

Pasadena City College

Student Health Services

Mental Health & Substance Use/Abuse Referrals

Mental Health Resources (Please note: PCC provides this list without endorsement of agencies. Costs subject to change):

MENTAL HEALTH RESOURCES:	PHONE NUMBER	MENTAL HEALTH RESOURCES:	PHONE NUMBER
National Suicide Prevention Lifeline <i>(This lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself.)</i>	800-273-8255	Each Mind Matters/Reachout www.eachmindmatters.org	800-448-3000
Los Angeles County Department of Mental Health (available 24/7) Dial 211: Information specialists who will provide you with medical, mental health and social services agencies in your area.	800-854-7771	Your Life Your Voice (crisis line) Connect with counselors thru text (4pm-10pm Pacific time)	Text "VOICE" to "20121"
National Child Abuse Hotline (counseling for parents, children, & adults who were abused children)	800-422-4453	Didi Hirsch Suicide Prevention Center Crisis Line www.didihirsch.org	877-727-4747
Center for Pacific Asian Families (crisis counseling and supportive services)	800-339-3940	Pasadena City College, Psychological Services L108 (PCC students only) By appointment, please call for walk-in appointments.	626-585-7273
		Trevor Lifeline (LGBTQ crisis & suicide support 24/7) www.thetrevorproject.org Text "Trevor" to 1-202-304-1200	866-488-7386

MENTAL HEALTH RESOURCES:	PHONE NUMBER	ADDRESS	SERVICES AVAILABLE
Asian/Pacific Family Center (No emergency services)	626-287-2988	9353 E. Valley Blvd. Rosemead, CA 91770	Medical evaluation & outpatient care. Low to moderate fees of Medi-Cal, specializing in services to Asian-speaking adults & children.
Arcadia Mental Health Center (Mental health assistance for patients & families)	626-821-5858	330 E. Live Oak Ave. Arcadia, CA 91006	Crisis evaluation and stabilization. Walk-in, medication. Psychiatric mobile response. Intensive Care Management for the severely/persistently mentally ill.
Exodus Recovery Centers Eastside Urgent Care Center	323-276-6400	1920 Marengo Street Los Angeles, CA 90033	"The Exodus Recovery 23-hour Psychiatric Urgent Care Center is a welcoming environment where individuals in crisis can be assessed for stabilization services, medication evaluation and management, or hospitalization if necessary. The Urgent Care Center is open and available 24 hours per day, 365 days per year, on a walk-in basis. " -from Exodus website: http://www.exodusrecoveryinc.com/L.A.html
Mental Health Urgent Care Center at MLK Medical Center by Exodus (psychiatric urgent care)	Intake: 800-829-3923 MLK Urgent Care Center: 562-295-4617 MLK Integrated Clinic: 562-295-5916	12021 South Wilmington Ave. Los Angeles, CA 90059	
Foothill Family Service	626-795-6907	118 S. Oak Knoll Av. Pasadena, CA 91101	Counseling of individual, marital or family problems. No medication or emergency services. Moderate fee and insurance accepted.
Fuller Psychological and Family Services	626-584-5555	180 N. Oakland Ave. Pasadena, CA 91101	Counseling of individual, marital or family problems. Moderate fee and insurance accepted. Psychiatric medication service available on private fee consultation basis.
Hollywood Sunset Free Clinic	323-660-2400	3324 W. Sunset Blvd. Los Angeles, CA 90026	Counseling for individuals, couples, families, and groups for a variety of psychological problems.
Pasadena Mental Health Center	626-798-0907	1495 N. Lake Ave. Pasadena, CA 91104	Low cost personal or family problem counseling. No medication or hospitalization.

Substance Use/Abuse Resources (Please note: PCC provides this list without endorsement of agencies. Costs subject to change):

SUBSTANCE USE/ABUSE RESOURCES:	PHONE NUMBER	SUBSTANCE USE/ABUSE RESOURCES:	PHONE NUMBER
Aegis Medical Systems, Inc. (drug use only)	626-794-1161	Alcoholics Anonymous (alcohol use)	www.aa.org to locate local AA office
California Smokers' Helpline (support for quitting)	800-NO-BUTTS	Casa de las Amigas (for women with alcohol abuse)	626-795-5505
Los Angeles Co-Dependents Anonymous (co-dependent behaviors)	323-969-4995 automated information	Narcotics Anonymous (drug use only)	626-584-6910
Pasadena Council on Alcoholism & Drug Dependency (alcohol and drug use)	626-795-9127	Tobacco Chewers' Helpline (tobacco use)	800-844-CHEW