

LCS Mental Health Resource List

Asian Pacific Counseling and Treatment Centers

- **Info:** Provides culturally sensitive mental health services for the Asian Pacific communities in the Los Angeles Area in multiple locations.
- **Types of Therapy Offered:** Individual and group therapy (w/ option of school-based), Case Management, Medication Support
- **Additional Services:** Adult Services (counseling and case management), Community Education and Workshops
- **Cost:** Medi-Cal, No Insurance, Private Insurance (limited)
- **Address:** Main Center 520 S. Lafayette Pk. PL #300 Los Angeles, CA 90057
- **Contact Information:**
 - **Phone:** 213-252-2100
 - **Website:** <http://www.apctc.org>
 - **Point of Contact:** Jessica Gonji Lee / glee@apctc.org
- **Languages:** English, Korean, Spanish, Mandarin, Cantonese, Tagalog
- **Referral Process:** Family should call the number listed above, speak with a therapist for a brief intake interview over the phone, then schedule an initial appointment. Parents should come to the first appointment to bring any needed documents and sign consent forms. A minor can come unaccompanied for services if there are concerns of abuse or neglect.
- A consent of release needs to be signed by the school & agency, and stored physical copies for both parties if wanted school-based services.

Amanecer Community Counseling Services

- **Info:** Deliver compassionate innovative mental health services that empower individuals and families to overcome barriers and significant life challenges to achieve more fulfilling, resilient, and self-sufficient lives.
- **Types of Therapy Offered:** Art therapy, individual and group therapy
- **Additional Services:**
 - Multidisciplinary Assessment Team- to help kids/teens who are at high risk for out of home or foster placement.
 - Family preservation- for DCFS-involved families.
 - Field Capable Clinical Services- provide mental health services in homes, schools, juvenile camps, and foster care settings.
 - Wraparound program- wraps intensive crisis response services 24 hours a day around a child that is at risk for incarceration, school failure, removal from home or psychiatric hospitalization.
 - School-based services- Case managers and therapists work directly with counseling staff at each school to identify students in need, provide appropriate services and monitor their progress. Students can also be referred to other

programs at Amanecer, including family counseling, when needed. (Currently working with LAUSD).

- Project Connect- Program to help at-risk youth with job preparation, counseling, case management.
- **Cost:** Medical, No Insurance (limited)
- **Address:** 1200 Wilshire Blvd, Suite 605, Los Angeles, CA 90017
- **Contact Information:**
 - **Phone:** (213) 416 1120
 - **Website:** <https://amanecerla.org/>
 - **Email:** Nmoreno-fimbres@amanecerla.org
 - **Point of Contact:** Nadine Moreno-Fimbres
- **Languages:** Spanish, English.
- **Number of Therapists:** 9 full-time MSW, 9 part-time staff
- **Referral Process:** <https://www.emailmeform.com/builder/form/rKij8esD61NTfe35Rmyk>
Online form for school-based referrals

Aviva Family and Children's Services

- **Info:** Provide community-based, culturally sensitive, and trauma-informed treatment and services to meet the mental health needs of children and families.
- **Types of Therapy Offered:**
 - Individual Cognitive Behavioral Therapy (ICBT)
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- **Additional Services:** Child abuse prevention/intervention.
- **Cost:** Accept Medi-Cal
- **Address:** 3580 Wilshire Blvd #800, Los Angeles, CA 90010
- **Contact Information:**
 - **Phone:** (213) 637-5000
 - **Website:** <https://aviva.org/>
 - **Email:** ask_us@avivacenter.org
 - **Point of Contact:**
- **Languages:** Spanish and English

Children's Institute

- **Info:** The Children's Institute is a multi-faceted social service agency that provides a wide array of clinical, case management, educational and community services to children and families impacted by trauma.
- **Types of Therapy Offered:** Individual, group and family therapy
- **Additional Services:**
 - Community activities
 - School counseling
 - Adoption support services

- Family trauma services
- Family services/ parent education
- Parent employment support
- **Address:** 2121 West Temple Street Los Angeles, CA 90026
- **Contact Information:**
 - **Phone:** 213-385-5100
 - **Website:** <http://www.childrensinstitute.org/>

Colors

- **Info:** LGBTQ affirmative psychotherapeutic services to youth and their families.
- **Types of therapy offered:** individual, family, group.
- **Cost:** Free and unlimited
- **Address:** 400 Corporate Pointe, Culver City, CA 90230
- Located at the Antioch University campus
- **Contact Information:**
 - **Phone:** 323-953-5130
 - **Website:** <http://www.colorsyouth.org/>
 - **Email:** contact@colorsyouth.org, cruffin@antioch.edu (Maybe?)
 - **Point of contact:** Cynthia Ruffin
- **Languages:** English,
- **Number of Therapists:**
- **Referral process:**
 - If they have a parent that is interested and willing to participate in their child's mental health the fastest way to access our services is for the parent going right onto our website www.colorsyouth.org and filling out an intake form. After the form is filled out it takes 24-48 hours for someone in the intake department to reach out and set up an appointment.
 - Your student can also fill out that same intake form on their own. Keep in mind however that our offices are in Culver City and the student would have to come to us for services - which means that a parent or caregiver would likely have to bring them to therapy.
 - Lastly, you and/or your student can call directly at 310-574-2813 x-366 and an intake counselor can do your intake right there on the phone.

Didi Hirsch

- **Info:** Dedicated to providing quality mental health services to communities that have limited access.
- **Additional Services:**
 - Outpatient Mental Health Services for Children and Families
 - Intensive Mental Health Services for Children
 - Youth Substance Abuse
 - School-based Services
 - Assistance to Abducted Children and their Families

- Drug and Alcohol Treatment for Adolescents
- **Cost:** Medical, Private Insurance and some free services for individuals without insurance
- **Address:** Multiple locations
- **Contact Information:**
 - **Phone:** 888-807-7250, (310) 390-8896 for information
 - **Website:** <http://www.didihirsch.org>

Hollywood Sunset Free Clinic

- **Info:** We provide free, quality medical and counseling services to people of all ages. We serve low-income, uninsured or under-insured individuals.
- **Types of Therapy Offered:** individual, couple, family & group counseling.
- **Additional Services:** Children/ family physical exams.
- **Cost:** Free.
- **Address:** 3324 Sunset Blvd, Los Angeles, CA 90026.
- **Contact Information:**
 - Phone: 323-661-0718
 - **Website:** <http://www.hsfreeclinic.org/>
 - **Email:** hollywoodsunsetfreeclinic.1968@gmail.com

Koreatown Youth and Community Center

- **Info:** Provides a multitude of services for families in the Koreatown, including, but not limited to free mental health care for children, youth and families in English, Spanish, and Korean.
- **Types of Therapy Offered:** Individual, family and group counseling, educational, housing, mental health, health and financial services.
- **Address:** 3727 West 6th Street Suite 300, Los Angeles, CA 90020
- **Contact Information:**
 - **Phone:** 213-365-7400 x 5130?
 - **Website:** <https://www.kyccla.org>
 - **Email:** <https://www.kyccla.org/contact/email/>

Los Angeles Child Guidance Clinic

- **Info:** The clinic seeks to improve the social and emotional relationships, emotional development, and community functioning levels of children and their families.
- **Types of Therapy Offered**
 - Child-Parent Psychotherapy (CPP)
 - Cognitive Behavioral Interventions for Trauma in Schools (CBITS)
 - Crisis Oriented Recovery Services (CORS)
 - Individual Cognitive Behavioral Therapy (ICBT)
 - Interpersonal Psychotherapy (IPT)

- Managing and Adapting Practice (MAP)
- Positive Parenting Program (Triple P)
- Seeking Safety
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- **Additional Services:**
 - School-based services
 - Family preservation
- **Address:** 3787 S. Vermont Avenue Los Angeles, CA 90007
- **Contact Information:**
 - **Phone:** 323-766-2345
 - **Website:** <http://www.lacgc.org/>
 - **Email:** contact@lacgc.org

Maple Counseling Center

- **Info:** Provides low cost comprehensive mental health services to individuals of all ages, couples, and families throughout Los Angeles
- **Types of Therapy Offered:** Family & individual therapy
- **Additional Services:** Queer women's therapy group for adult women, parenting support group, family therapy, parent education, children/teen individual therapy.
- **Cost:** Low fee counseling determined on a sliding scale
- **Address:** 9107 Wilshire Boulevard Beverly Hills, CA 90210, on the Lower Level
- **Contact Information:**
 - **Phone:** 310-271-9999
 - **Website:** <http://www.tmcc.org/>
 - **Email:** info@tmcc.org
- **Languages:** Spanish, English.

Southern California Counseling Center (SCCC)

- **Info:** SCCC believes that mental health care is a right, not a privilege. Anyone who needs counseling should have it. It is a belief we have lived for more than 50 years by providing affordable, sliding-scale counseling to people in need for as long as they need care.
- **Types of Therapy Offered:** Individual and family therapy, group counseling, psychiatric services
- **Cost:** Sliding scale to meet the financial needs of each family.
- **Address:** 5615 W. Pico Blvd Los Angeles, CA 90019
- **Contact Information:** 323-937-1344
- Larchmont Charter School @ LFP & Selma partners with SCCC counselors to provide our students with counseling services onsite at school.

Hotlines

Community Helpline: 877-541-2525

- <https://www.211la.org/resources/site/community-helpline>

Crisis Text Line

- Text HOME to 741741 (or STEVE to be connected to a counselor of color)
 - An individual will text and receive two automated responses detailing they are being connected with a Crisis Counselor and are invited to share more information
 - The goal of counselors is to provide support by getting the client in a calm and safe space, but not provide any medical advice
 - Conversations last between 15-45 minutes

Suicide Prevention Lifeline: 1 800-273-8255

Teen Line: 310-855-HOPE (4673) 1 800- TLC (853)- TEEN(8336)

Warm Line: 855-952-9276 or dial 211 or go to www.211.info

California Youth Crisis Line: 800-843-5200

- <https://calyouth.org/cycl/>