



# MENTAL HEALTH TOOLKIT

This toolkit is in collaboration between the California Pan-Ethnic Health Network & the California Black Women's Health Project. Both are projects funded by the Mental Health Services Oversight & Accountability Commission. The purpose of this toolkit & project is to increase awareness of the challenges and issues facing the Diverse Racial and Ethnic Communities through advocacy, training and education, and outreach and engagement at the local levels

This toolkit contains five sections, just click a section below to get started:

- [Demographics of Los Angeles County](#)
- [Mental Health Disparities in Los Angeles County](#)
- [The Mental Health Services Act: How you Can Get Involved](#)
- [Community Process Planning: Your Opportunity to Make your Voice Heard](#)
- [Key Contacts for Continued Advocacy Efforts](#)
- [Local Mental Health Resources](#)



SECTION 2

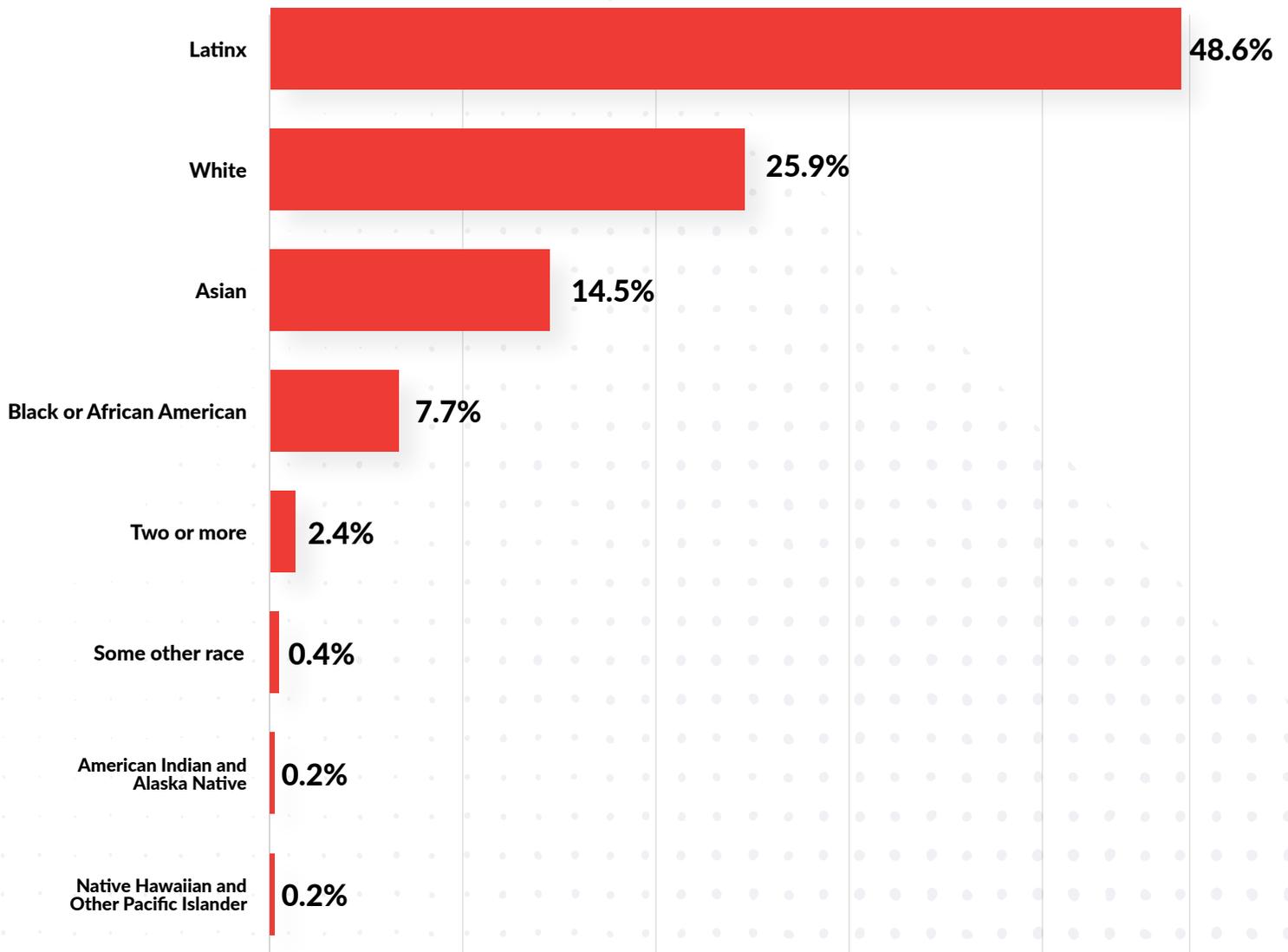
# DEMOGRAPHICS AND MENTAL HEALTH DISPARITIES IN LOS ANGELES COUNTY



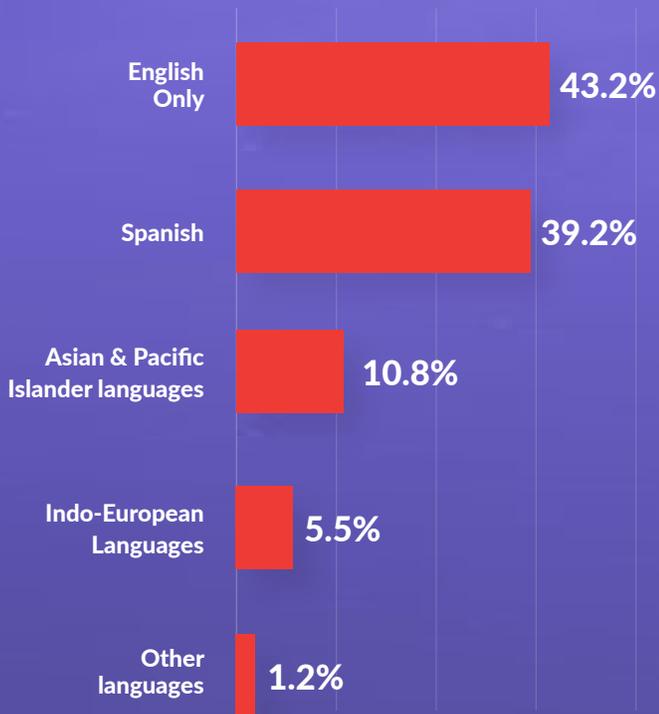
# Los Angeles County: Key Demographic Indicators

Mental health systems must meet the need of the diverse communities that they serve. These demographic indicators provide a brief overview of Los Angeles County residents and the socioeconomic challenges they face

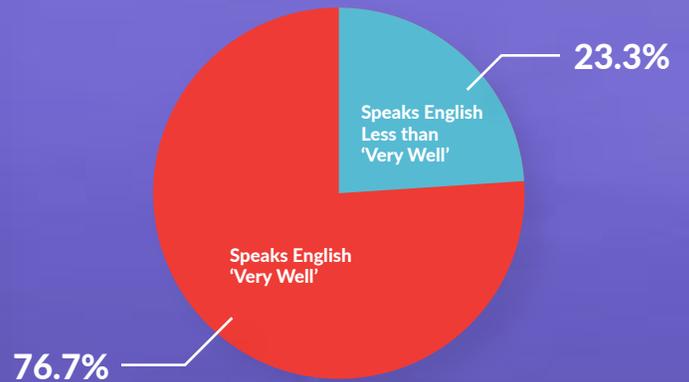
## Race and Ethnicity



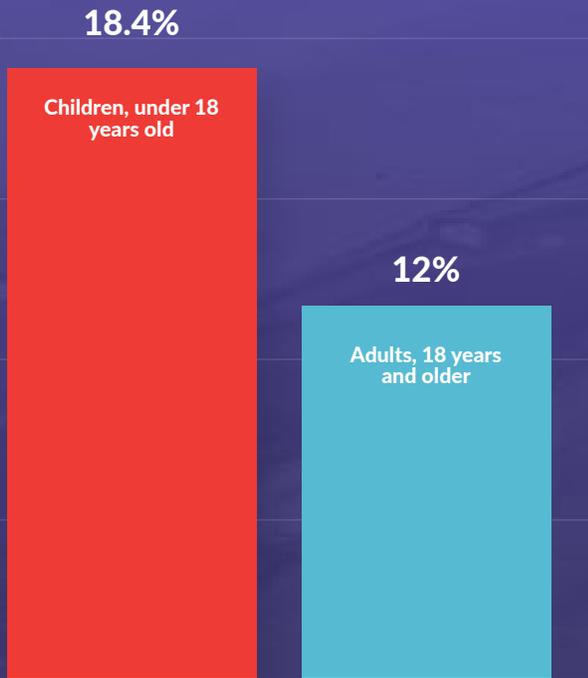
## Language



## English Proficiency

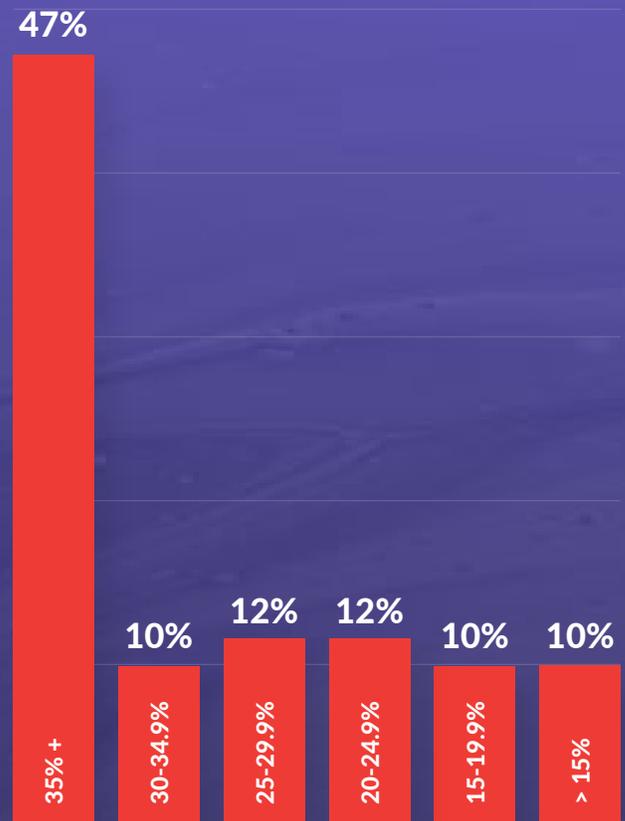


## Poverty



## Housing Affordability

Percentage of total household income spent on housing



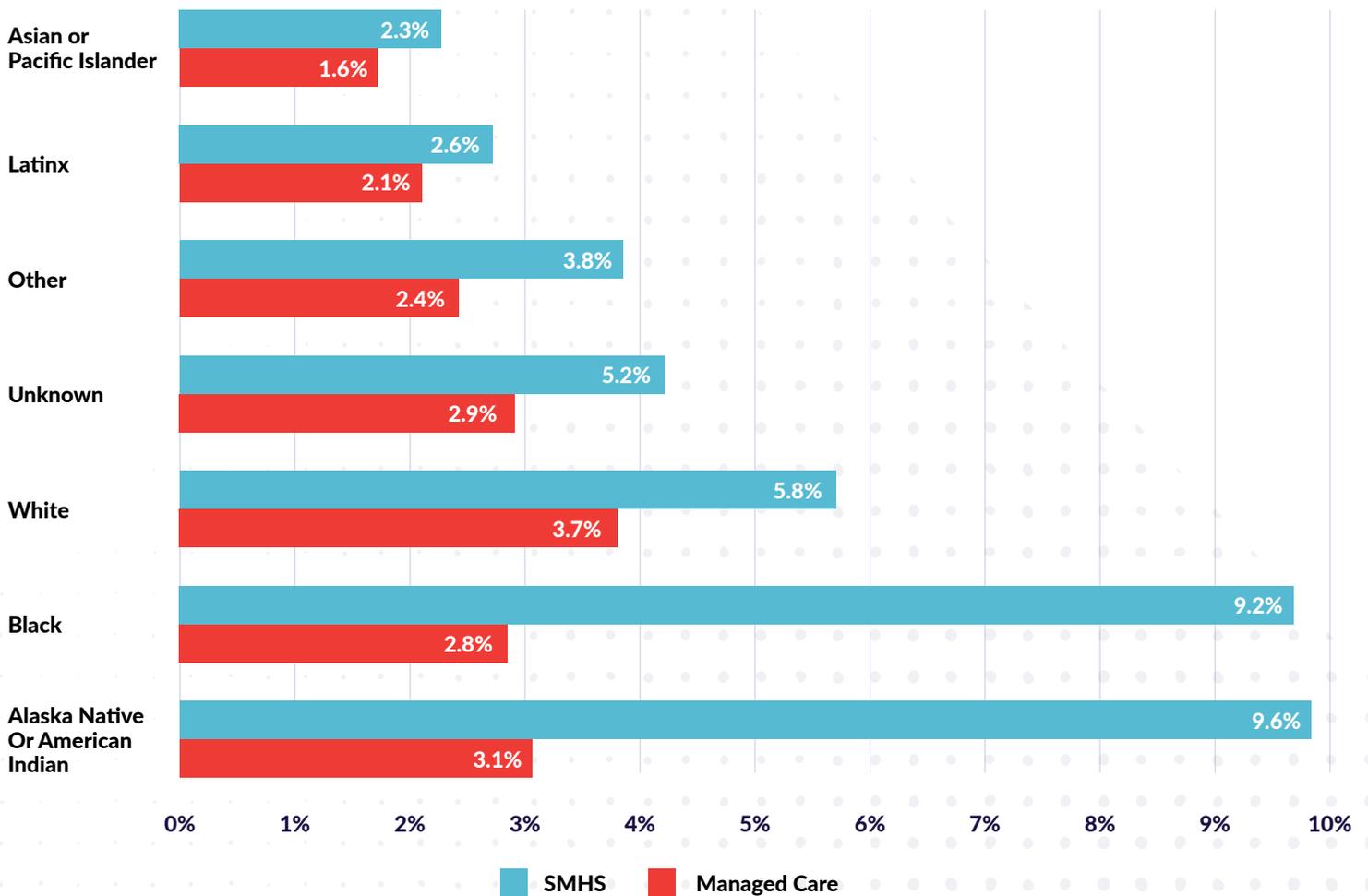
Housing is typically considered unaffordable when a household spends more than 30% of its income on housing.

# Mental Health Disparities in Los Angeles County

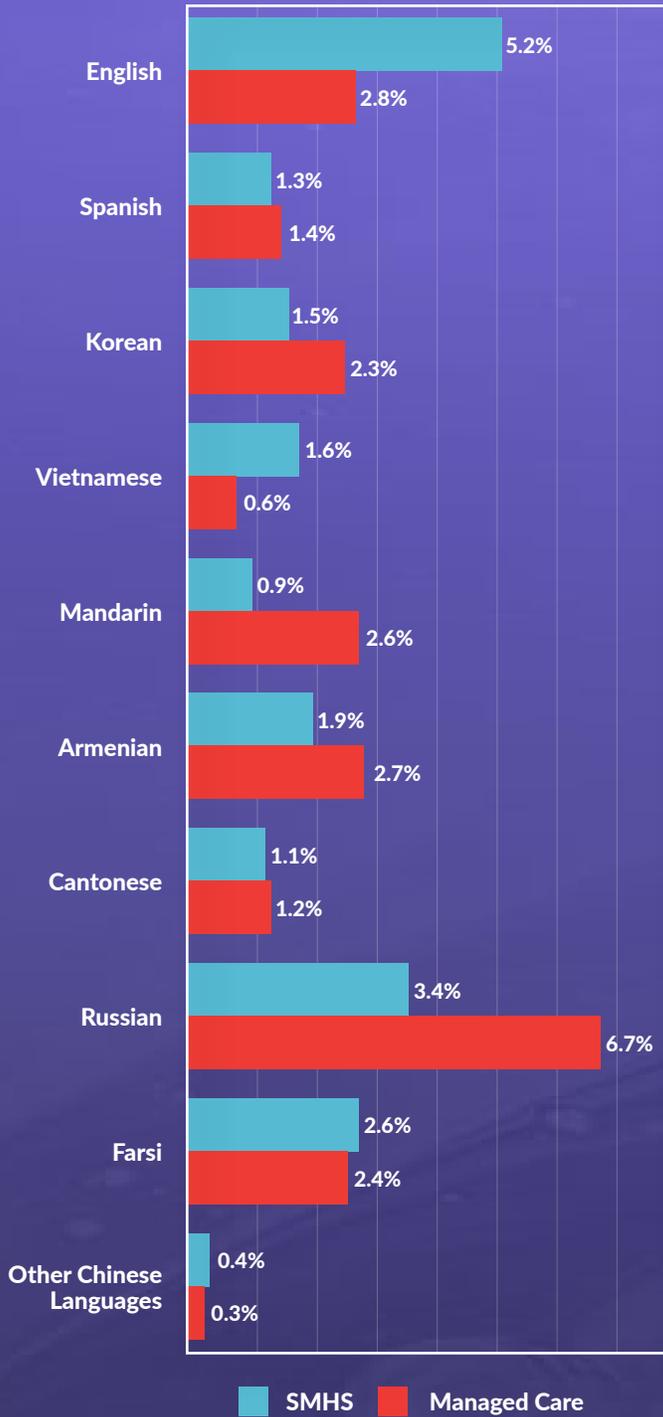
Medi-Cal mental health benefits for consumers are delivered through two separate systems. Counties provide a broad range of specialty mental health services (SMHS) to adult consumers with more severe mental illness, while Medi-Cal managed care provide non-specialty mental health services to consumers with mild-to-moderate mental health conditions. New data shows that communities of color in Los Angeles continue to face wide disparities in both systems of care.

## Mental Health Access and Utilization

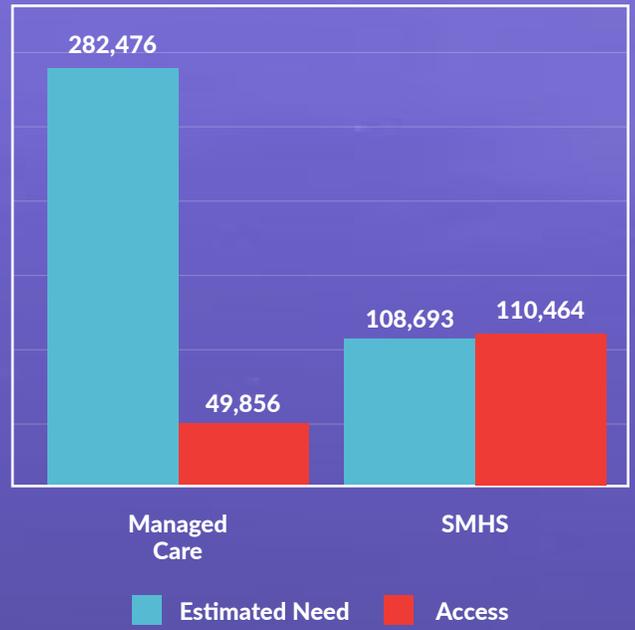
Medi-Cal mental health access rates vary significantly by race and ethnicity, with some groups accessing services at much higher rates than others.



## Language Access



## Estimated Need by System



## Medi-Cal Access vs. Need





SECTION 4

# MENTAL HEALTH SERVICES ACT: HOW TO BE INVOLVED



# What is the MHSA?

The Mental Health Services Act (MHSA) was voted into law by Californians in 2004 with the passing of Proposition 63. According to the Department of Health Care Services (DHCS), “It is designed to expand and transform California’s behavioral health system to better serve individuals with, and at risk of, serious mental health issues, and their families. MHSA addresses a broad continuum of prevention, early intervention, and service needs and the necessary infrastructure, technology, and training elements that effectively support the public behavioral health system.”

**The MHSA is funded through a 1% tax on personal income above \$1 million per year.<sup>1</sup>**

## How is the MHSA funding administered?

As part of Proposition 63, specifically Section 10 of the MHSA (Welfare and Institutions Code Section 5845), the legislation mandated the creation of the Mental Health Services Oversight and Accountability Commission (MHSOAC) to administer, implement and oversee this funding. This legislation also outlined defined how the MHSOAC functions and its composition.<sup>2</sup>

## What areas do the MHSA have to work on?

The Mental Health Services Act has six system-building components it must address in every county. They are community program planning and administration, community services and supports, capital (buildings) and information technology, education and training (human resources), prevention and early intervention, and innovation.<sup>3</sup>

## How does the MHSA address the six components?

Under statute and California regulation, each county is required to develop a Three Year Plan, Expenditure Plan, and Annual Updates with the guidance of stakeholders. This process is known as the Community Program Planning process. To learn more about the Community Program Planning process, please go to the Community Program Planning section on page.<sup>4</sup>



<sup>1</sup>[https://www.dhcs.ca.gov/services/MH/Pages/MH\\_Prop63.aspx](https://www.dhcs.ca.gov/services/MH/Pages/MH_Prop63.aspx)

<sup>2</sup> [http://leginfo.ca.gov/faces/billNavClient.xhtml?bill\\_id=2009201035B10](http://leginfo.ca.gov/faces/billNavClient.xhtml?bill_id=2009201035B10)

<sup>3</sup> [https://mhsoc.ca.gov/sites/default/files/MHSA%20Jan2020\\_0.pdf](https://mhsoc.ca.gov/sites/default/files/MHSA%20Jan2020_0.pdf)

<sup>4</sup> WIC § 5800-5815 and 9 CCR § 3300 and 9 CCR § 3310

## How can I get involved with the Community Program Planning process in LA county?

In Los Angeles the Community Program Planning process is called YourDMH. Per LA County's 2020-2023 Mental Health Services Act Three Year Plan, "YourDMH is engaged to produce community-driven stakeholder priorities that provide feedback and guidance to LACDMH in the development of Departmental Action Plans for countywide service provision across the system. It forms planning and development for large system efforts, including the MHSAs Three-Year Plan. Partners in YourDMH play an active role in setting the priorities of funding allocations for services funded by MHSAs and also provide feedback on priority populations and service models to be implemented."

YourDMH is composed of four groups who assist the county in developing the Three Year Plan, Expenditure Plan, and Annuals Updates and oversee its implementation. Those groups are: the Mental Health Commission (Commission), the Service Area Leadership Teams (SALT), the Underserved Cultural Community groups (UsCCs), and the Community Leadership Team (CLT)<sup>5</sup>

- **Mental Health Commission (Commission):** The role of the Commission is to review and evaluate the community's mental health needs, services, facilities and special programs. W.I.C. Section 5604 mandates the Commission consist of 10 to 15 members with fifty percent of the board membership being consumers, or the parents, spouses, siblings, or adult children of consumers, who are receiving or have received mental health services. At least 20 percent of the total membership shall be consumers, and at least 20 percent shall be families of consumers.
- **Service Area Leadership Team (SALT):** The role of SALTs is to ensure stakeholder representation based on geographic boundaries in which people are served from each of the service planning areas (SPAs).
- **Underserved Cultural Communities (UsCCs):** The role of the UsCCs is to ensure representation in the planning and development of mental health for the cultural communities they represent. The seven UsCCs represent the interests of LACDMH stakeholders who are part of Los Angeles County's historically unserved, underserved and/or inappropriately served cultural communities, including African/African American, Latino, Asian Pacific Islander, Middle Eastern/Eastern European, Native American/Alaskan Native, LGBTQI2-S, and Access for All.
- **Community Leadership Team (CLT):** CLT is made up of co-chairs from the SALTs and UsCCs. CLT participants work together to discuss and consolidate stakeholder priorities through a vetting and voting process.

To get involved in any of these groups, go to the DMH events page and look for an upcoming meeting:

<https://dmh.lacounty.gov/events/category/general-event/>

## How can I get involved with MHSAs at the state level?

If you're interested in engaging in state level advocacy, please reach out to the California Pan-Ethnic Health Network for navigation assistance and guidance. You can reach out directly to our Community Advocacy Manager, Stephanie Franco, at [sfranco@cpehn.org](mailto:sfranco@cpehn.org) or email our general inbox at [info@cpehn.org](mailto:info@cpehn.org).



SECTION 3

# COMMUNITY PLANNING PROCESS

YOUR OPPORTUNITY TO  
MAKE YOUR VOICE HEARD



# COMMUNITY PLANNING PROCESS

In the How to be Involved section of this toolkit we described the Mental Health Services Act (MHSA) and the many parts that compose the work of the MHSA at the county level. In this section, we'll be delving into the Community Program Planning process as it's ordered by statute and California regulation.

There will be many references to California's Welfare and Institutions Code and Code of Regulations. If you're unfamiliar with what these are, California Code of Regulations (CCR) are the regulations that implement the Welfare and Institution Codes (WIC). Welfare and Institution Codes contain the statutes (passed legislative bills).

## 1. What is the Community Program Planning (CPP) process?

- MHSA funds are divided into six components and one of them is Community Program Planning.
  - Community Programming Planning is a state-mandated, community collaboration process that is used to: assess the current capacity of mental health care and services, define the populations to be served, and determine strategies to provide effective MHSA-funded programs that are:
    - Culturally Competent
    - Client and Family-Driven
    - Wellness, Recovery and Resilience-focused
    - Provide an Integrated Service Experience for Clients and their Families. (Services reinforce coordinated agency efforts to create a seamless experience for clients, consumers and families.)
- Source: <https://www.calbhbc.org/resources.html>
- In the mandate, the counties are tasked with organizing and facilitating meaningful stakeholder involvement on mental health policy, program planning, and implementation, monitoring, quality improvement, evaluation, and budget allocations.

## 2. Sources for CPP in general:

CCR, 9 CA ADC § 3200, 3200.060, 3200.270, 3200.90, 3300, 3315, 3320 & WIC 5848 (a,b,f) & 5604.2(4)

## 3. What is the purpose of the Community Program Planning process?

- There are three goals for the Community Program Planning process. They are to create a Three Year Plan, an Expenditure Plan, and Annual Updates.
- The Plan(s) and Updates developed through the Community Program Planning process should detail what MHSA funded programs are doing, how much will be set aside to fund these programs, what needs to be done to evaluate the effectiveness of these programs, and how these programs will meet the intent and requirements of the Mental Health Services Act.
- The entire process should be incorporating community collaboration.

[https://www.dhcs.ca.gov/services/MH/Pages/MH\\_Prop63.aspx](https://www.dhcs.ca.gov/services/MH/Pages/MH_Prop63.aspx)

## 4. Community collaboration? Do you mean stakeholders?

- Yes!
- Stakeholders must include, but are not limited to:
  - Individuals with serious mental illness and/or serious emotional disturbance and/or their families
  - Providers of mental health and/or related services such as physical health care and/or social services
  - Educators and/or representatives of education
  - Representatives of law enforcement
  - And any other organization that represents the interests of individuals with serious mental illness/ and/or serious emotional disturbance and/or their families.
- County programs and/or services, found in the Plan(s) and any Updates shall only be funded if the Community Program Planning Process follows these regulations
- These requirements are found in the CA Welfare and Institutions Code (WIC § 5848) and in the California Code of Regulations (9 CCR § 3310) and (9 CCR § 3300)

## 5. Chicken or the Egg?

- Do you develop a three-year program first and then go into community program planning?
- Community Program Planning Process comes first. That's in the California Code of Regulations (9 CCR § 3300). You cannot have a Three-Year Program, Expenditure Plans and Updates without conducting a community planning process.

## 6. There's a lot to do before publishing a three-year plan. How will I become familiar?

- Training Per California Code of Regulation 3300:
  - Training shall be provided as needed to County staff designated responsible for any of the functions BELOW that will enable staff to establish and sustain a Community Program Planning Process.
    - **The overall Community Program Planning Process.**
    - **Coordination and management of the Community Program Planning Process.**
    - **Ensuring that stakeholders have the opportunity to participate in the Community Program Planning Process.**
  - But that's training for the county. What about training for me?
    - **Per the same regulation, training shall be offered, as needed, to those stakeholders, clients, and when appropriate the client's family, who are participating in the Community Program Planning Process.**
- If you're interested in training and education opportunities, please contact CPEHN's Community Advocacy Manager, Stephanie Franco, at [sfranco@cpehn.org](mailto:sfranco@cpehn.org) or email CPEHN's general inbox at [info@cpehn.org](mailto:info@cpehn.org)

## 7. How do I join the Community Planning Process?

- Each county has developed several workgroups to accomplish the tasks of the CPP. In Los Angeles, those groups are the Mental Health Commission (Commission), the Service Area Leadership Teams (SALT), the Underserved Cultural Community groups (UsCCs), and the Community Leadership Team (CLT).
- Please review our How to Be Involved factsheet to learn more about each of these groups

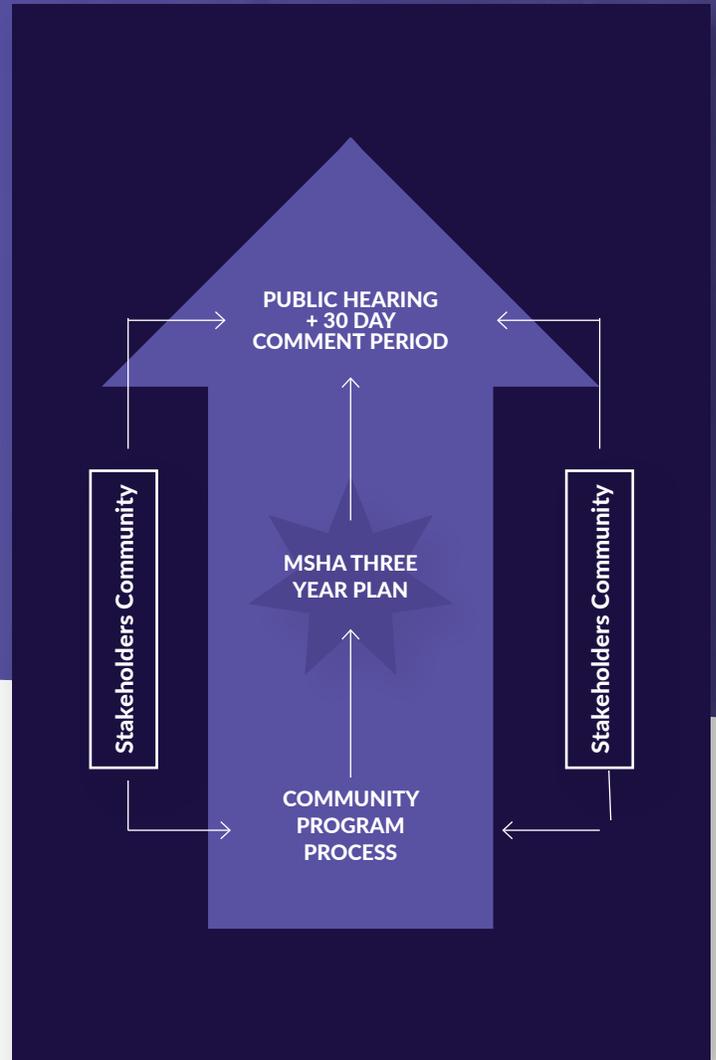
[VIEW NOW](#)

## 8. How do we know when we're done with the Community Program Planning process?

- That is unique to every county's Community Program Planning process.
- But a Three Year Plan, Expenditure Plan and any Updates must be adopted by the county Board of Supervisors and submitted to the Mental Health Services Oversight and Accountability Commission (MHSOAC) within 30 days after Board of Supervisor adoption
- Welfare and Institutions Code 5604 states the mental health board shall conduct a public hearing on the draft three-year program and expenditure plan at the close of the 30-day comment period.

## 9. I want to participate in LA County's Community Program Planning process. How do I get started?

- You can start by visiting LA's Department of Mental Health events page where they post upcoming meetings for Community Program Planning.
- You can also email CPEHN's Senior Policy Coordinator, Susan Flores, at [sflores@cpehn.org](mailto:sflores@cpehn.org) or CPEHN's general inbox at [info@cpehn.org](mailto:info@cpehn.org)





SECTION 5

# KEY CONTACTS FOR CONTINUED ADVOCACY EFFORTS



# LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

## YOURDMH

### UNDERSERVED CULTURAL COMMUNITIES SUBCOMMITTEES

One of the cornerstones of the Los Angeles County Department of Mental Health (LACDMH) is to empower underrepresented and unserved ethnic/cultural groups and to give them a voice in the community stakeholder process. LACDMH aims to expand services to include culturally competent and linguistically appropriate approaches to ethnic/cultural communities that have been historically marginalized by the public mental health system. The term Underserved Cultural Communities (UsCC) refers to communities historically unserved, underserved, and inappropriately served, in terms of mental health services. UsCC subcommittees have been developed by LACDMH to address the needs of targeted

## Los Angeles County Board of Supervisors

**Hilda L. Solis**

First District

**Kathryn Barger**

Fifth District

**Gregory C. Polk, MPA**

Chief Deputy Director

**Mark Ridley-Thomas**

Second District

**Los Angeles County**

**Department of Mental Health**

**Lisa H. Wong, PsyD**

Senior Deputy Director

**Sheila Kuehl**

Third District

**Jonathan E. Sherin, MD, PhD**

Director

**Janice Hahn**

Fourth District

**Curley L. Bonds, MD**

Chief Medical Officer

## THE USCC SUBCOMMITTEES INCLUDE THE FOLLOWING:

- **Access For All**  
(Deaf, Hard of Hearing, Blind, and Physical Disabilities)
- **American Indian/Alaska Native (AI/AN)**
- **Asian Pacific Islander (API)**
- **Black & African Heritage**
- **Eastern European/Middle**
- **Eastern (EE/ME)**
- **Latino**
- **Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Two-Spirit (LGBTQIA2-S)**

Each UsCC subcommittee meets monthly to discuss relevant issues and projects. UsCC subcommittee meetings are open to the general public, consumers/clients/peers, family members, community organizations, community members, and ethnic/cultural special interest groups. Each of the UsCC subcommittees is allotted funding to develop capacity building projects to serve their respective UsCC community. The projects aim to increase knowledge of signs and symptoms of mental illness, increase awareness of mental health resources, encourage early access of services, and decrease stigma. The UsCC capacity building projects help LACDMH to better reach, retain, and serve the members of these communities throughout Los Angeles County in a culturally and linguistically appropriate manner.

## THE USCC SUBCOMMITTEES INCLUDE THE FOLLOWING:

### Access For All

(Deaf, Hard of Hearing, Blind,  
and Physical Disabilities)

Rosario Ribleza, MBA, MPA  
(213) 251-6821

[rribleza@dmh.lacounty.gov](mailto:rribleza@dmh.lacounty.gov)

### American Indian/Alaska Native (AI/AN)

Kelly Wilkerson, LCSW  
(213) 251-6834

[kewilkerson@dmh.lacounty.gov](mailto:kewilkerson@dmh.lacounty.gov)

### Asian Pacific Islander (API)

Luis Guzman, PsyD  
(213) 251-6806

[lguzman@dmh.lacounty.gov](mailto:lguzman@dmh.lacounty.gov)

### Black & African Heritage

Desiree DeShay, MSW  
(213) 251-6807

[ddeshay@dmh.lacounty.gov](mailto:ddeshay@dmh.lacounty.gov)

### Eastern European/Middle Eastern (EE/ME)

Anna Yaralyan, PsyD  
(213) 251-6739

[ayaralyan@dmh.lacounty.gov](mailto:ayaralyan@dmh.lacounty.gov)

### Latino

Luis Guzman, PsyD  
(213) 251-6806

[lguzman@dmh.lacounty.gov](mailto:lguzman@dmh.lacounty.gov)

### Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, Two-Spirit (LGBTQIA2-S)

Kelly Wilkerson, LCSW  
(213) 251-6834

[kewilkerson@dmh.lacounty.gov](mailto:kewilkerson@dmh.lacounty.gov)



SECTION 1

# LOCAL MENTAL HEALTH RESOURCES



# Los Angeles County Department of Mental Health (LACDMH)

The largest county-operated mental health department in the United States whose mission is to enrich lives through partnership to strengthen the community's capacity to support recovery and resiliency.

LACDMH provides a range of programs and services designed for older adults experiencing mental health issues.

## SERVICES INCLUDE:

- Screening and Assessment
- Case Management
- Individual & Family Treatment
- Crisis Intervention Services
- Full Service Partnership
- Field Capable Clinical Services
- Prevention & Early Intervention
- Service Area Provider List

If you or someone you know needs mental health services and/or counseling, call **213-351-7284** or visit their website here

For children and youth, LACDMH has a family and community partnerships unit. You can learn more about their services and programs here.

For service navigators in LA County please visit LA County Service Navigators. These service area navigators are specific people who help others navigate the services within LA County.

[Dmh.lacounty.gov](http://Dmh.lacounty.gov)

## Disability Rights California (DRC)

Advocates, educates, investigates, and litigates to advance and protect the rights of Californians with disabilities.

[www.disabilityrightsca.org](http://www.disabilityrightsca.org)

## OK2TALK

This campaign creates a community for teens and young adults struggling with mental health problems and encourages them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

<http://ok2talk.org>

## Each Mind Matters

California's mental health movement with hundreds of organizations and millions of individuals working together.

[www.eachmindmatters.org](http://www.eachmindmatters.org)

## Legal Aid Foundation of LA-Medical Legal Partnerships

<https://lafla.org/get-help/medical-legal-partnerships/>

## Mental Health America (MHA)

Founded in 1909, it's the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

## Mental Health America of California

Ensures that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to live full and productive lives, receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

<https://www.mhac.org> or 1-916-557-1167

## Mental Health Advocacy Services

<http://mhas-la.org/programs/>

## Neighborhood Legal Services of LA-Health Consumer Center

<https://nls-la.org/services/healthcare/>

## Know The Signs

A statewide suicide prevention social marketing campaign built on three key messages: Know the signs. Find the words. Reach out.

[www.suicideispreventable.org](http://www.suicideispreventable.org)

## American Foundation for Suicide Prevention (AFSP)

A voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide.

<https://afsp.org>

## Project Return Peer Support Network

A non-profit peer run organization that promotes wellness, personal growth and self-determination for people who have experienced mental illness by providing social opportunities, education, and community involvement.

[www.prpsn.org](http://www.prpsn.org)

## Substance Abuse and Mental Health Services Administration (SAMHSA)

It is their mission to reduce the impact of substance abuse and mental illness on America's communities.

[www.samhsa.gov](http://www.samhsa.gov)

## Painted Brain

Uses media and the arts to bridge community barriers and change the discussion about mental illness.

[www.paintedbrain.org](http://www.paintedbrain.org)

## WE RISE

Part of a movement to transform our mental health care system using art and community building to unite efforts to foster the empowerment of mental health and wellbeing as a civil right. Challenges us to see that together we have the power to change the culture, climate and systems.

<https://werise.la>

## LACDMH Consumer & Family Affairs

Gives a voice to family members and consumers and promotes the partnership among consumers, family members and treatment teams so that each can offer their valuable expertise toward the treatment of mental illness.

<http://dmh.lacounty.gov>

## Los Angeles County Client Coalition

Focuses on legislative/policy-making activities and support & self-advocacy of mental health consumers.

<http://lacclientcoalition.org>

## This Is My Brave, Inc.

Their mission is to end the stigma surrounding mental health issues by sharing personal stories of individuals living successful, full lives despite mental illness through poetry, essay and original music, on stage in front of a live audience, through stories submitted and published to their blog & YouTube channel.

<https://thisismybrave.org>

## Schizophrenia and Related Disorders Alliance of America (SARDA)

Dedicated to improving the lives of people with schizophrenia and related disorders and promoting hope & recovery through support programs, education, collaboration, and advocacy.

<https://sardaa.org> or at 1-800-493-2094

## California Black Women's Health Project

Seek to empower women to become active participants in improving their health status and committed to advocating for policies and practices that promote & improve physical, spiritual, mental and emotional well-being of Black women and girls in California.

<https://www.cabwhp.org> or at 1-310-412-1828

## African Communities Public Health Coalition (ACPHC)

Mission to improve personal and community health & wellness within the African community by increasing the availability of culturally-relevant physical and mental health services; providing education to reduce stigma; and facilitating social justice through advocacy.

<https://africancoalition.org> or at 1-213-909-0985

## National Education Alliance for Borderline Personality Disorder

Works with families and persons in recovery, raises public awareness, provides education to professionals, promotes research, and works with Congress to enhance the quality of life for those affected by Borderline Personality Disorder.

<https://www.borderlinepersonalitydisorder.org>

## Peace of Mind Foundation

A 501(c)(3) non-profit organization whose mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. They also fund an OCD Challenge program, a free interactive self-help tool that guides users step by step through the strategies and skills needed to manage OCD symptoms.

<https://peaceofmind.com>

## The National Alliance for Caregiving (Circle of Care: A Guidebook for Mental Health Caregivers)

Designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition.

[www.caregiving.org/circleofcare](http://www.caregiving.org/circleofcare)

<https://www.caregiving.org> or at 1-301-718-8444

## The JED Foundation

Mission is to protect emotional health and prevent suicide for our nation's teens and young adults. JED partners with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems.

<https://www.jedfoundation.org>

# MENTAL HEALTH, REHAB, & COUNSELING SERVICES

## LACDMH - Mental Health Resources

Prepared by County of Los Angeles - Department of Mental Health (DMH) Prevention Bureau Administration

<http://homevisitingla.org/wp-content/uploads/2018/10/MH-Resources-for-All.pdf>

## Behavioral Health Treatment Facility Locator

Helps you find a facility nearest you in your state. It's a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

<http://findtreatment.samhsa.gov>

## All Treatment

Provides an online treatment center directory, addiction information, and resources.

<https://www.alltreatment.com> or at 1-877-220-6588

## Service Area Navigation Team

Assist individuals and family members identify mental health services.

1-323-298-3675

## Cultural Therapy

To connect people who belong to racially and ethnically diverse groups with culturally affirming mental health providers who understand their unique histories and needs.

<https://culturaltherapy.health>

Mental Health Toolkit

## LA-HOP (Los Angeles Homeless Outreach Portal)

Designed to assist people experiencing homelessness in Los Angeles County with outreach services. Do you know someone experiencing homelessness who needs help? Notice a homeless neighbor who seems to be struggling with their physical and/or mental health? You can help them by filling out an outreach request and alert LA-HOP as to any specific concerns you may have regarding the person's well-being.

[www.lahsa.org/portal/apps/la-hop](http://www.lahsa.org/portal/apps/la-hop)

## Mental Health Screening

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. After the online screening, you will be provided with information, resources and tools to discuss the results with a provider.

<http://screening.mentalhealthamerica.net/screening-tools>

## Augustus F. Hawkins Mental Health Center

Provides a variety of outpatient mental health services for adults, children, older adults and their families. Services are available in English, Spanish, and other languages based on need.

1-310-668-4271

## Emmada Psychology Center

Provides culturally informed mental health services that integrate spirituality, psychology, and Christianity for children and adults. Offices located in Westchester and Pasadena, CA.

[www.emmadapsych.com](http://www.emmadapsych.com) or at 1-866-863-4645

## Antioch University Counseling Center (AUCC)

Provides specialized psychotherapy services to individuals, couples, families, and groups serving adults, adolescents, and children. Fees are based on a sliding scale. Located in Culver City, CA.

[www.antiochla.edu](http://www.antiochla.edu) or at 1-310-574-2813, ext. 366

## Colors LGBTQ Youth Counseling Center

Provides free LGBTQ-affirmative counseling and healing psychotherapeutic services to youth under 25 and their families in greater Los Angeles area.

[www.colorsyouth.org](http://www.colorsyouth.org) or at 1-323-953-5130

## Didi Hirsch Mental Health Services

Provides mental health and substance abuse services to those in need, regardless of ability to pay. They have 11 sites throughout Southern California.

[www.didihirsch.org](http://www.didihirsch.org) or at 1-888-807-7250

## Southern California Health & Rehabilitation Programs (SCHARP)

Provides quality mental health, social and rehabilitation services to vulnerable ethnic minority populations in South Los Angeles.

[www.scharpca.com](http://www.scharpca.com) or at 1-310-631-8004

## Women's Reintegration Services & Education Center

Assist women who have been incarcerated and face mental health, co-occurring substance abuse, & legal issues to reintegrate and become successful members of their communities.

1-323-525-6400

## Addiction Center

Help you find treatment & a drug rehab center based on your location, budget, and specific needs.

<https://www.addictioncenter.com> or at 1-844-217-2169

## Alcohol Addiction Center

A free, web-based resource helping to bring education and information to the world about alcohol addiction. It is their hope that with increased awareness, more & more people will get the help that they need.

<https://alcoholaddictioncenter.org>

## National Council on Seniors Drug & Alcohol Rehab

Provide information, resources and treatment for care providers and seniors battling addiction and related conditions.

<https://rehabnet.com> or at 1-877-888-0552

## Rehab Spot

Helps those struggling with addiction and their families find the information, support, and resources needed to get help.

<https://www.rehabspot.com> or at 1-844-286-0953

## DetoxRehabs.org

Offers an extensive list of detox centers, rehab programs, and treatment facilities to choose from. They also have rehabilitation consultants standing by to assist you. Simply fill out the contact form or call our toll-free number to speak with a live person.

<http://detoxrehabs.org> or at **1-888-694-3198**

## Talkspace

Provides affordable, confidential and anonymous online therapy with a professional licensed therapist. You can message your therapist anytime and anywhere from your smartphone or the web.

[www.talkspace.com](http://www.talkspace.com)

## Telehealth (USC Suzanne Dworak-Peck School of Social Work)

An online clinic that uses videoconferencing to provide clients with counseling and psychotherapy services in English & Spanish. Available Monday-Friday, 8am - 7pm PST. 12 individual sessions free!

<https://dworakpeck.usc.edu/telehealth>

or at **1-866-740-6502**

## Military OneSource

Offers a wide range of individualized consultations, coaching and counseling for many aspects of Military Life. Serves those in the military, military families, and the global military community. Available 24 hours a day, 365 days a year... all calls are confidential.

<http://www.militaryonesource.mil> or at **1-800-342-9647**

## TLA Therapy

Provides compassionate, convenient, and affordable individual and group psychotherapy. Offers a range of services including Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Interpersonal Therapy (IPT).

<https://www.tlatherapy.com> or at **1-424-256-3810**

## Watts Counseling & Learning Center

A unique community service of Kaiser Permanente Southern California. Since 1967, the Center has provided counseling, outreach, and educational services to the residents of Watts and the surrounding communities.

<https://community.kp.org/be-informed/program/watts-counseling-and-learning-center> or at **1-323-564.7911**

## Downtown's Women Center Trauma Recovery Center: Be Well Program

Provides mental health, crisis support, and case management services to women who are survivors of violence and trauma. Offering therapy in Spanish beginning September 2020.

<https://downtownwomenscenter.org> or at

**1-213-213-2876 (Day Center)**

**1-213-864-8496 (Kristen Muché, Clinical Program Manager)**

## Therapy For Latinx

Committed to making mental health accessible through the use of technology for the Latinx community.

<https://therapyforlatinx.com>

# CRISIS SUPPORT, HELPLINES & WARMLINES

## National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

1-888-628-9454 (En Español)

1-800-799-4889 (TTY Service for Deaf & Hard of Hearing)

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress. By calling, you'll be connected to a skilled, trained counselor at a crisis center in your area.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## National Hopeline Network

1-800-SUICIDE (1-800-784-2433)

By calling, you'll be connected to a certified crisis center nearest to your calling location.

[www.hopeline.com](http://www.hopeline.com)

## NAMI National's Helpline

1-800-950-NAMI (1-800-950-6264)

M - F, 10am - 6pm, ET

Email [info@nami.org](mailto:info@nami.org)

Provides information on mental health conditions, treatment options, local support groups, services & programs, recovery strategies, and resource referrals. All crisis calls are transferred to a national crisis line or you can text "NAMI" to 741-741.

<https://www.nami.org>

## Crisis Text Line

Text HOME to 741-741

A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text. It's been instrumental in helping millions of people especially teens.

[www.CrisisTextLine.org](http://www.CrisisTextLine.org)

## Panic Disorder Info Hotline

1-800-64-PANIC (1-800-647-2642)

This is available to those in crisis, as well as those who are just seeking more information about the disorder. For many who experience panic attacks, it can be helpful to speak to someone who understands what they're going through during an attack. The compassionate staff at the panic disorder hotline can provide information about what happens during an attack and provide tips to help get through the attack.

## Teen Line

1-800-TLC-TEEN (1-800-852-8336) / 6pm - 10pm PST

Text TEEN to 839863 / 6pm - 9pm PST

A confidential teen-to-teen helpline that uses trained high school volunteers to help teen callers with any kind of problem. Service available in both the USA and Canada.

[www.TeenLineOnline.org](http://www.TeenLineOnline.org)

## CA Youth Crisis Line

1-800-843-5200 (Text/Talk/Chat)

Available 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. It has access to more than 5,500 free or low-cost resources for youth and families across CA.

<https://calyouth.org>

## The Trevor Project

1-866-488-7386

The only organization providing 24/7 crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24).

[www.TheTrevorProject.org](http://www.TheTrevorProject.org)

## Trans Lifeline

1-877-565-8860 (USA)

1-877-330-6366 (Canada)

A peer support hotline run by and for trans people. Available 7am-1am PST / 9am-3am CST / 10am-4am EST.

<https://www.translifeline.org>

## ACCESS-LA County Helpline

1-800-854-7771

Department of Mental Health's Emergency & Non-Emergency Helpline, available 24 hours / 7 days a week. Provides linkages to consumers to mental health services in the community & resources to consumers in crisis.

[dmh.lacounty.gov](http://dmh.lacounty.gov)

## 2-1-1

Dial 2-1-1 (Toll-Free)

A free, confidential referral and information service that connects people across the U.S. & in many parts of Canada to a specialist who will help you find the local resources you need. Available 24 hours / 7 days a week.

<http://www.211.org>

## 7 Cups Of Tea

An online emotional support service that connects those in need to a trained Active Listener by phone or chat. All connections are private and one-on-one.

[www.7cups.com](http://www.7cups.com)

## Project Return Warm Line

1-888-448-9777

1-888-448-4055 (Spanish)

M - F, 5pm - 10pm & Sat, 11am - 4pm

Los Angeles County's first after-hours telephone line for individuals with mental health challenges and staffed entirely by peers with lived experience. They also provide referrals to services or organizations that are of interest, such as healthcare facilities, family planning agencies, shelters, self-help and support groups, and much more.

<http://prpsn.org/services/warm-line>

## LA Warmline

1-855-952-WARM (1-855-952-9276)

10pm - 6am

A confidential overnight telephone support service in English & Spanish for anyone in Southern California who is struggling with loneliness, anxiety, substance use, mental health concerns, or needs information about available mental health services.

## NEDA Helpline

National Eating Disorders Association

1-800-931-2237

M - Th, 9am-9pm ET & Fri, 9am-5pm ET

Trained volunteers provide support, resources, and treatment options.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## Veterans Crisis Line

1-800-273-8255 and Press 1.

Para español, oprima 2.

1-800-799-4889 (TTY Service for Deaf / Hard of Hearing)

Send a text message to 838255

Connects veterans in crisis, their families & friends with qualified, caring VA responders. Available 24 hours, 7 days a week, confidential.

<https://www.veteranscrisisline.net>

## SAMHSA National Helpline

1-800-662-HELP (1-800-662-4357)

A free, confidential, 24/7, 365 days a year treatment referral and information service in English & Spanish for individuals and families facing mental and/or substance use disorders.

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

## Addiction Resource Rehab Helpline

1-888-459-5511

Treatment specialists help you find the best drug and alcohol rehab centers and programs! This is a free, national, 24/7 confidential helpline.

<https://addictionresource.com>

## Disaster Distress Helpline

1-800-985-5990

1-800-846-8517 (TTY for Deaf / Hard of Hearing)

Text TALKWITHUS or HABLANOS to 66746

A free, confidential, 24/7 helpline and text service that provides crisis counseling and support to people experiencing emotional distress (stress, anxiety, depression-like symptoms) related to natural or human-caused disasters. This service is available to all residents in the U.S. and its territories.

[www.disasterdistress.samhsa.gov](http://www.disasterdistress.samhsa.gov)

## National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

1-800-787-3224 (TTY)

A free and confidential hotline that's available 24 hours a day, 7 days a week

and provides lifesaving tools & immediate support to enable victims to find safety and live lives free of abuse. Callers can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in more than 200 languages.

<https://www.thehotline.org>

## National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

A free and confidential hotline that's available 24 hours a day, 7 days a week. Connects you with a trained support specialist from a sexual assault service provider in your area that can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.

<https://www.rainn.org>

# ORGANIZATIONS & CAMPAIGNS

## NAMI (National Alliance on Mental Illness)

The nation's largest grassroots mental health organization dedicated to educating, advocating, supporting, and building better lives for the millions of individuals & families affected by mental illness.

[www.nami.org](http://www.nami.org)

## NAMI California

A grassroots organization of families and individuals whose lives have been affected by serious mental illness. They advocate for lives of quality & respect, without discrimination & stigma, for all our constituents and provide leadership in advocacy, legislation, policy development, education and support throughout CA. Locate your local NAMI affiliate here.

<https://namica.org>

## PSYCHIATRIC INPATIENT SERVICES

### Kedren Acute Psychiatric Hospital

1-323-233-0425

4211 S. Avalon Blvd.

Los Angeles, CA 90011

<http://kedren.org>

### Harbor-UCLA Medical Center

1-310-222-2345

1000 W. Carson St.

Torrance, CA 90509

<http://www.harbor-ucla.org>

### Resnick Neuropsychiatric Hospital - UCLA

1-310-825-0511

150 Medical Plaza

Los Angeles, CA 90095

<https://www.uclahealth.org/resnick>

### Augustus F. Hawkins Mental Health Center (Adult & Adolescent)

1-310-668-8151

1720 E. 120th St.

Los Angeles, CA 90059

### Exodus Recovery, Inc.

1-310-237-0454

9808 Venice Blvd., 3rd Floor

Culver City, CA 90232

<https://www.exodusrecovery.com>

### V.A. Greater Los Angeles Health Care System

1-310-478-3711

11301 Wilshire Blvd.

Los Angeles, CA 90073

<https://www.losangeles.va.gov>

### LAC+USC Medical Center

1-323-409-2800

1200 N. State St.

Los Angeles, CA 90033

### Southern California Hospital at Culver City

1-310-836-7001

3828 Delmas Terrance

Culver City, CA 90231

# OUTPATIENT CLINICS & WELLNESS CENTERS

## Augustus F. Hawkins Mental Health Center

1-310-668-4272

1720 E. 120th St.

Los Angeles, CA 90059

## Compton Family Mental Health Services

1-310-668-6800

921 E. Compton Blvd.

Compton, CA 90221

## West Central Family Mental Health Services

1-323-298-3680

3751 Stocker St.

Los Angeles, CA 90008

## Kedren Community Health Center

1-323-233-0425

4211 S. Avalon Blvd.

Los Angeles, CA 90011

<http://kedren.org>

## Exodus Recovery, Inc.

1-323-789-6492

8401 S. Vermont Ave.

Los Angeles, CA 90044

<https://www.exodusrecovery.com>

## Didi Hirsch Community Mental Health Center

1-310-677-7808

323 N. Prairie Ave.

Inglewood, CA 90301

<http://www.didihirsch.org>

## Harbor-UCLA Medical Center Adult Outpatient

1-310-222-3151

1000 W. Carson St.

Torrance, CA 90509

<http://www.harbor-ucla.org>

## Resnick Neuropsychiatric Hospital - UCLA (Adult Partial Hospitalization & Intensive Outpatient Program)

1-310-825-7469

300 UCLA Medical Plaza, Suite 2400

Los Angeles, CA 90095

<https://www.uclahealth.org/resnick>

# URGENT CARE CENTERS

## Exodus Mental Health Eastside Urgent Care Center

1-323-276-6400

1920 Marengo St.  
Los Angeles, CA 90033

<https://www.exodusrecovery.com/l-a-eastside-ucc>

## Exodus Mental Health MLK Urgent Care Center

1-562-295-4617

12021 S. Wilmington Ave., Bldg 10  
Los Angeles, CA 90059

<https://www.exodusrecovery.com/urgent-care-center-mlk>

## Exodus Mental Health Westside Urgent Care

1-310-253-9494

11444 W. Washington Blvd., Suite D  
Los Angeles, CA 90066

<https://www.exodusrecovery.com/urgent-care-center-ucc-westside>

## Exodus Mental Health Harbor UCLA Urgent Care Center

1-424-405-5888

1000 W. Carson Street, Bldg 2 South Torrance,  
CA 90509

<https://www.exodusrecovery.com/harbor-ucc>

## La Casa Mental Health Urgent Care Center

1-562-790-1860

6060 Paramount Blvd.  
Long Beach, CA 90805

<https://www.telecarecorp.com/mental-health-urgent-care-center>

## Olive View Community Mental Health Urgent Care Center

1-818-485-0888

14659 Olive View Dr.  
Sylmar, CA 91342

# SUPPORT GROUPS & EDUCATION CLASSES

## NAMI Urban Los Angeles (NULA)

1-323-294-7814

NULA is the urban affiliate of NAMI providing education, support, and advocacy for families and their loved ones dealing with mental illnesses in communities of color. All education classes, support groups, programs & services are in English & Spanish and free to the community

<https://www.namiurbanla.org>

## Share! - The Self-Help & Recovery Exchange

1-310-305-8878 (Culver City location)

1-213-213-0100 (Downtown location)

Empowers people to change their own lives and provides them a loving, safe, non-judgmental place where they can find community, information and support. They have 2 locations: Culver City & Downtown L.A.

[www.shareselfhelp.org](http://www.shareselfhelp.org)

## Didi Hirsch Mental Health Services

1-310-895-2326

Helps survivors cope with the death of their loved one so they can move forward in their lives in a positive & productive way.

[www.didihirsch.org](http://www.didihirsch.org)

## Westmont Counseling Center

1-424-312-2311

Offers a "Grief & Loss Support Group" every Tuesday evening for those who have lost a loved one and are grieving. This is an opportunity to share your loss in a safe & caring environment. They also provide quality, affordable counseling and other mental health services, regardless of age, race, income, or ethnicity.

[www.westmontcounseling.org](http://www.westmontcounseling.org)

## Mental Health First Aid

1-888-244-8980

An 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses & substance use disorders. The training gives you the skills you need to reach out and provide initial help & support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

<https://www.mentalhealthfirstaid.org>

## California Black Women's Health Project - Sisters Mentally Mobilized

1-310-412-1828

Trains Black women to become mental health community advocates and launch mental health focused Sister Circles in the communities where Black women live, work, play and pray.

<https://www.cabwhp.org>

# TRANSITIONAL AGE YOUTH DROP-IN CENTERS/SERVICES

## The Steve Fund

1-401-249-0044

The nation's only organization focused on supporting the mental health and emotional well-being of young people of color.

<http://www.stevfund.org>

## The Good Seed TAY Center

1-323-758-5433

A drop-in center that provides supportive, nurturing and specialized care for homeless young people in California. Through temporary housing, comprehensive services and individual planning and placement, Good Seed creates an environment where youth, ages 16-25, can thrive and grow to achieve their full potential. They have 2 locations: Los Angeles & Long Beach.

<https://www.goodseedcdc.org>

## Step Up & Daniel's Places

1-310-394-6889

A drop-in center where youth experiencing homelessness can grab a meal, share community, and be as active or inactive as they desire.

<https://www.stepuponsecond.org/services/programs-for-transitional-age-youth-tay>

## Safe Place for Youth (SPY)

1-310-902-2283

A drop-in center. SPY's mission is to inspire, nurture, and empower homeless youth by providing immediate and lasting solutions, one young person at a time.

<http://www.safeplaceforyouth.org>

## Youth Moving On

1-626-765-6010

Provides transition-age youth, ages 16 – 25, with a continuum of support services to empower them to find lasting independence and a lifetime of personal fulfillment.

<http://youthmovingon.org>

## Enhanced Emergency Shelter Program (EESP)

1-213-738-6194

Provides temporary shelter for TAY clients, meals, toiletries, case management, linkage, mental health services, transportation, assistance with transitional or permanent housing.

<http://laoyc.org/location/enhanced-emergency-shelter-program-eesp>

## Ruth's Place

1-323-432-2440

A drop-in center for youth and young adults ages 18-24 who need help finding stable housing. Offers a safe space to get housing assistance and support such as counseling, case management, recreational activities, access to our education & career prep programs, and jobs.

[http://www.coalitionrcd.org/wp-content/uploads/2015/02/RuthPlace\\_Poster\\_web.pdf](http://www.coalitionrcd.org/wp-content/uploads/2015/02/RuthPlace_Poster_web.pdf)

## Penny Lane TAY Drop-in Center

1-323-480-9296 (Commerce, CA)

1-661-266-4783 (Lancaster, CA)

Dedicated to providing a safe space and assistance for those who are LGBTQ identified or questioning, foster youth, and/or experiencing homelessness between the ages of 16-25 within Los Angeles County in Lancaster & Commerce. Centers are opened Tuesday – Friday, 3pm - 7pm and Saturday, 8am - 8pm.

<http://www.pennylane.org/wpennylane/services/transitional-age-youth-tay-drop-in-center>

## A Million Drops Center

1-323-204-3149

A creative hub dedicated to providing direct, individual support to homeless, at-risk young adults in Los Angeles who want to make a difference in their lives and need a helping hand to do so. The center distributes blankets, socks, & toiletries and assist with job search, resume writing, and interview preparation.

<http://amilliondrops.org>

## Home At Last

1-323-750-7177

Committed to reestablishing, educating, and reinforcing underserved and at-risk youth and families by fostering authenticity and transparent services through linkage support and collaborative efforts. Walk-ins are welcomed. Daily intakes from 8am - 11pm. Call for transportation times and pickup locations.

<http://homeatlastcdc.org>

## Southern California Health & Rehabilitation Programs (SCHARP)

1-310-667-4070

Offers specialized and age appropriate supportive mental health services to the unserved, underserved or inappropriately served TAY.

[www.scharpca.com](http://www.scharpca.com)

## WIN: What I Need

This FREE app was designed especially for vulnerable youth ages 12-25 to locate free supportive services and resources in Los Angeles County. WIN's searchable database enables users to find and connect to hundreds of essential programs offering shelter, food, medical care, crisis support, drop-in centers, government benefits, legal counsel, transportation, jobs, education & hotlines. Also included are agencies who serve foster youth, LGBTQ youth, youth struggling with mental illness, pregnant or parenting teens, young veterans, and victims of assault or sexual violence, sexual exploitation and/or domestic abuse.

[www.ourchildrenla.org/win-app](http://www.ourchildrenla.org/win-app)

# BENEFITS ASSISTANCE, HOUSING, SHELTERS & FOOD

## Department of Public Social Services

1-866-613-3777

Administers General Relief, CalFresh, GROW and Medi-Cal Programs.

[www.dpss.lacounty.gov](http://www.dpss.lacounty.gov)

## Social Security Administration

1-800-772-1213

Provides information and answers questions regarding SSI & SSA benefits.

[www.ssa.gov](http://www.ssa.gov)

## State of California Employment Development Department (EDD)

1-800-480-3287

Provides partial wage replacement to eligible workers who are unable to work due to a non-industrial disability.

[www.edd.ca.gov/disability](http://www.edd.ca.gov/disability)

## BACUP

1-213-368-1888

A mental health wellness center and benefits advocacy program that prides itself on offering services that are entirely run by individuals in recovery or who have recovered from mental illnesses.

## LACDMH Public Guardian's Office

1-213-974-0515

Acts as conservators to persons who are unable to properly care for themselves or manage their finances.

<https://dmh.lacounty.gov/our-services/public-guardian>

Mental Health Toolkit

## Mental Health Advocacy Services

1-213-389-2077

Provides free legal services to consumers, assists both children and adults on obtaining government benefits & services, and protecting rights and fighting discrimination.

[www.mhas-la.org](http://www.mhas-la.org)

## HOPICS

1-323-948-0444

Dedicated to providing the highest quality innovative social service to South Los Angeles with an emphasis on behavioral health and housing stability.

[www.hopics.org](http://www.hopics.org)

## Southern California Health & Rehabilitation Programs (SCHARP)

1-310-631-8004

Provides quality mental health, social and rehabilitation services to vulnerable ethnic minority populations in South Los Angeles.

[www.scharpca.com](http://www.scharpca.com)

## A Community of Friends

1-213-480-0809

Offer supportive and service-enriched affordable housing for homeless individuals and families living with mental illness in Los Angeles County.

[www.acof.org](http://www.acof.org)

## **SHARE! Collaborative Housing**

1-310-305-8878 (Culver City)

1-213-213-0100 (Downtown)

Provides affordable, permanent supportive housing to disabled people in single-family houses throughout Los Angeles County. This project is supported by the L.A. County Department of Mental Health.

<http://shareselfhelp.org>

## **Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program & Hotline**

1-800-548-6047

LAHSA's Winter Shelter program provides meals, showers, and case management services for single adults who are 18 & over, experiencing homelessness, and need overnight shelter. Free transportation to and from the shelters is available.

<https://www.lahsa.org/winter-shelter>

## **The Sam Simon Foundation - Feeding Families**

1-323-733-2600

A proud partner of a network of pantries, neighborhood centers, food banks, faith-based groups and others who are committed to ending food insecurity in our community. We distribute nutritious vegan groceries, at no cost, to individuals and families who are struggling to make ends meet.

<http://ssf-feedingfamilies.org>

## **The Source - Free Health & Emergency Shelter Services**

Offers a one-stop shop of resources and services to help homeless Angelenos transition to independent and supported living. Services are also available for eligible low-income residents. All services are free of charge. Visit website for locations and list of services.

<https://www.lapl.org/homeless-resources/the-source>

## **Downtown Women's Center (DWC)**

1-213-680-0600

The only organization in Los Angeles focused exclusively on serving and empowering women experiencing homelessness and formerly homeless women. Their mission is to end homelessness for women in greater Los Angeles through housing, wellness, employment, and advocacy.

<https://downtownwomenscenter.org>

## **Whole Person Care - Los Angeles (WPC-LA)**

Connects people experiencing homelessness, justice involvement, barriers to healthy pregnancy, serious mental illness, substance use disorder or complex health conditions to resources and support.

<http://dhs.lacounty.gov/wps/portal/dhs/wpc>

## **CHIRP Los Angeles COVID-19 Food Bank Guide**

This guide is organized by SPAs (Service Planning Areas). Information is subject to change so it's strongly advised that you call before you arrive.

<http://www.chirpla.org/page/updated-covid-19-food-bank-guide>

# PEER CENTERS & RESPITES

## Peer Resource Center

1-213-351-1934

Mon - Fri, 9am - 5pm

560 S. Vermont Ave., LA, CA 90020

A walk-in resource hub for Los Angelenos with mental health challenges. The center is manned by volunteers and paraprofessionals who have lived with mental illness, creating a supportive, empathetic environment for those seeking help. In addition to mental health services, the center provides assistance with accessing social service programs to meet housing, job training, legal aid and other needs.

## Hacienda of Hope

1-562-388-8183

A safe alternative to emergency hospitalization for individuals with mental illness who are experiencing a stressful life event or crisis. This short-term respite home offers a welcoming, non-clinical environment, staffed by others who are able to relate, empathize and offer hope and support through crisis.

<http://prpsn.org/services/hacienda-of-hope>

## SHARE! Recovery Retreat

1-626-677-3850

A supportive, safe and loving environment where residents can focus on their individual healing journey. They offer support groups and activities to work on self-esteem, resiliency, reducing stress and anxiety, making friends, building skills and learning tools for better mental health as well as opportunities to learn to cook, clean, garden and manage a household. Each night we take a van to different self-help support groups in the community.

<http://shareselfhelp.org>

# APPS

## Headspace

Headspace and the LA County Department of Mental Health have partnered to provide support and resources during this challenging time. Sign up to access meditations, as well as sleep and movement exercises, designed to help you care for your mind — all free through 2020 if you reside in Los Angeles County.

<https://www.headspace.com/lacounty>

## notOK App™

Takes the guesswork out of getting the help and support you need through immediate support from your friends, family, or peer network. Simply open the app, tap the notOK button, and a text message along with your current GPS location will be sent to your pre-selected contacts. The app is free for 2 weeks then \$1.99/mo thereafter. Available on iOS & Android.

<https://www.notokapp.com>

## The Safe Place

A minority mental health app that educates and raises more awareness of mental illness in the Black community. The app is free and available on iOS & Android.

<https://itunes.apple.com/us/app/the-safe-place/id1349460763?mt=8>

<https://play.google.com/store/apps/details?id=com.he6ecb72aef1>

## WIN: What I Need

This FREE app was designed especially for vulnerable youth ages 12-25 to locate free supportive services and resources in Los Angeles County. WIN's searchable database enables users to find and connect to hundreds of essential programs offering shelter, food, medical care, crisis support, drop-in centers, government benefits, legal counsel, transportation, jobs, education & hotlines. Also included are agencies who serve foster youth, LGBTQ youth, youth struggling with mental illness, pregnant or parenting teens, young veterans, and victims of assault or sexual violence, sexual exploitation and/or domestic abuse.

[www.ourchildrenla.org/win-app](http://www.ourchildrenla.org/win-app)

# HOLISTIC HEALTH

## The Tree South L.A.

1-310-710-0744

A community space that serves through mindfulness, social justice, and education. Offers yoga, meditation, workshops, yoga teacher training & community outreach programs to the South Los Angeles community, regardless of income. Classes 7 days a week, all by donation.

<https://www.thetreesouthla.org>

## Heal One World

1-310-826-1971

Connects people in need of non-invasive treatments and preventative practices, that are generally not covered by insurance, access to this help on a sliding scale or donation basis. They also hold classes like yoga, meditation, reiki, Zumba to name a few on a free or sliding scale basis that provide self help and self healing techniques.

<http://www.healoneworld.org>

## Crenshaw Yoga and Dance

1-310-621-8578

Provides yoga and dance classes, wellness education, and fitness at an affordable price that will encourage the community to learn, maintain, and value a healthy lifestyle.

[www.crenshawyogaanddance.org](http://www.crenshawyogaanddance.org)

## People's Yoga

1-323-739-4018

East LA-based community yoga studio dedicated to strengthening neighborhoods through mind-body practices and community building. They offer accessible, affordable, bilingual (English/Español) and family friendly yoga classes for all levels, ages, bodies, sizes, abilities and more.

[www.peoplesyoga.org](http://www.peoplesyoga.org)

## Let's Be Whole

1-877-594-1292

A socially-responsible, holistic media education and outreach program committed to educating, engaging & empowering underserved communities in alternative health, nutrition and physical activity.

<https://letsbewhole.com>

## Village Health Foundation

1-323-733-0471

Provides affordable, safe, effective, and culturally competent complementary health care treatment, including acupuncture, nutritional and psychological counseling. Embraces the 3 treasures of Traditional Chinese Medicine — physical, mental, and spiritual health.

[www.villagehealthfoundation.org](http://www.villagehealthfoundation.org)

## Manifesting M.E. Wellness

1-424-888-0447

A Black-owned, Los Angeles based organization dedicated to providing healing via access to culturally competent, trauma-informed, queer-friendly holistic Mental and Emotional health services for marginalized individuals and communities. Services include health & wellness workshops, healing circles, art therapy, yoga therapy, reiki, health coaching, and hormone wellness counseling.

<http://manifestingmewellness.com>

## Freedom and Soul Healing

1-323-481-5718

Uses the arts as activism to promote positive mental wellness through a holistic healing lens and strives to educate and empower communities on mental health through holistic healing modalities like music, yoga, prayer, and Reiki.

<http://freedomandsoulhealing.com>

## SÜPRMARKT

1-424-261-7877

A low cost organic grocery servicing low income communities in LA. It operates weekly, providing 100% organic produce to make great health and healing available to the communities which need it most.

<http://suprmarkt.la>

# ADDITIONAL RESOURCES

- **Alcott Center:** The Alcott Center for Mental Health Services (1433 S. Robertson Blvd., Los Angeles, CA 90035) is a nonprofit agency providing residential and outpatient services to adults living with mental health issues, many of whom are experiencing co-occurring substance misuse and/or homelessness and/or former incarceration. The Alcott Center has been in existence since 1979 and receives funding from the Los Angeles County Departments of Mental Health and Health Services, foundations and other, private sources. Our services are available at no or little cost. To find out if you qualify, call (310) 785-2121 or visit: <https://alcottcenter.org/>
- **Mental Health Advocacy Services, Inc. (MHAS):** a private, non-profit organization established in 1977 to provide free legal services to people with mental disabilities. <http://mhas-la.org/>
- **LAUSD School Mental Health (SMH) professionals** promote the mental health, well-being, and academic achievement of all LAUSD students. SMH professionals support positive student connections with peers, family, school, and community by facilitating student development and the ability to successfully deal with problems, crises, or traumatic experience.
  - The District is using telehealth technology to deliver a range of mental health services for students. All students can access this higher level of mental health care by contacting one of our mental health clinics or Wellness Center in your area. If you would like to access mental health services, please click this link and follow instructions on how to submit a referral.
- **Alma Family Services:** dedicated to advancing the quality of life of families and individuals coping with a range of needs including significant emotional difficulties, substance abuse and/or developmental challenges. Alma provides a wide range of mental health counseling and support to children, adolescents, adults and their families who are experiencing significant emotional problems.  
Contact: (323) 881-3799 or <https://alfamfamilyservices.org/about-us/>
- **Counseling 4 Kids:** a 501(c)(3) nonprofit organization that provides effective mental health services to abused and neglected children and youth in the foster care system throughout Los Angeles County, as possible. Over 75 licensed therapists provide in-home therapy to over 1,600 children per year. Services are funded by the Los Angeles Department of Mental Health.  
Contact: 818-441-7800 (Burbank), 310-817-2177 (Torrance) or <http://www.counseling4kids.org/>