

Crisis & Legal Assistance Helplines

800-339-6993

ABUSE AND NEGLECT

1. Children Protection 800-540-4000
2. Elderly Abuse 800-992-1660

ADULT REHABILITATION CENTER

1. Salvation Army Rehab Center 818-883-6321

BASIC NEEDS: FOOD, CLOTHING, SHELTER

1. Los Angeles Housing Referral 866-557-7368
2. LA Transitional Housing 818-982-4091
3. LA Homeless Service 213-683-3333
4. Sova-Food Pantry 818-988-7682
5. N. Valley Services, food, etc 818-891-0481

CHEMICAL DEPENDENCY

1. AA Alcoholics Anonymous 818-988-3001
2. Cocaine Anonymous 818-760-8402
3. Marijuana Anonymous 800-766-6779
4. Narcotics Anonymous 818-773-9999
5. Nat'l Council and Alcohol/Drug Dependency 818-997-0414

DOMESTIC & FAMILY VIOLENCE

1. Domestic Violence Hotline 800-978-3600
2. National Domestic Violence Hotline 800-799-7233
3. Haven Hills 818-887-6589
4. Family Violence – crisis line 818-505-0900
5. Valley Trauma Counseling & Referrals 818-886-0453

HEALTH

1. AIDS/HIV Hotline 800-367-2437
2. Health/Medical Referrals 800-427-8700
3. National Eating Disorders Association Hotline 800-931-2237
4. Medicare 800-633-4227

LEGAL ASSISTANCE

1. Attorney Referral 213-243-1525
2. Consumer Credit Counseling 800-750-2227
3. CA Dept. of Fair Employment & Housing 800-884-1684
4. Legal Aid Foundation of Los Angeles 800-399-4529
5. San Fernando Neighborhood Legal Aid 818-896-5211

RAPE & SEXUAL ASSAULT

1. Rape Hotline 800-585-6231
2. Valley Trauma Center 818-886-0453

SUICIDE & MENTAL HEALTH

1. Suicide Prevention Crisis Line 877-727-4747
2. National Suicide Prevention Hotline & Veterans 800-273-8255
800-784-2433
3. Mental Health Services (PMRT) 818-832-2410
4. PMRT access through sheriffs if on campus 818-710-4311
5. Pierce Health Center 818-710-4270

SUPPORT GROUPS (SELF HELP GROUPS)

1. Emotions Anonymous 818-377-4341
2. Gamblers Anonymous 213-386-8789
3. SHARE-other self help groups 310-305-8878
310-846-5270

YOUTH CRISIS HOTLINE

1. Youth Crisis Hotline (up to 24) 800-843-5200

WEB SOURCES

1. <http://www.homelessshelterdirectory.org/>
2. <http://dmh.lacounty.gov/>
3. <http://www.4collegewomen.org/>
4. <http://preventsuicide.lacoe.edu>

Therapy & Medication Resources

Name of Site	Address	Phone	Services Offered	Insurance Required	Additional Languages
Counseling West www.counselingwest.com	4419 Van Nuys Blvd #310, Sherman Oaks, CA 91403	(818) 990-9898	Therapy & medication	No insurance accepted, sliding scale	Armenian, Farsi, German, Serbian, French & Spanish
Edelman Westside Mental Health Center	11080 West Olympic Boulevard, Los Angeles, CA 90064	(310) 966-6500	Therapy & medication	No; accepts Medi-Cal, Medi-Care, sliding scale	Farsi, Mandarin, Spanish
Hillview Mental Health Center www.hillviewmhc.org	12450 Van Nuys Blvd., Suite #200, Pacoima, CA 91331	(818) 896-1161	Therapy & medication	No; accepts Medi-Cal, Medi-Care, sliding scale	Armenian, Farsi, Russian & Spanish
LA LGBT Center https://lalgbtcenter.org	1625 N. Schrader Blvd., Los Angeles, CA 90028	(323) 993-7400	Therapy & medication	No; accepts Medi-Cal, Medi-Care, PPO's, sliding scale	Phone translator for all languages
Maple Counseling Center www.tmc.org	9107 Wilshire Boulevard, Beverly Hills, CA 90210	(310) 271-9999	Therapy & medication	No; does not accept insurance, sliding scale	Farsi, Russian & Spanish
Olive View Community Mental Health Urgent Care	14659 Olive View Drive, Sylmar, CA 91342	(818) 485-0888	Therapy & medication	No; accepts Medi-Cal, Medi-Care, sliding scale	Phone translator for all languages
San Fernando Mental Health Center	10605 Balboa Blvd., Suite #100 Granada Hills, CA 91344	(818) 832-2400	Therapy & medication	Yes; accepts Medi-Cal, Indigent	Armenian, Russian & Spanish
San Fernando Valley Community Mental Health Center	14545 Sherman Circle Van Nuys, CA 91405 www.sfvcmhc.org	(818) 901-4854	Therapy & medication	Yes; accepts Medi-Cal, Medi-Care	Spanish
San Fernando Valley Counseling Center www.sfvcc.org	16461 Sherman Way, Suite #275 Van Nuys, CA 91406	(818) 341-1111	Therapy	No; does not accept insurance, sliding scale	Farsi & Spanish
Saturday Center for Psychotherapy saturdaycenter.org	3201 Wilshire Blvd., Suite #201 Santa Monica, CA 90403	(310) 829-7997	Therapy	No; accepts Medi-Care, sliding scale	None
SFVCMHC, Incorporated Prevention and Early Intervention Services	Victory Wellness Center 14515 Hamlin St., Suite #102, Van Nuys, CA 91405	Gila Lucero, MFT* (818) 989-7475 ext. 1732	Therapy & medication	Medi-Cal only	English & Spanish
Tarzana Treatment Centers https://www.tarzanatc.org	18646 Oxnard Street Tarzana, CA 91356	(818) 996-1051	Therapy & medication	No; accepts Medi-Cal, Molina, LA Care, sliding scale	Farsi
West Valley Mental Health Center	20151 Nordhoff St., Chatsworth 91311	(818)-407-3200	Therapy & Medication	No; accepts Medi-Cal, sliding scale	Armenian, Farsi, Hindi, Russian, Spanish