

## 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
<b>Airport Marina</b>	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
<b>Antioch University Counseling Center</b>	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 <a href="mailto:aucc.aula@antioch.edu">aucc.aula@antioch.edu</a>
<b>Calabasas Behavioral Health</b>	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 <a href="http://www.calabh.com">www.calabh.com</a>
<b>Center for Professional and Relational Development</b>	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 <a href="http://Mindmuscleheartlifecoaching.com">Mindmuscleheartlifecoaching.com</a>
<b>Community West</b>	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 <a href="http://www.communitywesttreatment.com">www.communitywesttreatment.com</a>
<b>Chicago School's Westwood Counseling Center</b>	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
<b>Daniel's Place (a program of Step Up on Second)</b>	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 <a href="http://danielsplace.org/">http://danielsplace.org/</a>
<b>Didi Hirsch Center</b>	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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<b>Edelman Westside Mental Health Center</b>	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)
<b>Engage Therapy / Peak Psychological Services</b>	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
<b>Epiphany Counseling / Healing Black Intergenerational Trauma Center</b>	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  <a href="https://www.miyumemckinley.com/epiphany-counseling-los-angeles">https://www.miyumemckinley.com/epiphany-counseling-los-angeles</a>  <a href="https://eccts.com/telehealth/">https://eccts.com/telehealth/</a>
<b>Family Service of Santa Monica</b>	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
<b>Insight Psychotherapy Group</b>	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  <a href="http://www.insightpg.org">www.insightpg.org</a>
<b>The Los Angeles LGBT Center</b>	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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<b>Ludington Institute for Family Enrichment</b>	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 <a href="http://www.ludingtoninstitute.com/">http://www.ludingtoninstitute.com/</a>
<b>Maple Counseling Center</b>	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
<b>Open Paths Counseling Center</b>	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
<b>Our House</b>	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
<b>Pacific Asian Counseling Services (PACS)</b>	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
<b>Pepperdine Community Counseling Centers</b>	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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Name	Services	Hours	Fees	Address	Phone Number
<b>Providence St. John's Health Center - Child and Family Development Center</b>	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
<b>The Relational Center</b>	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
<b>Resolutions Teen Center</b>	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 <a href="http://www.resolutionsteen.org">www.resolutionsteen.org</a>
<b>Stirling Behavioral Health Institute</b>	Individual children and adults, and families	Call for appointment times	Medi-cal only	6931 Van Nuys Blvd. #102 Van Nuys, CA.	818-376-0134
<b>The Therapeutic Play Foundation</b>	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 <a href="https://www.therapeuticplayfoundation.org/mental-health-counseling--linkages.html">https://www.therapeuticplayfoundation.org/mental-health-counseling--linkages.html</a>
<b>Venice Family Clinic</b>	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
<b>The Wellness Center of the Boys and Girls Club of Malibu</b>	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 <a href="https://bgcmalibu.org/wellness-center/">https://bgcmalibu.org/wellness-center/</a>

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<b>Women's Clinic Counseling Center</b>	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 <a href="http://www.womens-clinic.org/">http://www.womens-clinic.org/</a>
<b>Wright Institute Psychotherapy Clinic</b>	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 <a href="http://www.wila.org">www.wila.org</a>

### Substance Abuse

<b>CLARE Matrix</b> - 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	<b>Didi Hirsch</b> -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	<b>Visions Drug Treatment Program</b> - Residential, Outpatient, and Extended Day treatment programs for adolescents.  818-889-3665 <a href="http://www.visionsteen.com">www.visionsteen.com</a>
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### Eating Disorders

<b>Rosewood</b> - Inpatient, extended day, intensive outpatient, partial hospitalization, transitional living, and residential. In Santa Monica. Accepts many forms of insurance. 1-844-342-6578	<b>Monte Nido</b> - 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](mailto: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](http://www.crisischat.org) (24/7) or  
[www.thetrevorproject.org](http://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