

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 and other Contact information
Airport Marina	Individuals, 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
Anxiety Experts	Individual and group services (online only), specializes in generalized anxiety, social phobia, school refusal, OCD, PTSD, athlete mental health, and eating concerns	By appt only	Varies, depends on insurance	Virtual only. Provides intensive outpatient care also	https://www.andreakulberg.com/
Calabasas Behavioral Health	Individual, couples, and family therapy for children, adolescents and adults. Psychiatry and TMS available as needed.	M–Th 9 am-5pm, Friday 9 am - 3pm	Varies, depends on insurance	23622 Calabasas Rd, Ste 301 and 320 Calabasas, CA 91302	818-921-4300 www.calabh.com

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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 www.Mindmuscleheartlifecoaching.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	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 (Engage)	310-734-3389 805-497-0605

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<p>Epiphany Counseling / Healing Black Intergenerational Trauma Center</p>	<p>Individual therapy, family therapy, group therapy, and couples' therapy. Therapy is offered in various languages including in Spanish, Mandarin Chinese, Farsi and Hindi.</p>	<p>Call for appointment times</p>	<p>Cash pay and sliding scale. Also accepts a range of insurance</p>	<p>Locations in Beverly Hills and San Pedro, also offers virtual sessions</p>	<p>888-457-0543</p> <p>https://www.miyumemckinley.com/epiphany-counseling-los-angeles</p> <p>https://eccts.com/telchealth/</p>
<p>Family Service of Santa Monica</p>	<p>Individuals, children, adults, couples, families. Specializes in trauma & recovery. Spanish speaking therapists available. Psychiatrist available for existing clients.</p>	<p>M-Th: 9AM-9PM F: 9AM-4PM By appt only</p>	<p>Medi-Cal, uninsured, private ins, sliding scale</p>	<p>1533 Euclid Street Santa Monica, CA 90404</p> <p>Also sees students at school sites and Virginia Ave Park</p>	<p>310-451-9747</p>

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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
Los Angeles Outpatient Center (LAOP)	Comprehensive mental health services. Specializes in trauma, abuse, depression, eating disorders, and parent /caregiver stress.	M-F 9 AM - 5 PM Sat 9 AM - 3 PM by appt only	Accepts most private insurances, sliding scale for uninsured	6053 Bristol Parkway Culver City, CA 90230	888-449-0852
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/

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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	1945 S. La Cienega Blvd. Los Angeles, CA 90034	310-271-9999 www.maple4counseling.org/
Meridian Counseling	Individual, Couples and families, Psychiatry, substance use	Varies, set appointments with each therapist individually	Sliding scale or insurance	Various private practice addresses or on telehealth	323-332-9905 https://meridian-counseling.com/
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	301 N. Prairie Avenue, Suite 510 Inglewood, CA 90301	310-258-9677 https://openpaths.org/
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

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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
Providence St. John's 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 and Virginia Avenue Park	310-829-8921

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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 https://resolutionstratment.com/resolutions-teen-center/
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

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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

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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/
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

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Substance Abuse

CLARE Matrix	Clarity for Youth school-based prevention and treatment programs. Services for students mandated for assessments and counseling due to violation of SMMUSD substance use policy	School hours	No charge	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		Accepts MediCal insurance	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
Key Transitions	Treatment center for substance use and mental health. IOP, PHP, rehab			2233 Corinth Ave Los Angeles, CA 90064	(213) 319-5401

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	aftercare, teen sober living, and mentoring / companion services.				https://keytransitions.com/ (213) 319-5957
Oak Forest Recovery	Addiction and mental health treatment for adolescents and adults, sober living programs, and free prevention groups.			Thousand Oaks / Westlake Village	1-888-597-6257 https://oakforestrecovery.com/adolescent-services/

[Click here](#) for listings of higher-level programs for mental health, substance use, and dual diagnosis **Intensive Outpatient Programs (IOP’s) and Partial Hospitalization Programs (PHP’s)**

[Click here](#) for listings of **eating disorders programs** in the Los Angeles area

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, just dial “211”

Crisis Resources, Hotlines and Chat lines

<p>1736 Family Crisis Center (youth shelter) 310-379-3620</p> <p>LA County Psychiatric Mobile Response Team 1-800-854-7771</p> <p>UCLA Rape Treatment Center 310-319-4000</p> <p>Victims of Crime Resource Center 1-800-842-8467</p> <p>Sojourn Services for Battered Women 310-264-6644</p> <p>Trevor Project LGBTQ+ Youth Hotline 1-866-488-7386</p> <p>Crisis “chat” options www.crisischat.org (24/7) or www.thetrevorproject.org (12-7 pm, for LGBTQ+ youth)</p> <p>Crisis text line (all ages) text “HELLO” to 741741</p>	<p>Child Abuse (DCFS) 800-540-4000</p> <p>Teen Line 800-852-8336</p> <p>Homeless Adolescent (Ages 12-17) 323-240-2253</p> <p>Sexual Assault 310-392-8381</p> <p>Suicide Prevention 310-391-1253</p> <p>Para la prevencion de suicidio 888-628-9454</p> <p>Didi Hirsch Suicide Crisis Line – 988 or 800/273-8255 http://www.didihirsch.org/chat</p>
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Housing and Food

<p>The People Concern (OPCC) Access Center 310-450-4050</p> <p>Community Corporation of Santa Monica (CCSM) 310-394-8487</p> <p>St. Joseph Center 310-396-6468</p> <p>LA County Community Development Commission (Section 8 Housing) 800-731-4663</p>	<h2><u>Medical Resources</u></h2> <p>AIDS/HIV Hotline 800-448-0440</p> <p>Center for the Assessment & Prevention of Prodromal States (CAPPS) 310-206-3466</p> <p>Common Ground HIV Community Center 310-314-5480</p> <p>John Tracy Clinic (Hearing) - Los Angeles 213-748-5481</p>
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<p>LAYN Emergency Shelter 323-240-2253</p> <p>LAYN Transitional Living Program (ages 18-24) 323-454-2886</p> <p>Upward Bound House 310-458-7779</p> <p>Safe Place for Youth (SPY) (homeless youth resources) 310-902-2283</p> <p>SOVA Food Pantry 818-988-7682</p> <p>Salvation Army Food Pantry (call for hours) 310-451-1358</p>	<p>UCLA Family Health Center 310-319-4700</p> <p>Venice Family Clinic 310-392-8636</p> <p>Westside Regional Center 310-258-4000</p> <p>Westside Family Health Center 310-450-2191 or 310-450-4773</p>
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Community Resources

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