

Resources for Low-cost Therapy, Substance Abuse, Eating Disorders, Crisis resources, Housing and Food, and Other Social Services

Name	Services	Hours	Fees	Address	Phone Number
Airport Marina	Individual, couples, groups. Spanish speaking therapists available. Psychiatrist for clients only.	Open 7 days/wk & evenings.	Intake \$30 Weekly fee \$10+	7891 La Tijera Blvd., Westchester, CA 90045	310-670-1410
Antioch University Counseling Center	Many languages, evenings & weekends, specializes in treating immigrants, no walk- ins, will not turn away based on ability to pay. (Interns only)	M-F: 8AM-9PM Sat 8AM-6PM Sun 8AM-5PM By appt only	Sliding scale \$85-\$20 No intake fee	400 Corporate Pointe Culver City, CA 90230	310-574-2813, x366 or aucc.aula@antioch.edu
Calabasas Behavioral Health	Individual, couples, and family therapy for children, adolescents and adults. Psychiatry and TMS available as needed.	M – Th 9 am - 5 pm, Friday 9 am – 3 pm	Varies, depends on insurance	23622 Calabasas Rd, Ste 301 and 320 Calabasas, CA 91302	818 - 921-4300 www.calabh.com
Center for Professional and Relational Development	Coaching for expecting Fathers; Coaching for Fathers of young children (0-5) and teenagers; Individual Life Coaching; Coaching for Teens; Relationship Coaching; Breakthrough Parent Coaching; Fitness and Nutritional Coaching.	Varies, call for appt	Sliding scale, depending on service	211 Culver Blvd., Suite P Playa Del Rey, CA 90293	(657) 345-4681 Mindmuscleheartlifecoaching.com
Community West	Intensive Outpatient Program (IOP) for adolescents and young adults struggling with symptoms of anxiety, depression, and other serious mental health challenges.	3,4, and 5 day per week options, 4-7 pm	Varies, depending on insurance	1990 S. Bundy, #320 Los Angeles, CA. 90025	310-990-0988 www.communitywesttreatment.com
Chicago School's Westwood Counseling Center	Individual, couples, groups, many languages. No psychiatrist. Supervised interns and trainees.	M-F: 9AM-9PM Sat & Sun: 9AM-6PM By appt only	Intake \$30	1990 Westwood Blvd, Suite 330, Los Angeles 90025	310-481-5900
Daniel's Place (a program of Step Up on Second)	Group and individual counseling, case management, psychiatry, employment and housing resources, hot meals, special programs, clothing, and showers - for youth 16 and up	Drop in hours: Mondays 9-1 Tues- Fri 10-7 Sat 9:30-5:30 Sun 9 - 1	Medi-Cal only for Individual counseling, no fee for drop in svcs	1619 Santa Monica Blvd. Santa Monica, CA 90404	(310) 392-5855 http://danielsplace.org/
Didi Hirsch Center	Individual, group, family, couples. Medi-Cal, Medicare, psychiatrist available thru Medi- Cal	M-Th: 8:30AM-8PM F: 8:30AM - 5PM By appt only	Medi-Cal (must meet criteria)	4760 S. Sepulveda Blvd. Culver City, CA 90230	310-390-6612

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Edelman Westside Mental Health Center	Directly operated by LA County DMH. Adult, Child, and adolescent outpatient mental health clinic. Individual and family therapy, psychiatrist available.	M&F: 8AM-6:30PM T- Th 8AM-7PM	Medi-Cal, Sliding scale	11303 W. Washington Blvd. Suite 200 Los Angeles, CA 90066	310-966-6500 (adult) 310-482-3200 (child)
Engage Therapy / Peak Psychological Services	Individuals, families, couples, teens, children, and groups. Outpatient, Intensive Outpatient and partial hospitalization treatment programs.	Various, by appointment only	Sliding scale for 1:1 treatment, or superbill insurance for PPO. Free parent groups at Engage.	2211 Corinth Ave, Suite 310 West Los Angeles, CA. 90064 (Peak) 650 Hampshire Rd., Ste 104 Westlake Village, CA 91361	310-734-3389 805-497-0605
Epiphany Counseling / Healing Black Intergenerational Trauma Center	Individual therapy, family therapy, group therapy, and couples' therapy. Therapy is offered in various languages including in Spanish, Mandarin Chinese, Farsi and Hindi.	Call for appointment times	Cash pay and sliding scale. Also accepts a range of insurance	Locations in Beverly Hills and San Pedro, also offers virtual sessions	888-457-0543 https://www.miyumemckinley.com/epiphany-counseling-los-angeles https://eccts.com/telehealth/
Family Service of Santa Monica	Individual, children, adults, couples, family. Specializes in trauma & recovery. Spanish speaking therapists available. Psychiatrist available for existing clients.	M-Th: 9AM-9PM F: 9AM-4PM By appt only	Medi-Cal, uninsured, private ins, sliding scale	1533 Euclid Street Santa Monica, CA 90404 Also sees students at school sites and Virginia Ave Park	310-451-9747
Insight Psychotherapy Group	Individuals, families, couples, teens, children, veterans, and groups. Spanish, Russian, Farsi, and other languages available dependent on location.	Various, by appointment only	Some insurance accepted, sliding scale \$50-85	Locations in Santa Monica, Beverly Hills, Manhattan Beach, and San Clemente. Also sees students at school sites	1-866-IPG-7444 www.insightpg.org
The Los Angeles LGBT Center	Individual, couples, family, and group. Specializes in serving the LGBT population. Psychiatrist available.	M-Th: 9 AM – 8 PM F: 9 AM – 6 PM Sat: 9 AM – 1 PM	Sliding scale fee, accepts some insurances.	1625 N. Schrader Blvd Los Angeles, CA 90028	323-993-7400, ext #4

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Ludington Institute for Family Enrichment	General counseling as well as grief and trauma support	M-F 8-6 By appt only	Sliding scale	875 S. Westlake Blvd Westlake Village, CA 91361	805- 449-4375 http://www.ludingtoninstitute.com/
Maple Counseling Center	Individual, Family, Couples and no psychiatrist, and many languages.	M-Th: 8:30AM-9PM F: 9AM-5PM Sat: 9AM-1PM By appt only	Intake: \$40-45	9107 Wilshire Blvd. Beverly Hills, CA 90210	310-271-9999
Open Paths Counseling Center	Individual Therapy, Probation approved Domestic Violence counseling & anger management. Spanish.	Daytime, evening and weekend hours are available by appointment.	Sliding scale	12655 Washington Blvd #101 Los Angeles, CA 90066	310-258-9677
Our House	Grief support groups for children aged 4-17 and adults	Various times	No charge	1663 Sawtelle Blvd, Ste 300 Los Angeles, CA 90025 21680 Burbank Blvd, Ste 195 Woodland Hills, CA 91367	310-473-1511 818-222-3392
Pacific Asian Counseling Services (PACS)	Individual therapy for children and adults, couples, families, large range of languages spoken. Expertise working with Asian Pacific Islander populations but services are available to all.	M-F: 9AM -6PM Other hours available by appt.	Medi-Cal only	8616 La Tijera Blvd, Suite 200 Los Angeles CA 90045	310-337-1550
Pepperdine Community Counseling Centers	Individuals, children, couples, families, Educational and psychological testing for current client. Doctoral students working under supervised Psychologists	M-F: 8AM-6PM Later hours available by appt	Intake \$25 Fees \$15-90 depending on income	6100 Center Drive Los Angeles, CA 90045 16830 Ventura Boulevard Suite 200 Encino, CA 91436	310-568-5752 818-501-1678

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Providence St. John's Health Center - Child and Family Development Center	CFDC provides culturally sensitive and linguistically responsive comprehensive mental health services including Individual and Family psychotherapy services. Offers psychiatric evaluations and psychological testing to existing clients	M-Th: 8AM-8PM F: 8AM-5PM By appt only	Medi-Cal, uninsured	2121 Santa Monica Blvd. Santa Monica, CA 90404 Also provides services at school sites, Pico Youth & Family Center, and Virginia Avenue Park	310-829-8921
The Relational Center	Individual, couples, families, crisis, psychiatrist, substance abuse, support groups	M-Th: 9AM-5PM F: 9AM-6PM Sat/ Sun: 10AM-4PM By appt only	\$200/month. Requests for fee adjustments accepted	5486 Wilshire Blvd. Los Angeles, CA 90036	323-935-1807
Resolutions Teen Center	Ages 13 -18. Outpatient, Intensive Outpatient, Partial Hospitalization Day Treatment, and Family Programs for teens struggling with mental health, substance use, healthy device/ social media management	Monday – Saturday, customized schedule	Varies, some insurances accepted	2001 Wilshire Blvd., Suite 505 Santa Monica, CA. 90403	310-893-3255 www.resolutionsteen.org
Stirling Behavioral Health Institute	Individual children and adults, and families	Call for appointment times	Medi-cal only	6931 Van Nuys Blvd. #102 Van Nuys, CA.	818-376-0134
The Therapeutic Play Foundation	Mental health services for children and families, experiential healing opportunities, crisis supports and case management, “Community Play Dates”. Virtual and some in-person services. Focus on supporting Black Mental Health.	Contact for appointments	Accepts some insurances, private pay and reduced rate options	Virtual counseling services online	(800) 488-3414 https://www.therapeuticplayfoundation.org/mental-health-counseling--linkages.html
Venice Family Clinic	Child and Family therapy, for current Venice Family Clinic medical patients.	M-F 9-11 or 1-4 for walk-in screening, appts available at other times	Sliding scale or through Medical insurance	All VFC sites (Pico, Rose, Venice and Lincoln, Inglewood)	310-392-8636
The Wellness Center of the Boys and Girls Club of Malibu	Programming, mental health counseling, and support services that promote healthy, social, and emotional intelligence to all, at no cost.	9am-5pm *By Appointment Only	No cost	Sites at Malibu HS/MS, Webster Elementary, and Malibu Elementary Schools	310-457-6801 ext. 74141 https://bgcmalibu.org/wellness-center/

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Women's Clinic Counseling Center	Adults only (18+) for individual, couples, and group therapy	Weekday, evening, and Saturday	Sliding scale	11500 West Olympic Blvd. Ste 422 Los Angeles, CA 90064	310-479-7100, ext.103 http://www.womens-clinic.org/
Wright Institute Psychotherapy Clinic	Adults only (18+) for insight-oriented therapy, eating disorders. No psychiatrist	M-F: 8AM-9PM	Fee \$20+ Sliding scale	9911 W Pico Blvd. Suite 720 LA, CA 90035 11845 W. Olympic Blvd #505W LA, CA 90064	310-277-2796 424-371-5191 www.wila.org

Substance Abuse

CLARE Matrix - Clarity for Youth school-based prevention and treatment programs. Adult residential, outpatient, and sober living programs. 909 Pico Blvd Santa Monica, CA 90405 310-314-6200	Didi Hirsch -Individual, family, and group outpatient drug, alcohol, and other substance abuse counseling to adolescents 12420 Venice Blvd. Suite 200 Los Angeles, CA 90066 310-751-1200	Visions Drug Treatment Program - Residential, Outpatient, and Extended Day treatment programs for adolescents. 818-889-3665 www.visionsteen.com
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Eating Disorders

Rosewood - Inpatient, extended day, intensive outpatient, partial hospitalization, transitional living, and residential. In Santa Monica. Accepts many forms of insurance. 1-844-342-6578	Monte Nido - Intensive outpatient and partial hospitalization programs in Brentwood, and residential programs in Malibu. Accepts many forms of insurance. 1-888-228-1253
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211LA – For help with Food & Nutrition Assistance, Housing Assistance, Eviction Protection & Legal Services, Youth & Parenting Resources, Health & Mental Health Services, Discounted Utility & Internet, COVID-19 Testing & Resources, and more, contact the SMMUSD 211 LA Outreach Coordinator, Karla Galvez, at 626-766-9335 or kgalvez@211la.org For 24/7 assistance, text SCHOOLS to 52-211 or dial 211 from any phone.

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Crisis Resources, Hotlines and Chat lines

1736 Family Crisis Center (youth shelter) 310-379-3620
LA County Psychiatric Mobile Response Team 1-800-854-7771
UCLA Rape Treatment Center 310-319-4000
Victims of Crime Resource Center 1-800-842-8467
Sojourn Services for Battered Women 310-264-6644
Trevor Project LGBTQ+ Youth Hotline 1-866-488-7386
Crisis “chat” options www.crisischat.org (24/7) or
www.thetrevorproject.org (12-7 pm, for LGBTQ+ youth)
Crisis text line (all ages) text “HELLO” to 741741

Child Abuse (DCFS) 800-540-4000
Teen Line 800-852-8336
Homeless Adolescent (Ages 12-17) 323-240-2253
Sexual Assault 310-392-8381
Suicide Prevention 310-391-1253
Para la prevencion de suicidio 888-628-9454
Didi Hirsch Suicide Crisis Line - 877-727-4747 or 800/273-8255
<http://www.didihirsch.org/chat>

Housing and Food

The People Concern (OPCC) Access Center 310-450-4050
Community Corporation of Santa Monica (CCSM) 310-394-8487
St. Joseph Center 310-396-6468
LA County Community Development Commission (Section 8 Housing) 800-731-4663
LAYN Emergency Shelter 323-240-2253
LAYN Transitional Living Program (ages 18-24) 323-454-2886
Upward Bound House 310-458-7779
Safe Place for Youth (SPY) (homeless youth resources) 310-902-2283
SOVA Food Pantry 818-988-7682
Salvation Army Food Pantry (call for hours) 310-451-1358

Medical Resources

AIDS/HIV Hotline 800-448-0440
Center for the Assessment & Prevention of Prodromal States (CAPPS) 310-206-3466
Common Ground HIV Community Center 310-314-5480
John Tracy Clinic (Hearing) - Los Angeles 213-748-5481
UCLA Family Health Center 310-319-4700
Venice Family Clinic 310-392-8636
Westside Regional Center 310-258-4000
Westside Family Health Center 310-450-2191 or 310-450-4773

Community Resources

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Special needs parent support group – Spanish 310-695-6941 Mothers of children with special needs support group 310-258-4063 The Help Group parent support - Autism 310-751-1167 Boys and Girls Club 310-393-9629 CalWORKs, Food Stamps, Medi-Cal 310-312-5291 Chrysalis Santa Monica (job assistance) 310-401-9400 Connections for Children (childcare) 310-452-3325 NAMI — National Alliance on Mental Illness 310-889-7200	Pico Youth and Family Center (PYFC) 310-396-7101 Police Activities League (PAL) 310-458-8988 Santa Monica Public Library 310-458-8600 Venice Youth Build (job training) 310-399-4100 Virginia Avenue Park 310-458-8688 YMCA 310-393-2721 Westside Regional Center 310-258-4000
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