

EMOTIONAL WELLNESS COMMUNITY RESOURCES

Disclaimer: Evergreen Baptist Church of Los Angeles does not take responsibility for the content, referrals or interventions provided by the resources listed in this document. This document is meant to be used as a helpful resource for emotional wellness only, and it should not be considered medical advice, nor is it intended to be a substitute for professional health care advice, diagnosis or treatment that can be provided by your own health care provider.

If you are experiencing suicidal thoughts, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

EMERGENCY SERVICES & HOTLINES

Access Center LA County Dept of Mental Health—Emergency

LA County Department of Mental Health (DMH) operates a psychiatric mobile emergency response system for help with a suicidal crisis or other mental health emergency. Accessible 24 hours a day, 7 days a week. Emergency services are comprised of several components:

- Psychiatric Mobile Response Teams (PMRT)
- Law Enforcement Teams
- Psychiatric Emergency Teams (PET)
- Homeless Outreach Teams (HOT)
- Emergency Response Teams (ERT)

Phone: 800-854-7771

Asian LifeNet Hotline (NYC Well)

Suicide prevention hotline that offers support in Cantonese, Mandarin, Japanese, Korean, & Fujianese. Accessible 24 hours a day, 7 days a week.

Educational resources and links are also available, such as suicide prevention brochures in Chinese, Korean, Japanese, and Vietnamese.

Phone: 877-990-8585

Website: aaspe.net

Child Protection Hotline—LA County Department of Children and Family Services

Reporting hotline for any suspected child abuse or neglect.

Additional support and resources or also available for parents, youth, and caregivers.

The Child Protection Hotline is available 24 hours a day, 7 days a week.

Phone: 800-540-4000

TDD [Hearing Impaired]: 800-272-6699

Website: dcfs.lacounty.gov

Crisis Text Line

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Text HOME to 741741 to connect with a Crisis Counselor

Message on WhatsApp at 443-SUPPORT

Elder/Dependent Adult Abuse Hotline—LA County Adult Protective Services (APS)

Adult Protective Services (APS) provides in person response to reports of abuse and self-neglect about developmentally disabled adults, physically and mentally disabled adults, and the elderly (65 yrs+) who may be victims of abuse.

Phone: 877-4R SENIORS (877-477-3646)

Los Angeles Substance Abuse Service Hotline (SASH)

A toll-free hotline providing substance abuse information and referral. Translation services are available. Accessible 24 hours a day, 7 days a week.

Phone: 844-804-7500

Website: sapccis.ph.lacounty.gov/sbat/

National Alliance on Mental Illness (NAMI) Help Line

Provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, and mental health providers. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

Also provides access to educational support information and training.

Text NAMI to 741-741

Phone: 800-950-NAMI (800-950-6264) (Current hours: M-F 10 am-8 pm ET)

Online Chat: nami.org

Email: info@nami.org

National Disaster Distress Helpline (Part of the National Suicide Prevention Lifeline)

A 24/7/365 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Phone (or text): 800-985-5990

National Domestic Violence Hotline

Provides crisis intervention information, tools, and referrals for people experiencing domestic violence. "Free, Confidential." Accessible 24 hours a day, 7 days a week.

Phone: 800-799-SAFE (800-799-7233)

Chat Line: thehotline.org

Text START to 88788

National Suicide Prevention Lifeline

A national network of local crisis centers for people in suicidal crisis or emotional distress. Accessible 24 hours a day, 7 days a week.

Phone: 800-273-TALK (800-273-8255)

Chat Line: suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

One of the foremost treatment facility locators in the U.S. for substance abuse and mental health. Accessible 24 hours a day, 7 days a week

Phone: 800-662-HELP (800-662-4357).

Online locators: samhsa.gov

Trevor Lifeline for LGBTQ Youth:

A crisis intervention and suicide prevention hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline.

Phone: 866-4-U-TREVOR (866-488-7386) (Accessible 24 hours a day, 7 days a week)

Trevor Text: Text START to 678-678 (Available 24/7)

Trevor Chat: thetrevorproject.org/get-help-now/ (Available 24/7)

Veterans Crisis Line

Serves all veterans, service members, National Guard and Reserve, family, and friends. Accessible 24 hours a day, 7 days a week. A trained responder will answer your call, text, or chat and ask you a few questions.

Phone: 800-273-8255 and Press 1

Text: 838255

Chat: veteranscrisisline.net/get-help/chat

TTY (Hearing or speech-impaired text telephone): Dial 711 then 1-800-273-8255

COUNSELING AND TREATMENT CENTERS

Note: If you have private medical insurance, please check with your provider to see what in-house mental health services they provide or what outside counseling services they are willing to cover.

Asian Pacific Counseling and Treatment Center (APCTC)

Mental health services are offered to adults, children, and youth. School-based services and community education workshops are also offered. All services are provided with cultural sensitivity and bilingual capability. Services are available in Cambodian, Chinese (Cantonese, Mandarin & Taiwanese), Japanese, Khmer, Korean, Laotian, Filipino (Cebuano, Ilocano & Tagalog), Spanish, Thai and Vietnamese.

Locations in LA, Alhambra, Van Nuys, Cerritos, Riverside

Payment: Accepts some private insurance (check with your medical provider); accepts Medi-cal; sliding rate scale for out-of-pocket payment.

APTCTC Alhambra Center
1635 W. Main Street #100
Alhambra, CA 91801

Phone: 626-248-1800

Website: apctc.org

Didi Hirsch Mental Health Services

A leading provider of mental health, substance use, and suicide prevention services for adults, teens, and children. A renowned resource for education, training, therapy, and support groups. Both outpatient and residential treatment programs are available.

Locations in Culver City, LA, Inglewood, Glendale, Orange County

Payment: Accepts Medi-cal and Medi-care Part B

LA County Phone: 888-807-7250

Orange County Phone: 714-547-0885

Website: didihirsch.org

Fuller Psychological and Family Services

The clinical training and community mental health outreach arm of the Fuller Seminary Graduate School of Psychology in Pasadena. Provides individual and group therapy for adults, teens and children. The vision of FPFS integrates spiritual health with physical and psychological health.

Payment: Various rates are available based on education level and licensing of the therapist; low-cost services are available with a student therapist under direct supervision. Does not accept Medi-cal. Does not accept private insurance, however, will provide reports to allow clients to get reimbursement through their insurance.

Pasadena (Main Office)
180 North Oakland Avenue
Pasadena, CA 91101

Phone: 626-584-5555

Website: fuller.edu/fuller-psychological-and-family-services/

Heritage Clinic

Provides a wide base of mental health services for adults 55+ and their families. Includes psychotherapy and counseling both in-home and in-clinic.

Locations throughout Southern California, including San Gabriel Valley, Glendale/Burbank; the Greater downtown LA area, East LA and Hollywood areas; Long Beach, South Bay, Inglewood.

Heritage Clinic - Pasadena
447 N. Molina Ave.
Pasadena, CA 91101

Phone: 626-577-8480

Website: heritageclinic.org/heritage-clinic/

OUR HOUSE Grief Support Center

Provides grief support groups for adults, teens and children; school-based grief support; professional grief training and resources; on-site grief response.

Locations in WLA, Mid-City/Korea Town, Woodland Hills, Orange County

Mid-City/Korea Town
3750 West 6th Street
Los Angeles, CA 90020

Phone: 310-473-1511
Website: OurHouse-Grief.org

Pacific Clinics

Provides mental health, substance use treatment and support services to Medi-Cal eligible individuals and families. Serves children, transitional age youth, families, adults, and older adults. Provides culturally and linguistically relevant services in over 22 languages. Also provides employment, housing and homeless support services.

Over 50 locations across Los Angeles, Orange, San Bernardino, and Ventura Counties. Nearby locations are in Alhambra, Rosemead, Arcadia, and Pasadena

Payment: Accepts Medi-cal only. Does not accept private insurance.

Pacific Clinics -- Asian Pacific Family Center
9353 E. Valley Blvd #C
Rosemead, CA 91770
626-287-2988

Central phone: 877-722-2737 (Pacific Clinics Access Center)
Hours: 8:30 am - 5:00 pm Monday-Friday
Website: pacificclinics.org

USC Older Adult Counseling Center (OACC)

Provides therapeutic services for older adults and their families. USC is one of the premier gerontology programs.

Payment: Sliding rate scale is available; significant discounted rates with therapy sessions provided by Ph.D. graduate students in training.

USC Psychology Services Center
3620 S. McClintock Ave. SGM 1030
Los Angeles, CA 90089

Phone: 213-740-1600 (Clinic is closed Friday, weekends, and holidays)
Website: dornsife.usc.edu/usc-psc/oacc

RESOURCE SITES

211

The 211 network in the United States responds to more than 20 million requests for help every year. Most calls, web chats, and text messages are from people looking for help meeting basic needs like housing, food, transportation, and health care (including mental health).

Phone: 2-1-1

Website: 211.org

Depression and Bipolar Support Alliance

Provides education, resources and peer-based support groups in the area of mood disorders including depression and bipolar disorder.

Website: dbsalliance.org

Grief Share

Church-based “grief recovery support groups” of/for people who have lost “a family member or friend.” Currently meeting online, and Grief Share resources are available after joining. There are Grief Share grief recovery support groups meeting throughout the US, Canada, and in over 10 other countries.

Meeting locations and times vary. Currently meeting online.

Website: griefshare.org

Hospice Foundation of America

HFA provides programs for professional development, public education and information; funds research, produces publications, and provides information on issues related to advance care planning, hospice and palliative care, caregiving, and grief.

Website: hospicefoundation.org

Los Angeles LGBT Center

Provides LBGTQ services and programs that span four broad categories: health, social services and housing, culture and education, leadership and advocacy. Crisis resources available also. Multiple locations in LA, and West Hollywood.

The Village at Ed Gould Plaza
1125 N. McCadden Place
Los Angeles, CA 90038

Trans Wellness Center
3055 Wilshire Blvd., Suite 360
Los Angeles, CA 90010

Phone: 323-933-7400

Website: lalgbtcenter.org

Los Angeles County Youth Suicide Prevention Project

The LA County of Education resource center provides guides, curriculum, resources for parents, youth, and educators in the prevention of youth suicide. An excellent, comprehensive source for information and education to support youth.

Website: preventsuicide.lacoe.edu

National Alliance on Mental Illness (NAMI)

The nation's largest grassroots mental health organization providing education, resources and referrals in wide areas of mental health.

Website: nami.org

Now Matters Now

An online resource site providing free training and information for those dealing with suicidal thoughts, substance abuse or mental health problems. Courses on DBT (Dialectic Behavioral Therapy) skills provided.

Website: nowmattersnow.org

Suicide Prevention Resource Center (SPRC)

Provides a wealth of fact sheets, training presentations, prevention tools and other resources regarding suicide prevention.

Website: sprc.org

The Trevor Project

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. In addition to the Trevor Lifeline, Trevor Text, and Trevor Chat, The Trevor Project provides other resources such as Trevor Space and other resources on their website.

Website: thetrevorproject.org

MENTAL WELLNESS APPS

Calm

An app for Sleep, Meditation and Relaxation, “with over 100 million downloads and over 1.5M+ 5-star reviews.” Free resources are available on their website.

If you have Kaiser health insurance, Kaiser provides access to Calm.

Search “Calm” on the App Store (iOS) or the Google Play Store (Android)

Website: calm.com

Happify

Evidence-based game-like self-management tools to improve your emotional well-being. Tools and activities focused on decreasing stress and anxiety, and improving mood.

Free, with subscription available.

Search “Happyify” on the App Store (iOS) or the Google Play Store (Android)

Website: happify.com

Headspace

Meditation and mindfulness app. Free basics course available, and free resources available on the website.

Search “Headspace” on the App Store (iOS) or the Google Play Store (Android)

Website: headspace.com

Sanvello

App with daily tools for stress, anxiety, and depression alongside a supportive community. Based on cognitive behavioral therapy & mindfulness meditation. Base app is free, extra features on subscription.

Search “Sanvello” on the App Store (iOS) or the Google Play Store (Android)

Website: sanvello.com

UCLA Mindful App

A straightforward app that provides access to basic Meditations for getting started (English and Spanish), wellness Meditations for people suffering from challenging health conditions.

Search “UCLA Mindful” on the App Store (iOS) or the Google Play Store (Android)

Website: uclahealth.org/marc/ucla-mindful-app