255 (TALK)**
Spanish 1-888-628-9454
Deaf or hearing impaired 1-800-799-4889
 - *There is no geographic routing based on your physical location offered through 988 at this time. If you have a phone registered to an out of state area code, please call the 1-800-273-8255 number and request a transfer to your physical location for support.
 - [Lifeline Chat](#) is a service of the National Suicide Prevention Lifeline that helps to connect individuals with counselors around the United States for emotional support and other services via web chat. All chat and text centers in the Lifeline network are accredited by either the American Association of Suicidology or the International Council for Helplines. Lifeline Chat and Text is available 24/7 across the U.S. and certain territories.

Los Angeles County Department of Mental Health ACCESS Hotline

- The ACCESS Center, as part of LACDMH's Help Line, operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. ([Website](#))
 - **1-800-854-7771 (option/extension 1)**

Substance Abuse and Mental Health Services Administration (SAMHSA)

- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. ([Website](#))
 - **1-800-662-4357 (HELP)**



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- The [Disaster Distress Helpline](#) (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.
 - **1-800-985-5990; Text "TalkWithUs" to 66746.**

Substance Abuse Service Helpline (SASH)

- Los Angeles County Substance Use Treatment Services provided by the Department of Public Health. Call to be connected with a call agent who can conduct a brief screening and referral 24 hours a day, 7 days per week.
 - Call toll-free **1-844-804-7500**
 - Visit the online directory to find providers near a preferred location such as work, home, or school. Use this tool: <https://sapccis.ph.lacounty.gov/sbat/>

Crisis Text Line

- The Crisis Text Line is available for any crisis (gun violence, anxiety, depression, self-harm, suicide, eating disorders, etc.). A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help individuals de-escalate and move from a “hot moment” to a “cool moment.” Free 24/7 crisis counseling. [\(Website\)](#)
 - **Text “HOME” to 741741**
- [Deaf and Hard of Hearing Support](#): People who are deaf or hard of hearing and who need support in a crisis can text for help. Available 24/7. A live, trained Crisis Counselor receives the text and responds from a secure online platform.
 - **Text “HEARME” to 839863**

The Trevor Project

- The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. Provides information & support to LGBTQ+ young people 24/7, all year round.
 - **(866) 488-7386 or text “START” to 687687** [\(Website\)](#)

Trans Lifeline

- Trans Lifeline connects trans people to the community support and resources needed to survive and thrive. The Lifeline is run by and for trans people. [\(Website\)](#)
 - **(877) 565-8860**



National Maternal Mental Health Hotline

- The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers: Phone or text access to professional counselors, real-time support and information, response within a few minutes (24 hours a day, 7 days a week), resources, referrals to local and telehealth providers and support groups, culturally sensitive support, counselors who speak English and Spanish, and interpreter services in 60 languages. ([Website](#))
 - **1-833-TLC-MAMA (1-833-852-6262)**

National Domestic Violence Hotline

- Provides free, confidential support to anyone experiencing domestic violence or seeking resources and information. Tools offered to help you stay safer include a safety plan, supporting children, pet safety, and internet safety. Advocates are available 24/7 by phone or chat to discuss situations and help create a personalized safety plan that's right for each individual. ([Website](#))
 - **1-800-799-7233 (SAFE); text "START" to 88788**

RAINN National Sexual Assault Hotline

- Connects those who have been sexually assaulted with a trained staff member from a sexual assault service provider in their area that offers access to a range of free services. Get support, information, advice, or a referral anywhere, anytime from your smartphone with the RAINN mobile app. ([Website](#))
 - **1-800-656-4673 (HOPE)**

Veteran Crisis Line

- The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them. You don't have to be enrolled in VA benefits or health care to connect. Provides free and confidential support 24 hours a day, 7 days a week. ([Website](#))
 - **1-800-273-8255 (TALK) select #1; Deaf or hearing impaired 1-800-799-4889**

CA Youth Crisis Line

- The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 17,000 calls annually with crisis intervention counseling and resource referrals to service providers in the



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caller's local community. Provides access to more than 5,500 free or low-cost resources for youth and families across California. ([Website](#))

- **1-800-843-5200**



WARMLINES

NAMI – National Alliance on Mental Illness

- Provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday - Friday: 7 a.m.–7 p.m. ([Website](#))
 - **1-800-950-6264 (NAMI); Text “HelpLine” to 62640 or email at helpline@nami.org**
- [NAMI Teen & Young Adult HelpLine](#) is a free nationwide peer-support service providing information, resource referrals, and support to teens and young adults. Monday – Friday: 10 a.m. – 10 p.m.
 - **1-800-950-6264 (NAMI); Text “Friend” to 62640 or email at helpline@nami.org**

CalHOPE Connect & Warmline

- Chat with a real person: **CalHOPE Connect** is Staffed with Support Specialists 8AM-Midnight | Monday – Sunday. If you would like to speak with someone outside of these hours, please call the **CalHOPE warmline at (833) 317- HOPE (4673) | Español (833) 642-7696 OR the BeWellLine at (949) 776-5520**; the warmline will be open for calls 24/7. ([Website](#))

Institute on Aging – Friendship Line

- The Friendship Line is both a “warm line” and a crisis intervention center for routine (even daily) phone calls that provide emotional support and friendly conversation. This line is for people aged 60 years and older, and adults living with disabilities. ([Website](#))
 - **1-888-670-1360**

MHASF – Mental Health Association of San Francisco

- California Peer-Run Warmline: The Warm Line provides accessible mental health support by using the wisdom of lived experience to connect, inspire hope, and empower our community toward unlimited recovery. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc. ([Website](#))
 - **Call or Text 855-600-9276 (WARM) to speak with a counselor 24/7**



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Teen Line

- The Teen Line hotline provides a safe, non-judgmental space for youth to talk about their worries with someone their age who 'gets it'. The hotline is staffed by highly trained teens and supervised by mental health professionals. Teen Line is accredited as a Crisis Center by the American Association of Suicidology. Message boards are also available for teens to talk to other teens about various topics, including anxiety around the Covid-19 virus, as well as tips for coping skills from teens on social media platforms including: Instagram at teenlineonline; Facebook at Teen Line; TikTok, etc. ([Website](#))
 - **Text 'TEEN' to 839863** – OPEN 6-9 pm PST Every Night Call **(800) 852-8336** 6-10 pm PST Every Night Nationwide (After hours, your call will be directed to Did Hirsch's Suicide Prevention Center.)

Postpartum Support International (PSI)

- PSI Helpline hours are available from 5am to 8pm PST; or 8am to 11pm EST. The helpline does not handle emergencies. Services are in English and Spanish. ([Website](#))
 - Call 1-800-944-4773
 - Text "help" to 1-800-944-4773 (English); 1-971-203-7773 (Spanish)

Mental Health Association for Chinese Communities (MHACC)

- MHACC is a nonprofit organization whose mission is to raise awareness of mental health within the Chinese community through advocacy, education, research, support, and services. Representing the wide spectrum of Chinese families and individuals affected by mental illness, and helping them develop meaningful and productive lives in the future. ([Website](#))
 - **(800) 881-8502**



SUPPORT GROUPS

NAMI: National Alliance on Mental Illness

- Many NAMI Affiliates offer an array of outstanding peer-led programs that provide free education, skills training and support. NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees. There are several local NAMI's within ELARC's catchment area that offer both English and Spanish courses/support groups in-person or online.
- **NAMI Connection Recovery Support Group** is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there. Find your local NAMI: ([Website](#))
- **NAMI Family Support Group** is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. ([Website](#))

AANE: Association for Autism and Neurodiversity

- Support Groups facilitated by AANE staff, adjunct facilitators, or volunteers who are Autistic, have Autistic family members, or have worked extensively with the autism community. If LOCAL is not indicated on the group you select, then the event is available to those living anywhere. Multi-session or "closed groups" are offered at a price, with some single-session or "open groups" offered for free. ([Website](#))

Discovery Mood & Anxiety Program

- Center for Discovery and Discovery Mood & Anxiety are proud to offer free online support groups for anyone who has been impacted by an eating disorder or mental health. Groups available for individuals in recovery, loved ones, and mental and medical healthcare professionals. ([Website](#))

Depression and Bipolar Alliance

- Peer-led Support Groups providing a place where people with mood disorders and those who care about them can share experiences, discuss wellness skills, and offer hope to one another. Please contact info@DBSACityofAngels.com for more information about meetings. ([Website](#))



Grief Share

- A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what is "normal" in grief. ([Website](#))

Postpartum Support International

- Provides free and virtual support groups for over 50 specialty topics including Perinatal Mental Health Support, Loss and Grief Support, and Post-Abortion and Termination for Medical Reasons Support. ([Website](#))

Compassionate Friends

- Support group for bereaved parents, siblings, and grandparents. ([Website](#))

Because I Love You

- Parent and Youth Support Groups. There are no membership requirements or dues. Parent Support Group Meetings via Zoom five times a week for both California and out-of-state parents. ([Website](#))

Hoarding Cleanup

- Sunday Night Support Group - 5:00pm (PST - West Coast Time) This meeting typically lasts about 2 to 3 hours. Join others just like you that understand the clutter issues that so many millions of people suffer from. Learn tips on how to help yourself or a loved one.
- Tuesday Night Support Group - 6:00pm (PST - West Coast Time) This is a peer to peer support group. Nobody knows just how you feel like people that struggle alongside you. Make friends that understand you and join in our Tuesday night chat! ([Website](#))



ADDITIONAL RESOURCES

211LA

- 211 LA is the locally based, nonprofit guide to the services and information you need to navigate life in Los Angeles ([Website](#))

USC Telebehavioral Health Clinic

- Telebehavioral Health provides individuals with "face-to-face," online counseling and psychotherapy services. The provider and individual connect from separate locations via a computer, laptop, tablet, or smartphone. Individuals can join their virtual sessions from a private location such as their home. ([Website](#))

Two programs are currently available to individuals free of charge:

- Psychotherapy – Licensed therapists provide weekly 50-minute appointments over 12 weeks or more.
- CalHOPE – Support specialists (typically second year MSW candidates) provide 50-minute appointments over 8-10 weeks. Flexible scheduling between the hours of 8am and 8pm.
- **(866) 740-6502**

BrightLife Kids (app)

- Free Behavioral Health coaching app for parents, caregivers, and children ages 0-12. Newly launched CalHOPE program by Brightline launched January 2024. ([Website](#))
- Support navigating milestones, phases, and behaviors for California families with children aged 0-12. Bilingual coaches, live translation services in 19 languages, and no insurance or referrals required. Live coaching sessions via video, secure chat (with your dedicated coach), and on-demand digital resources. Care navigation to community resources for children who may need additional support outside of BrightLife Kids.
 - **(888) 224-7332**; info@hellobrightline.com

Soluna (app)

- Confidential support for 13 to 25 year olds in California. No cost, no pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more. ([Website](#))



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- Soluna is a CalHOPE program powered by Kooth Digital Health and funded by the California Department of Health Care Services. Soluna is not a crisis service.
 - **(844) 582-2111**

Care Solace

- Care Solace navigates the mental health care system to find available providers matched to specific needs based on the individual's medical coverage. Services are free and currently available to individuals residing in Whittier, CA. Services are also available to several school districts across Southern California. ([Website](#))

Stop Bullying

- A federal government website managed by the U.S. Department of Health and Human Services. ([Website](#))

Committee for Children

- Bullying prevention resources for educators and families. Includes free activities, videos, and research to support parents and families in prevention, treatment, and advocacy. ([Website](#))

CalHHS

- Youth mental health resource hub. Categorized for youth, parents, families, and friends, and parents and teachers. ([Website](#))

Wellness Education Lab

- Practical and empowering mental health training. Each module offers three different versions for three unique audiences: students (13+), parents/guardians, and educators/school staff. ([Website](#))

Barrio Action Youth & Family Center

- Youth programs include recreation (indoor/outdoor sports, tae kwon do, field trips, dance, and music classes), tutoring and homework assistance, mental health services, pediatric weight management, and more. **Located at 4927 Huntington Dr. N Los Angeles, CA 90032; (323) 221 – 0779; info@barrioaction.org.**
- **Requirements for enrollment:** Address must be in Los Angeles County and not in specific areas (e.g., Alhambra and Pasadena do not qualify). Parents will need to provide a form of identification, proof of address, and proof of income or benefits. ([Website](#))



Brother Be Well

- Brother Be Well is a multimedia mental health awareness and wellness platform for boys and men of color. Brother Be Well delivers clinical and holistic Prevention and Early Intervention (PEI) education and linkages to resources and care. The blog, media, and tools are open to the public. Schools, community groups, families, and others are encouraged to start using their free resources today. ([Website](#))

SUD Non-Emergency Treatment Referral Line

- The Department of Health Care Services provides an automated non-emergency substance use disorder (SUD) treatment referral line for those seeking SUD treatment services in California. ([Website](#))

To reach the referral line, please call the following telephone numbers:

- **(800) 879-2772** – Statewide Toll Free, or
- **(916) 327-3728** – Outside California.

Hey Peers

- Offers peer support groups, one-to-one coaching, and private chatrooms where you can find meetings and conversations related to various topics including those just for women and categorized by mood disorder. ([Website](#))

Hoarding Help Message Groups

- Message boards active from 8:00 AM to 5:00 PM every day. Click on the topic title that interests you to connect with others and share your everyday struggles and success. **(800) 462-7337** ([Website](#))