



Prepared through the MHSA Grant for the
Mental Health Assessment and Support Project

South Central Los Angeles Regional Center: MENTAL HEALTH RESOURCE DIRECTORY



In Collaboration With:



South Central Los Angeles Regional Center
2500 S. Western Avenue
Los Angeles, CA 90018
Telephone: (213) 744-7000
Website: <http://www.sclarc.org>

SOUTH CENTRAL LOS ANGELES REGIONAL CENTER
Mental Health Assessment and Support Project Resource Directory



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INTRODUCTION

This resource directory was developed as part of the Mental Health Assessment and Support Project (MHASP) which was made possible by a MHSA grant that was awarded to South Central Los Angeles Regional Center by the Department of Developmental Services. The goal of the project was to facilitate access to community mental health services for individuals served by SCLARC through collaborative relationships with the Department of Mental Health (DMH), contracted community mental health agencies, and other community partnerships.

We are thankful for the opportunity to build enhanced collaborative working relationships with the local mental health community and other agencies supporting individuals with dual diagnoses.

This directory is a resource catalog that includes mental health listings for the individuals we serve and their families. These resources can be assessed within the service area served by SCLARC.



**MENTAL
HEALTH
AWARENESS**

Out Patient Clinics & Wellness Centers

Offered Through DMH

Outpatient treatment can involve one or more types of mental health services that do not require that an individual stay at the treatment facility for a prolonged period of time. Outpatient treatment can include individual psychotherapy, group therapy, family counseling, and psychiatry (medication management).



Service Area 6:

Alafia Mental Health Institute..... (323) 293-8771
3756 Santa Rosalia Dr., Suite 628, Los Angeles, CA 90008
Hours: Mon-Fri 8:30-5:00pm, **(Children)**

Augustus F. Hawkins Mental Health Center..... (310) 668-4271
1720 East 120th St., Los Angeles, CA 90059
Hours: Mon-Fri 7:30am-4:00pm
Walk-ins Mon-Fri 7:30am-4:00pm

Compton Mental Health Center..... (310) 668-6800
921 E. Compton Blvd., Compton, CA 90221
Hours: Mon-Fri 8:00am-5:00pm
Walk-ins 8:00am-3:00pm
Wellness Center

Compton Child and Family Services Center..... (310) 668-6600
921 E. Compton Blvd., Compton, CA 90221
Hours: Mon-Fri 8:00am-5:00pm

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Exodus Recovery Inc...... (323) 789-6492
8401 S. Vermont Ave., Los Angeles, CA 90044
Hours: Mon-Fri 9:00am-5:00pm
Walk-ins Mon-Fri 9:00am-5:00pm
Wellness Center

Kedren Community Health Center..... (323) 233-0425
4211 South Avalon Blvd., Los Angeles, CA 90011
Hours: Mon-Fri 8:30am-5:00pm,
Walk-ins Mon-Fri 9:00am-12:00pm and 2:00pm-4:00pm

Portals Mental Health..... (323) 290-4357
3881 S. Western Ave., Los Angeles, CA 90062
Hours: Mon-Fri 8:30am-5:00pm
Walk-ins Mon-Fri 8:30am-5:00pm
Wellness Center

Shields for Families..... (323) 242-5000
11601 S. Western Ave., Los Angeles, CA 90047
Hours: Mon-Fri 8:00am-5:00pm,
www.shieldsforfamilies.org

County of Los Angeles Department of Public Health

ACCESS HOTLINE

To obtain Mental Health Information and Services in Los Angeles county, call the ACCESS hotline 24/7

1-800-854-7771

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West Central Family MHS..... (323) 298-3680
3751 Stocker St., Los Angeles, CA 90008
Hours: Mon-Fri 8:30am-5:00pm
Walk-ins Mon-Fri 10:00am-3:00pm
Wellness Center

Children's Institute.....(323)523-8600
10221 S Compton Ave, Los Angeles, CA 90002-2802
Hours of Operation: Mon-Fri 8:00 AM - 5:00 PM
www.childrensinstitute.org/

Barbour & Floyd Medical Associates.....(310) 627-4525
2640 Industry Way, Ste. B, Lynwood, CA 90262-4000
Hours: Mon - Fri 8:00 AM - 5:00 PM
www.bafma.org

Wellnest.....(323) 290-8360
4401 Crenshaw Blvd., Los Angeles, CA 90043-1227
Hours: Mon - Thur 8:00 AM - 7:00 PM, Fri 8:00 AM - 5:00 PM
<https://www.wellnestla.org>

Star View Community Services(310) 868-5379
1303 W. Walnut Parkway, Compton, CA 90220-5030
Hours: Mon - Fri 8:00 AM - 5:00 PM
www.starsinc.com

Tessie Cleveland Community Services..... (323) 586-7333
7813 South Central Ave., Los Angeles, CA 90001
Hours: Mon-Fri 8:00am-5:00pm,
info@tccsc.org

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Hathaway-Sycamores Child and Family (626) 395 7100
 3741 Stocker St., Ste. 100, Los Angeles, CA 90008-5109
 Hours: Mon - Fri 8:00 AM - 5:00 PM
www.hathaway-sycamores.org

Service Area 7:

ALMA Family Services..... (323) 881-3799
 4701 East Cesar E. Chavez Ave., Los Angeles, CA 90022
 Hours: Mon-Fri 7:30am-6:00pm

American Indian Counseling Center..... (562) 402-0677
 17707 S. Studebaker Rd., Cerritos, CA 90703
 Hours: Mon-Fri 8:00am-6:00pm
Walk-ins Mon-Fri 9:30am-4:00pm

ALMA Family Services..... (562) 801-4626
 9101 Whittier Blvd., Pico Rivera, CA 90660
 Hours: Mon-Fri 8:30am- 6pm, Sat 8:30am-4:00pm

Mental Health Tip:

You can also seek mental health support through your medical insurance. Just call the number on the back of your insurance card and ask for referrals.



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Mental Health Assessment and Support Project Resource Directory



California Hispanic Commission..... (562) 941-2537
10012 Norwalk Blvd., Suite 140, Santa Fe Springs, CA 90670
Hours: Mon-Fri 8:00am-5:00pm
Walk-ins Mon-Fri 8:00am-5:00pm

ENKI-East LA Mental Health Services Commerce..... (323) 725-1337
1436 Goodrich Blvd., Commerce, CA 90022
Hours: Mon-Fri 8:00am-5:00pm
Wellness Center

Helpline Youth Counseling..... (562) 864-3722
11849 Firestone Blvd., Norwalk, CA 90650
Hours: Mon-Thurs 9:00am-8:00pm, Fri 8:00am-6:30pm

Pacific Clinics..... (562) 949-8455
11721 E. Telegraph Rd., #A, Santa Fe Springs, CA 90670
Hours: Mon-Fri 8:00am-5:00pm,
To make an appointment call (877) 722-2737
Wellness Center

Mental Health Tip:

Self Care



The following are 6 wellness tools that are proven to help you feel stronger and more hopeful.

1. Connect with others
2. Be physically active
3. Get enough sleep
4. Help others
5. Eat well
6. Seek professional help if you need it

Taken from Mental Health America
<https://www.mhanational.org/ten-tools>

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Rio Hondo Mental Health Center..... (562) 402-0688
17707 Studebaker Rd., Cerritos, CA 90703
Hours Mon-Fri 8am-5pm
Wellness Center

Roybal Family Mental Health Services..... (323) 267-3400
4701 East Cesar E. Chavez Ave., 2nd Fl, Los Angeles, CA 90022
Hours: Mon-Wed 8:00am-6:30pm, Thur 8:00am-7:30pm, Fri 8:00am-5:30pm,
Walk-ins Mon-Fri 8:00am-12:00pm

San Antonio Mental Health Center..... (323) 584-3700
2629 Clarendon Ave., Huntington Park, CA 90255
Hours: Mon & Thur 7:30am-6:00pm, Tues & Wed 7:30am-7:00pm,
Fri 7:30am-5:00pm
Walk-ins Mon-Thur 9:00am-4:00pm, Fri 9:00am-3:00pm



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In Patient Psychiatric Hospitals

Offered Through DMH

In patient treatment is for patients who need a high level of support and requires that they check into a mental health facility for around the clock mental health care. A mental health professional will evaluate to determine if this level of care is needed.



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

LAC+USC HCN (Augustus F. Hawkins Bldg.)..... (310) 668-8151
1720 E. 120th St., Los Angeles, CA 90059

St. Francis Medical Center..... (310) 900-8210
3630 Imperial Hwy., Lynwood, CA 90262

Service Area 7:

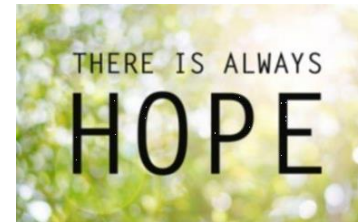
College Hospital..... (562) 924-9581
10802 College Pl., Cerritos, CA 90703

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

Drug Treatment Programs

(DMH Funded)

Addiction, or substance use disorder, can occur when regular use of drugs and/ or alcohol causes harmful and self-destructive behavior. Addiction can be treated and many people recover.



American Health Services (AHS) and Eldorado Community Service Centers (ECSC)
Call for general inquiries regarding services, locations, and hours..... (877) 557-7826

Asian American Drug Abuse Program Inc..... (323) 293-6284
www.aadapinc.org
2900 S. Crenshaw Blvd, Los Angeles CA 90016
Hours: Mon-Fri 9:00am-6:00pm

California Hispanic Commission on Alcohol and Drug Abuse "CHCADA"
Adolescent Services: 5101 Florence Ave., Suite 9, Bell, CA 90201..... (323) 222-4599
Adult Services: 9033 Washington Blvd., Pico Rivera, CA 90660..... (562) 942-9625
Hours: Mon-Fri 8:30am-5:30pm
Walk-ins okay but appointments are preferred.

Turning Point Alcohol and Drug Education Program, Inc.....(323) 296-1840
3756 Santa Rosalia Drive Ste. 617, LOS ANGELES, CA 90008-3606
Call for Hours
www.turningpointaod.com

Emergency Help: HOTLINES

24/7 Crisis hotlines for use if you are feeling overwhelmed or in crisis and need to talk to someone NOW. A live person is available to help.



Los Angeles County Department of Mental Health ACCESS Hotline..... (800) 854-7771
The Los Angeles County Department of Mental Health hotline for crisis counseling.
<https://dmh.lacounty.gov/get-help-now/>

National Suicide Prevention Lifeline (24/7)..... (800) 985-TALK (5990)
If you or someone you know is in crisis-whether they are considering suicide or not- call to speak with a trained crisis counselor.
<https://suicidepreventionlifeline.org/>

Crisis Text Line (24/7)Text "LA" to741741
Connect with a trained crisis counselor to receive free crisis support via text message.
<https://www.crisistextline.org/>

Disaster Distress Helpline (24/7) (800) 985-5990
Provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Trevor Project Lifeline (24/7) (800) 788-7386 or text "START" to 687687

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Provides support to LGBTQ youths in crisis or in need of a safe and judgement-free place to talk.

<https://www.thetrevorproject.org/get-help-now/>

Substance Abuse Service Helpline (24/7) (844) 804-7500

Provides screening, resources, and service referrals regarding substance use disorders.

<http://publichealth.lacounty.gov/sapc/>

Women & Children’s Shelter (24/7)..... (562) 945-3939

www.wccshope.org

Los Angeles County Department of Children & Family Services

Child Abuse Hotline (24/7)..... (800) 540-4000

Los Angeles Rape and Battering Hotline (24/7)

South Los Angeles..... (310) 392-8381

Central Los Angeles..... (213) 626-3393

National Teen Dating Abuse Hotline (24/7)..... (866) 331-9474

Trans Lifeline (24/7)..... (877) 565-8860

Provides peer support to trans individuals.

<https://www.translifeline.org/>

National Domestic Violence Hotline (24/7)..... (800)799-SAFE (7233)

Or Text “LOVEIS” or “AMORES” (for Spanish) to 22522

<https://www.thehotline.org/>

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Safe Horizon (24/7)..... 800-621-HOPE (4673)
Support for people experiencing domestic violence.
<https://www.safehorizon.org/get-help/domestic-violence/#signs-of-abuse/>

RAINN-National Sexual Assault Hotline (24/7)..... (800)656-HOPE (4673)
<https://www.rainn.org/>



Resource

SAMHSA Treatment Referral Helpline:

Speak to a live person to get general information on mental health
and locate treatment services in your area.

(877) 726-4727

Warm Lines

For Non-emergency Emotional Support

Warm lines provide support when you don't have an emergency but just need to speak with someone who understands mental health.



[NAMI National Warm Lines](#)

- Contra Costa Crisis Center (24/7)** (800)833-2900
- California Peer-run Warm Line (24/7)**..... (855)845-7415
- NAMI Orange County Warm Line** (877)910-9276
(M-F 9AM-3:00 AM; Sat-Sun 10:00AM-3:00AM)
- San Joaquin Warm Line (24/7)** (209)468-3585
- Project Return Peer Support Network**.....(888)448-9777
(M-F 5:00PM-10:00 PM; Sat. 11:00 AM-4:00 PM)

Support Groups

Support group members help each other by sharing their experiences, feelings, and coping skills.



Grief Share

Search website to find a website for a grief recovery support group. Online meetings are available.

<https://www.griefshare.org/findagroup>

Minority AIDS Project..... (323) 936-4949

5149 W. Jefferson Blvd., Los Angeles, CA 90016

www.minorityaidsproject.org

Email: info@minorityaidsproject.org

Compassionate Friends

Support groups for bereaved parents, siblings & grandparents.

Los Angeles..... (310) 474-3407

www.thecompassionatefriends.org

NAMI: National Alliance for the Mentally Ill (800) 950-6264

Support group for family, caregivers and loved ones of individuals living with mental illness.

Call to find the NAMI Family Support Group nearest to you.

www.nami.org

Survivors after Suicide bereavement support.....(310) 895-2326

Didi Hirsch Mental Health Services

Helps survivors cope with the death of a loved one.

Call for more information for time and locations.

www.didihirsch.org/survivors-after-suicide

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Incest Survivors Anonymous..... (562) 428-5999
Call for additional information and literature.
www.lafn.org/medical/isa/home

National Organization of Parents of Murdered Children, Inc. (888) 818-7662
Provide support and assistance to all survivors of homicide.
Call for additional information.
www.pomc.com

Alcoholics Anonymous (AA) (800) 923-8722
Call the toll free number for a location near you.
www.LACOaa.org

Mental Health Tip:

The following may be signs that mental health treatment is needed:

- 1) Excessive fear or worry
- 2) Feeling excessively sad
- 3) Extreme mood changes
- 4) Prolonged and strong feelings of anger or irritability
- 5) Avoiding social activities
- 6) Changes in sleeping or eating habits
- 7) Confusion or difficulty perceiving reality
- 8) Overuse of drugs or alcohol
- 9) Thinking about suicide or about hurting others
- 10) Inability to carry out daily activities



Other Resources

Other resources that may be helpful.

National Institute of Mental Health
www.nimh.nih.gov



Substance Abuse and Mental Health – SAMSA
www.smhsa.gov

Autism Speaks Southern California.....(323) 549-0500
6330 San Vicente Blvd., Ste. 401, Los Angeles, CA 90048
<https://www.autismspeaks.org>

Autism Society of Los Angeles.....(424)299-1531
21250 Hawthorne Blvd., Ste 500, Torrance, CA 90503
<http://www.autismla.org/1/>

Helpwhenyouneedit.org

Search website for local resources including affordable health clinics, housing, food, heating assistance, etc.

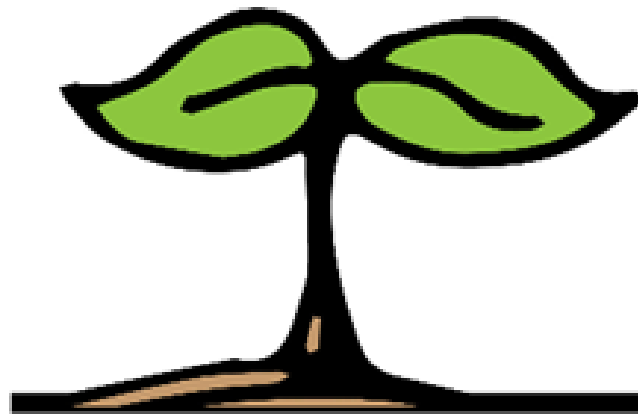
<http://helpwhenyouneedit.org/>

211 L.A. County (24/7)..... 211 or (800) 339-6993
Provides information and referrals for all health and human services in LA County including housing, food, health care, emergency financial assistance, etc.
<https://www.211la.org/>

Mental Health.Gov

<https://www.mentalhealth.gov/>

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