

## Local Community Resources for Mental Health Support

***Note: Information and/or waitlist times may be subject to change***

### **Emergency Hotlines**

#### **National Suicide Prevention Hotline**

1-800-273-8255

1-888-628-9454 (En Español)

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

#### **Crisis Text Line**

Text: "COURAGE" To 741741

#### **National Domestic Violence Hotline**

1-800-799-7233

1-800-787-3224 (TTY)

#### **Veterans Crisis Line**

1-800-273-8255 then 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.

#### **CA Youth Crisis Hotline/Textline**

1-800-843-5200

#### **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).

#### **Gay, Lesbian, Bisexual and Transgender National Hotline**

Hotline: 1 (888) 843 - 4564

Youth Talkline: 1 (800) 246 - 7743

Senior Helpline: 1 (888) 234 - 7243

Email: [help@LGBThotline.org](mailto:help@LGBThotline.org)

Hours vary, available via phone and online chat.

The LGBT National Help Center serves gay, lesbian, bisexual, transgender, and questioning people by providing free and confidential peer support and local resources.

#### **SAMHSA National Helpline**

Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline

1-800-662-4357

#### **National Sexual Assault Hotline**

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

#### **Alcoholics Anonymous**

1-800-923-8722

**Al-Anon**  
1-800-356-9996

**National Eating Disorders Association Helpline**  
1-800-931-2237

**Co-Dependents Anonymous Hotline**  
1-888-444-2359

**Sexual Addiction Anonymous**  
1-866-424-8777

**Medi-Cal Only**

**Foothill Family Services**  
Locations in El Monte and Pasadena  
*Individual Therapy and Family Therapy*

Monday-Friday  
626-993-3000

Ages: 0-21 (21 and 7ms)  
Languages: English & Spanish

Waitlist 6-8 weeks

**Five Acres**  
Located in Altadena  
*Individual Therapy and Family Therapy*

Monday-Friday  
626-798-6793

Ages: 0-21  
Languages: English & Spanish

Waitlist 4-6 weeks

**Hillsides**  
Locations: South Pasadena, Baldwin Park, East Los Angeles, and Echo Park  
*Individual Therapy, Family Therapy, substance use counseling, and Psychiatric support services*

Monday-Friday  
323-274-3075

Ages: -0-59  
Languages: English & Spanish

Waitlist 4-6 weeks

**Pacific Clinics**

Locations: Pasadena, Monrovia, Glendora, Santa Fe Springs  
*Individual Therapy and Psychiatric support services*

Monday-Friday

1-877-722-2737

Languages: English & Spanish

Ages: 0-25

Santa Fe Springs Residents can be from ages 5-65 years old

Waitlist 6-8 weeks

**Prototypes**

Location: Pasadena and Pomona

*Group Therapy and Psychiatric support services*

Monday-Friday

909-634-2950

Ages: 0-59

Languages: English & Spanish

Waitlist: 3-4 weeks

**Didi Hirsch**

Locations: Orange County, Inglewood, Los Angeles, Glendale, and Culver City  
*Individual Therapy, Family Therapy, Psychiatric support services, and substance use counseling*

Monday-Friday

888-807-7250

Ages: 0-59

Languages: English & Spanish

Waitlist: 3-4 Weeks

**Pasadena Council on Alcoholism & Drug Dependency**

Location in Pasadena

*Individual therapy, Psychiatric support services, substance use counseling, and intensive outpatient services*

Monday-Saturday

626-795-9127

Ages: 12-17 and 18-59

Waitlist: 2-3 weeks

**Insurance Accepted: (Call in to verify insurance accepted)**

**Happier Living**

Locations: Glendale, Pasadena, Burbank, Arcadia, Commerce, West Los Angeles, and Los Angeles

*Individual Therapy, Family Therapy, Psychiatric support services, Couples Therapy, and Telehealth*

Monday-Friday  
1-888-684-2779

Ages: 0-64  
Languages: English & Spanish

Waitlist 1-2 weeks

**Greenhouse Therapy Center**

Location: Pasadena

*Individual Therapy, Family Therapy, Autism Support Services, and EMDR, Psychiatric Testing*

Monday-Friday  
626-795-7910

Ages: All  
Languages: English please call in to verify other languages

Waitlist 1-2 weeks

**La Vie**

Locations: Pasadena and Santa Monica

*Individual Therapy, Family Therapy, and Couples Therapy*

Monday-Friday  
1-800-483-9591

Ages: All  
Languages: English & Spanish

Waitlist 1-2 weeks

**Soultenders**

Locations: Arcadia, Pasadena, Monrovia, Burbank, Cerritos, Rancho Cucamonga, South Pasadena, and Whittier

*Individual Therapy, Family Therapy, Couples Therapy, and Psychiatric Testing*

Monday-Friday  
626-701- 4249

Ages: All  
Languages: English, Armenian, Cantonese, Farsi, French, Korean, Mandarin,

Portuguese, Russian, Spanish, Taiwanese, & Ukrainian

Waitlist 1-2 weeks

**Pay for Fee: (No insurance necessary and sliding scales available)**

**Fuller Psychological and Family Services**

Location: Pasadena

*Individual Therapy, Couples Therapy, and Family Therapy*

Monday-Friday

626-584-5555

Ages: 10-64

Languages: English, Spanish, and call in to verify other languages

Waitlist 1-2 weeks

**La Vie**

Locations: Pasadena and Santa Monica

*Individual Therapy, Family Therapy, and Couples Therapy*

Monday-Friday

1-800-483-9591

Ages: All

Languages: English & Spanish

Waitlist 1-2 weeks

**Rose City Center**

Location: Pasadena

*Individual Therapy, Family Therapy, and Couples Therapy*

Monday-Friday

626-793-8609

Ages: All

Languages: English and call in to verify other languages

Waitlist 1-2 weeks

**Soultenders**

Locations: Arcadia, Pasadena, Monrovia, Burbank, Cerritos, Rancho Cucamonga, South Pasadena, and Whittier

*Individual Therapy, Family Therapy, Couples Therapy, and Psychiatric Testing*

Monday-Friday

626-701- 4249

Ages: All

Languages: English, Armenian, Cantonese, Farsi, French, Korean, Mandarin, Portuguese, Russian, Spanish, Taiwanese, & Ukrainian

Waitlist 1-2 weeks

**WarmLines****Community Helpline**

1-877-541-2525

7AM to 10PM

**LA Warmline**

1-855-952-9276

English & Spanish 10PM-6AM

**NAMI San Gabriel Valley Warmline**

626-577-6697

9am-9pm

## **Housing Resources**

### **ADULTS EXPERIENCING HOMELESSNESS**

The San Gabriel Valley Coordinated Entry System (CES) is the primary point of entry for adults seeking housing and services. To begin the process, contact or visit one of our numerous sites to complete an assessment. Shelter Hotline – For homeless looking for temporary shelters. (800) 548-6047

\* Please call ahead and schedule your intake appointment

\*\* Appointment not required

\*\*\* Shelter Referral Site

#### **ARCADIA**

Arcadia Mental Health \*\*

Mon-Thur, 8:00 am – 5:30 pm

330 E. Live Oak Avenue

Arcadia, CA 91006

(626) 254-1400

No appointment required

#### **EL MONTE**

VOA – El Monte \*

Access Center

Mon – Fri, 8:00 am – 4:30 pm

4501 Santa Anita Avenue

El Monte, CA 91737

(626) 442-4357

Call for appointment

#### **MONROVIA**

Foothill Unity Center \*

Mon – Fri, 9:00 am – 5:00 pm

790 W. Chestnut Avenue

Monrovia, CA 91016

(626) 358-3486

Call for appointment

#### **PASADENA**

Union Station Homeless \*

Services – Adult Center \*\*\*

Mon – Fri, 7:00 am – 1:30 pm

412 S. Raymond Avenue

Pasadena, CA 91105

(626) 791-6610

No appointment required. Intakes are available on a first-come, first-served basis.

Tues – Fri, 7 am\*

Friends in Deed \*

Mon - Fri, 9:00 am - 5:00 pm

Thur, 9:00 am - 2:00 pm

444 E Washington Blvd,

Pasadena, CA 91104

(626) 797-2402

Call for appointment

Foothill Unity Center \*

Mon - Fri, 9:00 am - 5:00 pm

191 N. Oak Avenue

Pasadena, CA 91107

(626) 584-7420

Call for appointment

## **POMONA**

VOA - Pomona \*\*

Homeless Outreach \*\*\*

Mon - Fri, 8:00 am - 4:30 pm

2040 N. Garey Avenue

Pomona, CA 91767

(909) 593-4796

No appointment required

## **FAMILIES EXPERIENCING HOMELESSNESS**

Is your family homeless or at risk of losing your housing? We can help! The San Gabriel Valley Coordinated Entry System (CES) is the primary point of entry for families seeking housing services. Access services by following the process laid out below.

Shelter Hotline - Looking for temporary shelters

(800) 548-6047

If your family is from San Gabriel Valley you can also contact us at

(626) 337-0140 or email us at [fscreferral@unionstationhs.org](mailto:fscreferral@unionstationhs.org)

### **Step 1**

Dial 211 to reach the Los Angeles County Information and Referral line.

### **Step 2**

Request a screening with a Regional Family Solutions Center (FSC)

### **Step 3**

An assessment interview will help determine the most appropriate services you need.



## **YOUTH EXPERIENCING HOMELESSNESS**

If you are between the ages of 16 to 24, we can provide housing and services at any of the following locations. Contact us today!

Unless stated, all sites are by appointment only

### **BALDWIN PARK**

Hillsides

Family Resource Center

Fri, 1 pm – 5 pm

(626) 373-2900

13001 Ramona Blvd. Suite A

Irwindale, CA 91706

\*YCES Housing Navigator

on-site Friday afternoons

### **IRWINDALE**

Pacific Clinics HOPE Drop-In Center

Mon & Wed, 2 pm – 5 pm

(213) 507-2513 or (626) 337-3828

13001 Ramona Blvd., Suite I

Irwindale, CA 91706

### **LA VERNE**

David & Margaret Youth and Family Services

Wed, 2 pm – 5 pm

Or by appointment

(909) 596-5921 or

(909) 596-5921, ext. 3226

1350 Third Street

La Verne, CA 91750

(Whitney Building, 1st Floor)

### **PASADENA**

Hathaway-Sycamores

TAY Programs

Mon-Fri, 9:00 am – 5:00 pm

By appointment only

(626) 503-0625

851 N. Oakland Avenue

Pasadena, CA 91104

\*Access Center Storage

available by appointment

### **PASADENA**

Hillsides YMO

Peer Resource Center

Mon & Fri, 9:00 am – 5:30 pm

Tues & Thurs., 11:30 am- 8:00 pm

Wed, 11:30 am – 5:30 pm

(626) 765-6010

456 E. Orange Grove Blvd. #140

Pasadena, CA 91104

\*Shower and Laundry Facilities

available by appointment  
\*YCES Housing Navigator on-site  
Monday afternoons.

**PASADENA**

Jackie Robinson Center  
1020 N Fair Oaks Ave  
Pasadena, CA 91103  
626-744-7200  
Mon-Thur, 8am-8pm  
Friday 8am-5pm

**POMONA**

Tri-City Mental Health Services  
Wellness Center  
Mon, 1:00 pm – 5:00 pm  
(909) 326-4624  
1403 N. Garey Avenue  
Pomona, CA 91767  
\*YCES Housing Navigator  
on-site Monday afternoons

Shelter Hotline – For homeless looking for temporary shelters.  
(800) 548-6047

Housing Services – Helps people list and find affordable, special-needs,  
accessible, and emergency housing within Los Angeles County. (877) 428-8844

## **Local Food Resources**

### **Salvation Army-Pasadena Tabernacle**

1000 Walnut Street Pasadena CA 91106

More info Phone: 626.773.4400 Hours:

Monday - Friday 9:00 AM - 11:30 AM

### **Trinity Evangelical Lutheran Church**

997 E. Walnut Pasadena CA 91106

More info Phone: 626.792.1212

Hours: Thursday 11:00 AM - 1:00 PM

### **Friends in Deed**

444 E. Washington Blvd, Pasadena CA 91104

626-797-2402

Food Distribution Hours: Tuesday 10:00am-3:00pm, Wednesday 10:00am-3:00pm, Thursday 10:00am-1:00pm

### **Foothill Unity Center**

191 N. Oak Ave, Pasadena, CA 91107

626-358-3486

Food Distribution Hours: Tuesday 9:00 -11:30am, Wednesday 1:00-3:30pm, Friday 1:00-3:30pm

### **St. James Episcopal Church**

1325 Monterey Rd., So. Pasadena, CA 91030

626-799-9194

Food Distribution Hours: Friday 1:30pm-3:30pm

### **Pasadena Church**

404 E Washington Blvd, Pasadena CA 91104

626-794-2951

Food Distribution Hours: Monday 6:00-7:00pm, Wednesday 6:00pm-7:00pm, Friday 6:00pm-7:00pm

## **LA FOOD BANK**

1734 E 41st St, Los Angeles, CA 90058

(323) 234-3030

Hours: Monday - Friday 8:00am-5:00pm

Pick Up Hours: Monday - Friday 1:00pm-3:00pm

<https://www.lafoodbank.org/find-food/pantry-locator/>  
(for locations near you)

## **Other Resources**

**ACCESS Center** - 24/7 call center for mental health crisis, information and referrals. ACCESS Center serves as the entry point for mental health services in Los Angeles County.

**(800) 854-7771**

**(562) 651-2549 (TDD/TTY)**

**Self-Help and Recovery Exchange (SHARE)** 24/7 referral resources for alcoholic, grief & loss, and mental health recovery support groups.

**(877) 742-7349**

**Substance Abuse** – Drug & alcohol treatment referrals for ages 18 & up.  
(800) 564-6600

**Los Angeles County Information Line** – Access to information about community, social, health and government services in Los Angeles County. Dial 2-1-1

**Child Protection Hotline** – Reporting child abuse 24/7.  
(800) 540-4000

**Elder Abuse Hotline** – Reporting elder abuse 24/7. (877) 477-3646