

Counseling Services

Account Name	Description	Phone	Website	Shipping City
Child and Family Guidance Center	CFGF provides innovative mental health services, prevention and early intervention programs to children and families in the San Fernando and Antelope Valleys. We also provide services at school sites, in clients' homes, and in collaboration with many social service agencies. For Free Application Assistance, Medi-Cal & Covered California, Call: 818-739-5000. Address: 19100 Parthenia St. #4, Northridge, CA 91324.	818-993-9311	http://www.childguidance.org/	Northridge
Boys & Girls Club of San Fernando Valley	FAMILY PRESERVATION PROGRAM services for children & families include: Intensive In-Home Counseling; Individual, Conjoint, and Group Counseling; Clinical Assessments; Child Focused Activities; Teaching and Demonstrating Home-Making Skills; Parenting Training and Skills Enhancement; Transportation; Linkage and Referral Services. Our TEEN ROOM is a teens-only space where members can get help with homework, use computers, etc.	818-896-5261	www.bgcsfv.org	Pacoima

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Hathaway-Sycamores Child and Family Services	Sycamores is a Southern California nonprofit offering a wide range of behavioral health, education, and housing support services to over 18,000 children, youth, adults, and families. They provide therapy (individual, family, group), psychiatric care, and crisis stabilization through clinics, schools, and mobile teams. Their school-based programs and Family Resource Center deliver counseling, tutoring, food assistance, and life-skills classes. They also run foster care and transitional housing for youth, Medi-Cal care coordination (ECM), housing stabilization, and advocacy and training via the Hathaway Center. • a residential-treatment center for youth ages 6 through 18; foster care and adoption services; school-based and outpatient-mental-health services; wraparound and in-home counseling services; a transitional-living program for teens and young adults; a family resource center.	818-896-8366	www.hathaway-sycamores.org	Pacoima
Hillview Mental Health Center	Serving adults 18 and older, Hillview offers medication evaluation and treatment, individual and group therapy, case management, substance abuse treatment, and crisis management.	818-896-1161	www.hillviewMHC.org	Pacoima
Mitchell Family Counseling Clinic - CSUN, Northridge	Call to schedule an appointment for adult, couples, child, family, and group counseling. Services include parenting education, anger management, family issues, grief and loss, depression, anxiety, relationship challenges, divorce, developmental stages, and social skills. Therapeutic options include art therapy, play therapy, and sand play therapy. Sliding fee scale available.	818-677-2568	www.csun.edu/teaching-learning-counseling-consortium/mitchell-family-counseling-clinic	Northridge

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School Mental Health (SMH - a program of LAUSD)	School Mental Health offers a range of school social work and mental health services that provide supports and interventions to help children, youth and families become better equipped to thrive. Our Psychiatric Social Workers engage students and families at our schools, clinics, Wellness Centers, Regions and homes. But we realize that it takes a village, and we cannot do it alone. We leverage the support of community partners through our extended network of care so that we are able to address the broad spectrum of social emotional needs.	818-758-2300	www.achieve.lausd.net	Van Nuys
Valley Family Center	Services include individual, couples, family, and group counseling for issues such as child abuse, separation and loss, depression, anxiety, relationship challenges, and sexual abuse. Parent education classes and an after-school tutoring program at the Learning Center are also offered.	818-365-8588	www.valleyfamilycenter.org	San Fernando
Strength United (CSUN Community Resource)	This service supports individuals and families affected by rape, sexual assault, child abuse, domestic abuse, and assault- whether recent or past. Services are free and offered in multiple languages. A 24-hour hotline is available at (818) 886-0453 or (661) 253-0258, providing crisis intervention, emotional support, guidance, referrals, and education programs.	818-677-1200 - administrative	www.csun.edu/eisner-education/strength-united	Van Nuys

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Tarzana Treatment Center (multiple locations)	This nonprofit behavioral healthcare organization offers comprehensive, affordable substance abuse and mental health treatment for adults and youth. Services include a psychiatric hospital, residential and outpatient alcohol/drug treatment centers, and family medical clinics with translation support. For alcohol or drug treatment, call 888-777-8565 (24/7) for assessment or admission. The women & children residential program allows mothers to stay with up to two preschool-age children, with childcare provided. Domestic violence support (818-996-1051 Ext 3137) offers counseling and shelter beds for CalWORKs participants. Mental health services address disorders like depression, anxiety, and anger. Youth with substance or emotional issues and their families receive specialized treatment.	(888) 777-8565	https://www.tarzanatc.org/	Los Angeles
Angel's Flight for Runaway and Homeless Youth	Catholic Charities of Los Angeles' Angel's Flight is a 24/7 emergency shelter for youth ages 10–17 who are homeless, runaway, or at risk. Located in Westlake near Hollywood, the program helps with family reunification or placement in foster care. Residents receive food, clothing, medical care, and are assigned a counselor or therapist. The shelter addresses medical, emotional, and mental health needs, offering individual, family, and group counseling. It includes an LAUSD-accredited school program, substance abuse treatment, job search guidance, gang prevention, and recreational classes in tutoring, art, dance, and music.	800-833-2499	https://catholiccharitiesla.org/angels-flight-for-runaway-and-homeless-youth	Los Angeles

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1736 Family Crisis Center	1736 Family Crisis Center (FCC) is a nonprofit organization in Los Angeles, offering free, confidential services to individuals and families in crisis. Services include emergency and transitional shelters, mental health counseling, legal assistance, case management, and support for youth and veterans. FCC operates 30 facilities across Los Angeles and Orange Counties, serving approximately 6,000 individuals directly each year. All services are provided free of charge through the generous support of public and private funders, individual donors, and volunteers. For immediate assistance, individuals can call one of the 24-hour hotlines: (213) 745-6434 (213) 222-1237 (310) 379-3620 (310) 370-5902 (562) 388-7652	(323) 737-3900	http://www.1736familycrisiscenter.org	Los Angeles
California Smokers' Helpline	Get FREE, confidential support to quit tobacco - available in multiple languages and tailored for teens, pregnant smokers, vape users, and tobacco chewers. Services include personalized counseling, quitting plans, free nicotine patches, and a supportive text messaging program.	800-300-8086	https://www.nobutts.org	La Jolla
National Runaway Safeline	Offers crisis intervention and referrals for runaways, homeless, and other youth. Provides message services for youth and parents, and supports reunification through conference calls and bus tickets.	1-800-RUNAWAY (786-2929)	www.1800runaway.org	

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Institute for Multicultural Counseling and Education Services	MCES is a nonprofit community clinic that is structured to provide clinical services, as well as clinical training and education. IMCES provides integrative mental health, primary care, substance abuse, and social services to help people of all ages, ethnicities, and cultures. Dr. Pir, based on our mission and philosophy, led the institute to become one of the few unique outpatient community clinics designed specifically to treat the varied needs of the underserved, culturally and linguistically diverse communities of Los Angeles. The agency is amongst the most culturally competent comprehensive service providers in the county, providing linguistically proficient services in eight different languages including Arabic, Armenian, English, Farsi, Italian, Polish, Russian, and Spanish. IMCES offers twelve clinical programs developed to reach children, youth, families, and adults who have many barriers to their success and sustainability within the community.	213-381-1250	https://www.imces-pages.org/contact-us	Los Angeles
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Foothill Family Service	Foothill Family provides holistic, evidence-based services across life stages - early childhood, mental health, school-based support, and youth & family programs - designed to empower children and families in Greater Los Angeles. They offer individual and family counseling, intensive mental health interventions like wraparound and behavioral services, early childhood programs for ages 0–5 (including autism, developmental delays, and parenting education), and on-site school counseling across 183 schools in 18 districts. Their youth and family services include prevention and treatment for child abuse, domestic violence, teen parent support, caregiver assistance, and relationship education, all woven together by a family-centered approach based in strong research and clinical practices.	626-993-3000	www.foothillfamily.org	Pasadena
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Child & Family Center	Domestic Violence: Emergency shelter available with a 24-hour hotline at (661) 259-4357. For non-emergency confidential support, call (661) 259-8175. Mental Health: Outpatient therapy including individual, group, and family counseling for children, adolescents, and families. Crisis Intervention: Immediate support for children and youth (up to age 25) experiencing suicidal or homicidal thoughts or severe behavioral issues. Assistance with hospitalization if needed. Outpatient Substance Use Treatment: Services for adolescents (12–17) and adults (18–65) with substance use disorders, including life skills training, crisis support, and case management.	(661) 259-9439	https://www.childfamilycenter.org/	Santa Clarita
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Pacific Asian Counseling Services	Pacific Asian Counseling Services (PACS) is a nonprofit organization in Los Angeles dedicated to healing mental illness through counseling and compassionate care. While serving people of all ethnicities, PACS specializes in supporting refugee and immigrant Asian Pacific Islander communities. They provide services to Medi-Cal eligible children and adults, as well as family members seeking to better understand the mental health challenges of their loved ones, focusing on ethnic and underserved populations. Their comprehensive offerings include individual, family, and group counseling, psychiatric consultation for enrolled clients, case management, and connections to housing, shelter, legal aid, food, and clothing resources. PACS also assists with benefits enrollment, peer support, referrals, and employment services such as resume writing and job skills development. A home visitors program offers parenting instruction for parents of newborns, and the agency incorporates spiritual and traditional customs into treatment. Additional services include parenting classes, mental health awareness workshops, and intensive support for individuals facing severe emotional or behavioral issues—including those recently incarcerated or experiencing homelessness or substance abuse. PACS provides trauma-informed care and advocates to reduce stigma around mental illness in the communities it serves.	(818) 989-9214	www.pacsla.org	Van Nuys
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San Fernando Valley Community Mental Health Center, Inc	The San Fernando Valley Community Mental Health Center, Inc. is committed to improving mental health for individuals and families in the Greater San Fernando Valley. They offer effective, culturally sensitive therapy tailored to each person's unique needs and strengths. Their programs serve all ages - from infants to older adults - with serious emotional or persistent mental health conditions. They also provide specialized services for the homeless mentally ill, monolingual populations, domestic violence victims, and those with dual diagnoses.	818-901-4830	www.movinglivesforward.org	Van Nuys
BrightLife Kids	BrightLife Kids is a CalHOPE program, fully funded by the State of California, that supports the mental and behavioral health of every family living in California with kids ages 0-12, at no cost.	(888) 224-7332	https://www.hellobrightline.com/	
Sycamores	Sycamores provides a variety of life-changing programs and services across a network of 11 locations and their surrounding communities. Our services extend throughout Los Angeles (San Fernando, San Gabriel and Antelope Valleys) and Riverside Counties and beyond. Our dedicated staff of over 700 work tirelessly to provide a better life to those we serve. Our spectrum of services connect people with exactly what they need, whether that means participating in a training program, attending a community event, or receiving ongoing care and attention through a combination of one-on-one services including behavioral health and various housing services.	844-222-2377	https://www.sycamores.org/	Los Angeles

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East Los Angeles Women's Center	24/7 Free, Confidential, Bilingual CRISIS HOTLINE: 800-585-6231. - Help for women experiencing: sexual assault, domestic violence, human trafficking, & substance abuse recovery. - Legal, medical, mental health and housing services. - Crisis intervention, emergency shelter placement & support. - 24-hour accompaniment services to local hospitals. - Mental health support: Individual & group counseling. - Court & law enforcement accompaniment & advocacy. - Support services for children, family & friends of survivors. - PARENT-SKILLS TRAINING, case management services and community linkages to rapid re-housing, transitional housing, JOB TRAINING, workforce, education and job placement. - The Hope & Heart Project is a hospital-based EMERGENCY SHELTER for survivors of sexual and domestic violence.	323-526-5819	www.elawc.org	East Los Angeles
Better Help	BetterHelp offers Online access to licensed, trained, experienced, and accredited psychologists, marriage and family therapists, clinical social workers, and board licensed professional counselors. With BetterHelp, you can message a professional therapist at your convenience by exchanging messages, live chatting, phone calls, or video conferences. The cost of therapy ranges from \$70 to \$100 per week (billed every 4 weeks) and it is based on your location, preferences, and therapist availability.	888-688-9296	https://www.betterhelp.com/	Mountain View

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Penny Lane Centers	Penny Lane Center provides comprehensive family support services, focusing on preserving and strengthening families involved with the Department of Children and Family Services (DCFS) due to allegations of abuse or neglect. They offer mental health services for adults, children, and families, addressing physical, emotional, and living situation needs for children ages 0-18. Additionally, they provide intensive, community-based mental health care for adults with severe mental illness. Other services include support for individuals struggling with substance abuse and housing assistance for homeless or at-risk young adults (ages 18-24), including up to 3 years of housing and supportive services.	818-894-3384	www.pennylane.org	North Hollywood
El Centro De Amistad	A multilingual, cross-cultural organization serving the San Fernando Valley with comprehensive mental health services for children, adults, and families. Services include therapy, case management, medication support, and employment placement. Focused on preventing violence, school failure, and abuse in youth, while promoting self-sufficiency and employment for adults. Bilingual services in English and Spanish.	818-347-8565	https://ecda.org/	Canoga Park

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El Nido Family Centers	El Nido Family Centers is a social service, 501(C)3 non-profit agency. We provide counseling and family support services to disadvantaged communities throughout Los Angeles County. Empower families in low-income communities of Los Angeles County to break the cycle of poverty, child abuse, violence, academic failure, and teen pregnancy through outstanding educational, youth development, health and therapeutic services. FamilySource Center (services including: counseling, parent education, employment assistance, legal aid, financial literacy, adult education, tutoring/homework assistance), Parenting Classes, Teen Parent Family Services, GRYD (Gang Reduction & Youth Development provides comprehensive assessment, counseling, psychosocial education and case management to address underlying risk factors), Cal-Learn. Have multiple locations.	818-830-3646	www.elnidofamilycenters.org	Los Angeles
EL Proyecto del Barrio, Inc.	Offers comprehensive health services including family practice, OB/GYN, pediatrics, mental health, substance abuse treatment, dental care, COVID-19 testing/vaccinations, and more - available in English and Spanish. Sliding fee scale and discounts based on income. Also operates licensed child development centers for preschoolers and provides employment services through WorkSource and YouthSource Centers in Sun Valley. Serving all patients regardless of ability to pay.	(818) 810-3500	www.ElProyecto.us	Los Angeles

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988 Suicide & Crisis Lifeline	National network of local crisis centers that provides free and confidential emotional support to people in SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 hours a day, 7 days a week. IN SPANISH 1-888-628-9454.	988	https://988lifeline.org/	
Asian Pacific Counseling and Treatment Centers	APCTC (Asian Pacific Counseling & Treatment Centers) offers culturally sensitive and bilingual mental health services - including counseling, case management, medication support, and help enrolling in services - for adults, children, and youth across Southern California. They hold community education workshops in Los Angeles and Riverside counties and provide school-based mental health care. Their specialized county programs include things like school services, vocational rehab, Stop the Hate initiatives, wellness centers, and immigrant family support, all available in languages such as Cambodian, Chinese, Korean, Spanish, Thai, and Vietnamese.	818-267-1100	www.apctc.org	Los Angeles