

Mental Health Services

Account Name	Description	Phone	Website	Shipping City
San Fernando Mental Health Center	Mental Health Crisis. Mental Health Center Do you need help or support? 1-800-854-7771 ACCESS Center 24/7 helpline	818-832-2400	https://locator.lacounty.gov/dmh/Location/3180997/san-fernando-mental-health-center	Granada Hills

Mental Health Services

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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The Help Group	The Help Group serves children, adolescents and young adults with special needs related to autism spectrum disorder, learning disabilities, ADHD, developmental delays, abuse and emotional challenges. The Help Group's nine specialized day schools offer pre-K through high school programs for more than 1,400 students. Its broad range of mental health and therapy services and residential programs extends its reach to more than 6,000 children, families, and adults. The Help Group's state-of-the-art schools and programs are located on six campuses in the Los Angeles area. At the heart of its efforts is the commitment to helping young people fulfill their potential to lead positive, productive and rewarding lives.	(818) 947-5514 or 818-781-036	https://www.thehelpgroup.org/	Sherman Oaks
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	movinglivesforward.org	Van Nuys

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Didi Hirsch Mental Health Services	OUTPATIENT SERVICES in Glendale: therapy for children, teens, young adults, adults, older adults, and families; Psychiatric services, medication support. RESIDENTIAL SERVICES at Didi Hirsch Via Avanta, Pacoima, CA (818) 897-2609: Residential substance use/mental health treatment for women and their children up to age 6; Psychiatric services, medication support.	818-244-7257	www.didihirsch.org	Glendale
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

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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	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

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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
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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. The program also operates a drop-in center and outreach services, supporting around 3,000 youth annually.	800-833-2499	https://catholiccharitiesla.org/angels-flight-for-runaway-and-homeless-youth	Los Angeles
SAMHSA's National Helpline	SAMHSA (Substance Abuse & Mental Health Services Administration). A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing MENTAL AND/OR SUBSTANCE ABUSE DISORDERS. This service DOES NOT PROVIDE COUNSELING. Trained information specialists PROVIDE REFERRALS to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.	1-800-662-HELP (4357)	https://samhsa.gov	

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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. Every year IMCES serves thousands of individuals and families who have been identified to be 100-200% or more below the poverty level. 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. Other Location: GLENDALE 121 W. Lexington Drive, Suite 300 Glendale, CA 91203 (818) 240-4311	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
CSUN Counseling Services	Free counseling for enrolled students, individual, couples, group, and crisis support. Call for appointments. Helpline (818-349-HELP) available daily 6pm - midnight for crisis intervention and referrals.	(818) 677-2366, Option 1	https://www.csun.edu/counseling/available-services	
NAMI (National Alliance on Mental Illness)	NAMI is a leading organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy, and awareness.	(818) 994-6747	https://www.namifv.org/	

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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
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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Eisner Health	Eisner Health provides culturally competent, full life-cycle medical care, prenatal care, labor and delivery, women's health services, dental care, behavioral health care, optometry, dermatology, case management/care coordination, supplemental services (patient benefits and enrollment, outreach), and an on-site pharmacy and lab. 9 locations.	213-747-5542	Eisnerhealth.org	
Eisner Health: Panorama City (Plaza Del Valle)	Eisner Health provides culturally competent, full life-cycle medical care, prenatal care, labor and delivery, women's health services, dental care, behavioral health care, optometry, dermatology, case management/care coordination, supplemental services (patient benefits and enrollment, outreach), and an on-site pharmacy and lab. This is one of 9 locations in Los Angeles County.	(213) 747-5542	https://eisnerhealth.org/location/panorama-city/	Panorama City
Child and Family Guidance Center	CFGC 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

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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
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/	

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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
The Los Angeles Department of Mental Health	Los Angeles County Department of Mental Health (LACDMH) provides compassionate, affordable mental health care to all ages across the county. Services include counseling, crisis support, medication help, and community programs ? no one is turned away due to inability to pay. We serve children, adults, seniors, and families in clinics, schools, hospitals, and homes. Our mission is to promote hope, recovery, and well-being for everyone. For help, support, and resources, LACDMH is here for you.	Help Line (800) 854-7771	https://dmh.lacounty.gov	Los Angeles

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TakeactionLA	The Los Angeles County Department of Mental Health's Take Action movement promotes wellness and wellbeing while sharing the vast array of resources and services provided by the nation's largest behavioral health department. The Take Action Initiative aims to bring LA communities together around mental health and substance abuse to empower you and those around you to find support. We're bringing communities together in wellness by encouraging everyone to pay attention to their own needs and those around them. Drop by one of our Take Action events and learn more about what LACDMH can do for you!	800-854-7771 [Help Line]	https://www.takeactionla.com	
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

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Los Angeles County Substance Abuse and Mental Health Helpline	SAPC leads and coordinates comprehensive prevention, treatment, and recovery services to reduce the impact of substance use and addiction in Los Angeles County. Through contracts with over 150 community-based organizations, SAPC serves residents' especially those eligible for Medi-Cal or My Health LA?including the uninsured and underinsured. SAPC staff provide expert guidance to support both the public and service providers. If you or someone you know is struggling with substance use disorder or addiction, SAPC is here to help.	1-800-854-7771	http://publichealth.lacounty.gov/sapc/	
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

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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
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	ElProyecto.us	Los Angeles
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/	

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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
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