

Adult Mental Health Referrals

Rev. 4/22

Free Hotlines

Child Abuse Hotline (800) 540-4000	Sojourn Services for Battered Women (310) 264-6644	RAINN National Sexual Assault Hotline (800) 656-4673	Elder Abuse Hotline (213) 351-5401
Suicide Prevention Dial 988	LGBT National Hotline (888) 843-4564	National Maternal Mental Health Hotline (833) 943-5746	Child Care Hotline (888) 922-4453
DMH Health Help Line (800) 854-7721	Human Trafficking (888) 539-2373	National Eating Disorders Association Helpline (800) 931-2237	National Alliance on Mental Health Help Line (800) 950-6264
Alcoholics Anonymous (800) 923-8722 English (323) 750-2039 Spanish	Al-Anonymous (323) 936-4343 English (562) 948-2190 Spanish	Narcotics Anonymous (310) 390-0270	SAMHSA National Helpline (800) 487-4889

Organization	Contact	Details
Psychiatry		
Didi Hirsch 4760 Sepulveda Blvd Culver City, CA 90230	(310) 390-8896 www.didihirsch.org M - F 8:30 am - 5:00 pm	Phone or telehealth screenings. Taking referrals for Adults and TAY. Currently only doing Group sessions. Intakes take about 2 weeks English, Spanish, Armenian (Glendale location) Accepts: Medi-Cal (Adults/Child), Medi - Medi, Medicare Part B, Healthy Families (Child).
Edelman Mental Health 11080 Olympic Blvd Los Angeles, CA 90064	(310) 966-6500 Walk-in M - Th 8:00 am	Phone screenings. Accepting new referrals. Spanish services also available. Accepts: All Medi-Cal, HMOs, Medicare, Sliding Scale.
Exodus Recovery 11333 W. Washington Blvd Los Angeles, CA 90066	(310) 253-9494 www.exodusrecovery.com Walk-in 24 hrs a day	Walk - in only, on first come first serve basis. Patients must walk - in 8:00 am - 2:00 pm to see psychiatrist/clinician for the day. Same process for medication refills. Will determine if patient is seen in-person or telehealth. Spanish translators available Accepts: All Medi-Cal, HMOs, Medicare, no insurance.
Frameworkpsych.com 7720 Painter Ave, Unit C Whittier, CA 90602	(323) 999-1395 www.frameworkpsych.com	This outpatient clinic accepts LA Care/Beacon MediCal. Per their website, they also do comprehensive ADHD evaluations. They offer sliding scale for those w/o insurance. Virtual Services offered, new pts, wait depending on insurance & availability.
Memorial Counseling Associates 4525 E Atherton St, Long Beach, CA 90815	(562) 961-0155 www.mcamh.com M - F 8:30 am - 5:00 pm	In-person visits, telehealth, some providers require Tova testing for ADHD English, Spanish-speaking patients need to bring a translator Accepts: HMOs, Medicare. No insurance costs: initial appt \$200

Counseling

Airport Marina Counseling Center 7891 La Tijera Blvd. Los Angeles, CA 90045	(310) 670-1410 www.amcshelps.com M - Th 9:00 am – 9:00 pm F - Sun 9:00 am – 3:00 pm	Telehealth only. Intakes available within a few days, 3-4 weeks to assignment. Accepting new patients for individual and couple therapy. Not accepting new psychiatry patients. Waiting list for family counseling (up to a month). Best time to call Monday-Thursday 9am-5pm Accepts: MHN, sliding scales (up to \$130 per session)
Antioch University Counseling Center 400 Corporate Pointe Culver City, CA 90230	(310) 574-2813 x366 www.antioch.edu	Telehealth only, patients can email the intake team directly to fill out intake application via aucc.aula@antioch.edu. Waiting list is currently 4 - 10 weeks. Primarily English services Accepts: Some insurances (depending on therapist), sliding scale
Counseling Services 5800 Hannum St. #105 Culver City, CA 90230	(310) 410-9504 www.lapeaceofmind.com Tues - Fri 9:00 pm 8:00 pm Sat 9:00 - 4:00 pm	Receiving intakes via phone and telehealth, wait time is about 1-2 weeks Providing Psychological evaluations, Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) Accepts: most major insurances, sliding scale (\$130-\$250)
El Nido Family Centers 2069 W. Slauson Ave. Los Angeles, CA 90047	(323) 998-0093 www.elnidofamilycenters.org M - F 8:00 am - 5:00 pm	Appointments through telehealth Free services to qualified families, child abuse prevention and intervention, family life programs, and safe child exchange custody program, utility and rental assistance..
Exceptional Children's Foundation (ECF) Residential 10918 Barman Avenue Culver City, CA 90230	(310) 204-3300 www.ecf.net	Not accepting new patients, at max. capacity Spanish services available Receives referrals from regional center Accepts: Medi-medi
Family Service of Santa Monica 1533 Euclid St. Santa Monica, CA 90404	310-451-9747 www.vistadelmar.org M - Th 9:00 am – 6:00 pm F: 9:00 am-4:00 pm	Telehealth only for remainder of the year. Waitlist is about 1 month for Individual, family and couples therapy. Spanish speaking clinicians available Accepts: Medi-Cal (up to age 25), Adults Sliding scale (\$45-\$180 per session)
Institute for Multicultural Counseling and Education Services (IMCES) 3580 Wilshire Blvd. #2000 Los Angeles, CA 90010	(213) 381-1250 www.imces.org M - Th 9:00 am - 6:00 pm	Call first, no walk-ins, they are at capacity. Wait list is about 4 months. Individual and Family Therapy Spanish, Armenian, Farsi services available Accepts: Medi-Cal only

Counseling

St. Joseph Center - NIMO Program 204 Hampton Drive Venice, CA 90291	(310) 396-6468 x319 www.stjosephctr.org M - F 9:00 am - 5:00 pm	CALL RE: LONG WAIT LIST Mental health services for Latino adults. Must have a health condition and live in the Westside. Home visits possible. Spanish services also available.
Kohan Foundation Counseling Center 5601 W. Slauson Avenue No 192 Los Angeles, CA 90230	(424) 331-9070 www.kohanfoundation.org M-Th: 9:00 am - 9:00 pm Fri: 9:00 am - 3:00 pm	Receiving new patients via telehealth. No waiting list. Child and Adult Individual long term therapy, and Domestic Violence Spanish and Farsi services available Accepts: Medi-Cal and major insurance HMO, PPO, sliding scale (\$65 - \$100 per session)
Long Beach Trauma Recovery Center 1045 Atlantic Ave Suite 801 Long Beach, CA 90813	(562) 491-7977 M - F 8:30 am - 5:00 pm	Free trauma based therapy in person and telehealth. Individual therapy for Adults and Child starting at age 4 and up. Psychiatry services available for trauma. Support groups in spanish.
The Ness Counseling Center 8512 Whitworth Dr Los Angeles, CA 90035	(310) 360-8512 www.nesscenter.com M - Th 9:00am- 5:00 pm Fri 9:00 am - 3:00 pm Sun 9:00 am - 2:00 pm	Intakes Monday – Thurs. 9-4 PM, in person and over phone/video Spanish services available for classes and individual sessions, Group sessions <10 Adolescent sexual offender class for male and female, satisfies court orders Accepts: PPOs, and Sliding scale
Open Paths Counseling Center 5731 S. Slauson Ave. No. 175 Culver City, CA 90230	(310) 258-9677 www.openpaths.org M-F 9:00 am - 9:00 pm Sat 9:00 am - 5:00 pm	Accepting new patients via telehealth, wait time is about 4-8 weeks DV (men's groups) Spanish Available DV Survivor and Power support group for women (10 weeks) *suggests PTs call to check group availability Spanish and Farsi services available
Our House Grief Support Center 1663 Sawtelle Blvd. No. 300 Los Angeles, CA 90025	(310) 473-1511 www.ourhouse-grief.org M - F 9:00 am - 5:00 pm	Group sessions available online Intake available within 3-4 weeks, and then referred to a group Adult and child support groups for those that are grieving the death of a loved one Suggests PTs call and leave a message Spanish services available Sliding scale only (\$1-\$65 for intake and \$1-\$35 per group)
Pepperdine Psychology Clinic 6100 Center Dr. #559 Los Angeles, CA 90045	(310) 506-5752 www.pepperdine.edu M- F 12:00 pm - 4:00 pm	Accepting in person visits and Telehealth, wait time is about 1 week. Individual therapy Sliding scale – starts at \$25 -95 Free 45-min phone call to determine eligibility \$45 for 2 hour in-person intake No insurance accepted

Counseling

Richstone Family Center 13634 Cordary Ave Hawthorne, CA 90250	(310) 970-1921 www.richstonefamily.org M - F 9:00 am - 9:00 pm Sat 9:00 am - 2:00 pm	Telehealth and in person visits for individual, family and couples therapy. Intake process within 1 week. They also offer some low cost and FREE classes such as Zumba, baby and me, stress management and a mom support group. Low sliding scale
Santa Monica Psychotherapy Group 1460 7th Street. Suite 201 Santa Monica, CA 90401	(310) 451-8180 www.santamonicap psychotherapy.com	Currently not accepting new patients. Bilingual (Spanish/English/Italian/Persian) Accepts: LA Care(Beacon plans), United Behavioral, and many HMO and PPO plans, Sliding scale (\$100+) Call phone number and leave message
SHARE! Culver City 6666 Green Valley Circle Culver City, CA 90230	(310) 305-8878 www.shareselfhelp.org M - F 10:00 am - 10:00 pm	Group sessions held in person and via telehealth. Various self-help support groups, collaborative housing, anger management classes, and retreats. Donations requested, but not required.
Soultenders 2999 Overland Avenue, 2nd Floor, Los Angeles, 90064	(626) 701-4249 www.Soultenders.com M - F 8:30 am - 4:30 pm	Telehealth visits for Individual, family, and couples therapy. Adult, and Child EMDR therapy. Psychological testing services. ADHD face-to-face testing with objective tests, and self-administered subjective questionnaires, as well as discussion of results. Accepts: HMOs, Medical and Medicare
South Bay Mental Health Services 2311 W. El Segundo Blvd Hawthorne, CA 90250	(323) 241-6730 M-F 8:00 am-5:00 pm	Accepting New patients, wait list is about 4 weeks. Walk-in for intake Sliding Fee scale begins at \$37 Accepts: La Care, Health Net, Medical and Medicare. DV and Anger Management offered as well
USC Telehealth Counseling	866-740-6502 www.dworakpeck.usc.edu M-F 8:00 am - 6: 00 pm	4-week waitlist for 8 week program, online only Accepting new referrals for 10-12-week program. Spanish services available Must have smartphone or laptop that is no more than 3 years old and a private/enclosed space
WISE Center for Healthy Aging 1527 4th St. 2nd Floor Santa Monica, CA 90401	(310) 394-9871 www.wiseandhealthyaging.org M - F 8:30 am - 5:00 pm	Providing meals for SM residents only. English/Spanish and 55+ only Day care: Medi-medi, Medi-Cal, Medicare, Private Insurance, HMO, Sliding scale or free for very low income. Call for other inquiries.

LGBTQ+ Counseling (See LGBTQ+ Mental Health Referrals for more resources)

Colors LGBTQ Youth Counseling Center Antioch University Los Angeles 400 Corporate Pointe Culver City, CA, 90230	(310) 578-1080 ext. 320 www.colorsyouth.org	Telehealth only, patients can email the intake team directly to fill out intake application via aucc.aula@antioch.edu Free LGTBW-affirmative counseling and psychotherapy services to youth under 25 and their families
LA LGBT Center 1625 N. Schrader Blvd. Los Angeles, CA 90028	(323) 993-7500, option 3 M-F 8am-8pm Walk-in intake 10-2pm	Telehealth and in person visits. Waitlist is about 4 months. Sliding scale, private, Medi-Cal, Medicare. Interpreters available. Bring ID and proof of income

Domestic Violence and Sexual Assault

UCLA Rape Treatment Center 1250 16th St. Santa Monica, CA 90404	(424) 259-7208 www.uclahealth.org	Free Medi-Cal and counseling services for sexual assault survivors available 24 hrs. Free telephone consultation. Services include Medi-Cal Exams and Forensic Exams
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Substance Abuse

C.L.A.R.E Foundation 1002 Pico Blvd. Santa Monica, CA 90405	(310) 314-6200 www.clarematrix.org	Inpatient Treatment HIV/AIDS Services, Detox, Residential, & Outpatient treatment. MAT: Prescribes Buprenorphine and Naltrexone Accepts:Medi-Cal, MHLA, sliding scale/Cash
CRI Help Inc. 11027 Burbank Blvd. North Hollywood, CA 91601	(818) 985-8323 www.cri-help.org	Inpatient Treatment Payment accepted: Medi-Cal/Medicaid, State Financed Insurance, Private Insurance, Cash, Payment Assistance(SUMMIT) MAT: Prescribes Buprenorphine, Relapse prevention Naltrexone HIV/AIDS Services
Phoenix House – Men only 503 Ocean Front Walk Venice, CA 90291	(310) 392-3070 www.phoenixhouseca.org	Residential treatment only. Accepts Medi-Cal, MHLA, and private insurance
BHS Redgate Memorial Treatment Center 1775 Chestnut Ave. Long Beach, CA 90813	(562) 599-8444 www.bhs-inc.org	Hospital Inpatient Detox Payment accepted: Medi-Cal, Private Insurance, Cash, Payment Assistance/Sliding Fee Scale MAT: Prescribes Buprenorphine and Naltrexone
Tarzana Treatment Center 18646 Oxnard St. Tarzana, CA 91356	(800) 996-1051 www.tarzanatc.org	Hospital Inpatient Detox Payment accepted: Medi-Cal/Medicaid, State Financed Insurance, Private Insurance, Cash MAT: Prescribes Buprenorphine and Naltrexone HIV/AIDS Services

Older Adults - Dementia

OPICA - Adult Day Program and Counseling Center
11759 Missouri Avenue, Los Angeles, CA 90025

(310) 478-0226
M - F 10:00 am - 3:00 pm
www.opica.org

Support for Adults with Memory Loss.
Adult day program, Individual and family therapy, support groups, Veterans are covered under this program, they do not take private insurance or Medical.
Rate: \$89 per day for day program, \$100 for therapy with licensed therapist per session. You can apply for a scholarship, contact agency for more info.

Cancer Treatment

Cancer Support Community Los Angeles
1990 S. Bundy Dr. #100
Los Angeles, CA 90025

(310)314-2555
www.cancersupportla.org

Free services for those with cancer and loved ones. Some Spanish services. Must attend orientation to access services (counseling, support groups, etc.).