

Free and Low-Cost Mental Health Services in and Around Glendale

Los Angeles County Department of Mental Health (LACDMH) –

- **24 Hour Access Center/Crisis Line/Psychiatric Mobile Response Team (PMRT) – 800-854-7771**; can call 24 hours a day to find mental health counseling in your area whether you have health insurance coverage or not
- http://file.lacounty.gov/SDSInter/dmh/186290_AccessCenterBrochure10-13-11.pdf
- **LACDMH Service Area 2 (San Fernando Valley) Coordinators** – if referral information you receive through 24-Hr Access Center does not work out, you can also try calling one of the following for additional assistance:
 - **For Ages 16-25** – Terica Roberts (213) 923-6459
 - **For Ages 26-59** – Darrel Scholte (818) 610-6705 & Michelle Renfrow (818) 610-6724
 - **For Ages 60 Plus** – Joyce Chiang (213) 738-2327
- **Didi Hirsch Mental Health** – local mental health clinic contracted by LACDMH to provide mental health services; (818) 244-7257; 1540 East Colorado Street, Glendale, CA 91205 - <https://didihirsch.org/>

Free and Low-Cost Sliding Fee Scale Mental Health Counseling Clinics – Each clinic will vary in terms of:

- populations they serve
 - whether they have free services & what eligibility requirements are to receive free services
 - their sliding fee scale range for services & what kind of proof of income they may require
 - duration of waiting lists
 - languages they offer services in
 - insurances they accept, if any
- **Comprehensive Community Health Centers** - (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA 91205 - <https://cchcenters.org/> - Click on Behavioral & Social Care
 - **Glendale Psychology Center** – (818) 551-1800; 1222 South Glendale Avenue, Suite 4, Glendale, CA 91025; <http://glendalepsychologycenter.com/index.html>
 - **All 4 Health** – (818) 839-4010; 141 South Cedar, Glendale, CA 91205; <http://all4health.org/pcmh/>
 - **Mission City Community Network** – (818) 895-3100; 222 W. Eulalia Street, Suite 301, Glendale, CA, 91204; <https://mccn.org/glendale>
 - **Institute for Multicultural Counseling and Educational Services** – (818) 240-4311; 121 W. Lexington Drive, Suite 300, Glendale, CA 91203 - <https://www.imces.org/services-programs>
 - **Armenian Relief Society – Child, Youth, and Family Guidance Center** – (818) 546-2744; 517 W. Glenoaks Blvd., Glendale, CA 91202; <http://arswestusa.org/campaigns/child-youth-and-family-guidance-center/>
 - **All-Inclusive Federally Qualified Community Health Center** - (323) 255-5225; 3920 Eagle Rock Blvd., Suite A, Los Angeles, CA, 90065 (Glassell Park); has another location in Burbank; <http://www.aichc.org/practice-overview/services-we-provide/>; (Behavioral Health is listed as a provided service)
 - **Northeast Community Clinics** – (323) 256-3884; 5420 N. Figueroa Street Los Angeles, CA 90042 (Highland Park) - <https://www.northeastcommunityclinics.com/services/other-services/>
 - **Arroyo Vista Family Health Center** – (323) 256-3884; 6000 N. Figueroa Street, Los Angeles, CA 90042 (Highland Park); <https://www.arroyovista.org/behavioral-health-services>
 - **St. Anthony Medical Center** – (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA 90028 (Hollywood) - <http://stanthonymedical.org/physician-specialties/mental-health-services/>

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- **ChapCare Behavioral Health** – (626) 398-6300; www.chapcare.org/our-services/behavioral-health/; locations:
 - 1855 North Fair Oaks Avenue, Pasadena, CA 91103
 - 3160 East Del Mar Boulevard, Suite 100, Pasadena, CA 91107
 - 513 East Lime Avenue, Suite 102, Monrovia, CA 91106
- **Foothill Family Services** – (626) 993-3000; <https://www.foothillfamily.org/services/mental-health-care/>; locations:
 - 897 Granite Drive, Pasadena, CA 91101
 - 2500 E. Foothill Blvd., Suite 300, Pasadena, CA 91107
 - Other locations in Duarte, El Monte, Covina, West Covina, and Pomona
- **Family Service Agency of Burbank** – (818) 845-7671; 2721 W. Burbank Blvd., Burbank, CA 91505; <https://familyserviceagencyofburbank.org/programs/individual-youth-teen-adults/>
- **Valley Community Health** – (818) 763-8836; 6801 Coldwater Canyon Avenue, North Hollywood, CA 91605 - <https://valleycommunityhealthcare.org/clinical-programs/>; Click on Behavioral Healthcare Services
- **The Center for Professional Counseling** – (818) 761-2227; 5445 Laurel Canyon Blvd., North Hollywood, CA 91607; <https://www.thecenterpro.org/services>
- **Southern California Counseling Center** – (323) 837-1344; 5615 W. Pico Blvd., Los Angeles, CA 90019; <https://sccc-la.org/get-help/>

OTHER MENTAL HEALTH-RELATED RESOURCES:

NATIONAL SUICIDE PREVENTION LIFELINE – (800) 273-8255; <https://suicidepreventionlifeline.org/> OR

SUICIDE PREVENTION CRISIS LINE – (877) 727-4747

California Community College Health and Wellness Website - <https://www.cccstudentmentalhealth.org/health-wellness-for-students/>; contains a variety of different kinds of resources that students might need as well as psychoeducational information about taking care of one's mental health & the importance of seeking out support when overwhelmed, stressed, or in distress

Each Mind Matter Crisis Text Line – Text: “**COURAGE**” TO 74174 - to text confidentially with a trained crisis counselor

- www.EachMindMatters.org – Home Page
- <https://www.eachmindmatters.org/mental-health/> - contains help for people experiencing life challenges; topics include – Young Adults; Children & Families; Veterans; Older Adults; Diverse Communities; Prevention; Mental Health Challenges; Suicide Prevention

National Alliance on Mental Illness (NAMI) Glendale – (213) 797-0494; 1540 East Colorado Street, Glendale, CA 91205; www.namiglendale.org; provide support groups, education classes, advocacy & resources, to give help & hope to those living with a mental illness, their families, & loved ones; support groups offer individuals living with serious mental illness, their families, friends, & loved ones a *confidential, supportive, and safe* environment to share, vent, listen, learn, & network with those with similar experiences

Kognito Website – www.kognitocampus.com/login - Create a new account, follow on-screen instructions, choose course, & click “Launch”; training simulations designed to educate faculty, staff, & students about best practices in supporting (1) students who struggle with psychological distress including depression & suicidal ideation, (2) LGBTQ students who are struggling due to harassment or exclusion, & (3) student veterans who are facing challenges in adjusting to college life