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
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-Thu, 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*
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

**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, 1pm – 5pm
(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