

**LA BEST BABIES NETWORK**



Healthy Babies. Our Future.  
Presented by First 5 LA



# **Perinatal Depression Resource Guide for Los Angeles County**

Updated June 2008

## **Methods**

During the 2007 Maternal Depression Seminar, our Network informed us of the need for a guide to Maternal Depression resources, to help providers connect with services and make referrals to adequately serve their clients.

The LA Best Babies Network assumed this task, obtaining the listings of Maternal Depression resources from 211 LA County, formerly known as INFO LINE of Los Angeles. Between November 2007 and January 2008 our staff surveyed each agency and identified those currently providing counseling and other treatment for maternal depression, during and after pregnancy. Of the 207 agencies contacted, 71 did provide care for maternal depression as of June 2008.

# Table of Contents

<b>Arcadia</b>		6
<b>Canoga Park</b>		7
<b>Covina</b>		8
<b>Culver City</b>		9
<b>Downey</b>		11
<b>El Segundo</b>		12
<b>Encino</b>		13
<b>Glendale</b>		18
<b>Hawthorne</b>		20
<b>Hollywood</b>		21
<b>Inglewood</b>		22
<b>La Mirada</b>		23
<b>La Puente</b>		24
<b>Lancaster</b>		25
<b>Long Beach</b>		32
<b>Los Angeles</b>		33
<b><i>Los Angeles County Dept Mental Health</i></b>		53
<b>Monrovia</b>		59
<b>North Hollywood</b>	61	
<b>Northridge</b>		62
<b>Palmdale</b>		64
<b>Pasadena</b>		65
<b>Pico Rivera</b>		70
<b>Rosamond</b>		71
<b>Rosemead</b>		72
<b>Santa Barbara</b>	PSI Headquarters	73
<b>Santa Monica</b>		74
<b>Studio City</b>		75
<b>Sylmar</b>		76
<b>Torrance</b>		77
<b>Valencia</b>		78
<b>Van Nuys</b>		79
<b>Venice</b>		80
<b>West Covina</b>		81
<b>Woodland Hills</b>		82
<b>2.1.1. Forms</b>		<b>83-89</b>
<b>INDEX</b>		<b>90</b>

## **About the Guide**

This Guide is intended to refer clients and community members to resources that may assist with the treatment of Maternal Depression. It lists Mental Health providers and resources in L.A. County listed by 211. By no means is this guide to be considered comprehensive. If you are aware of any provider offering Perinatal Mental Health Services that is not listed here, please consider completing the *"211 Program and Agency Profile" for a 'UbX'h Y "Maternal Depression Agency Questionnaire"* on page 83, and fax both to the 211 offices at (626) 442-694

Thank you

**Arcadia Presbyterian Church**

121 Alice Street

**Arcadia, CA 91006**

(626) 445-7470 (Service & Intake)

**(626) 445-6071 (Fax)**

- 
- Type of Depression Services Provided:** \* Mental Health Services
- Referral Process:** \* Call (626) 445-7470 for appointment  
\* M-F: 9am – 5pm; Closed 12noon – 1pm  
\* Evening appointments are available
- Type of Providers:** \* Licensed MFT Therapists \* Lay Counselors  
\* MFT registered interns \* Supervised by Licensed psychiatrist  
\* MFT graduate students \* Church volunteers
- Accepting New Patients:** \* Yes New Patients Welcome  
\* No Waiting List
- Any Waiting List:**
- Other services provided:** \* Individual, conjoint and family counseling services in a supportive Christian environment for adults, adolescents and children – Need not be affiliated with the church to apply.  
\* Substance Abuse Counseling  
\* Services are not provided for people dealing with any type of psychosis  
\* Sponsors Bereavement Group=Comforting Hearts (for parents who have lost a baby through miscarriage or stillbirth)
- Cost for services:** \* Fees are set on a sliding scale for MFT therapist services  
\* Fund
- Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance
- Other Languages Provided:** \* Spanish
- Special services:** \* The church provides emergency food, holiday assistance and mental health services for adults, adolescents and children.  
\* The Comforting Hearts group meets the 3<sup>rd</sup> Monday of each month from 6:30pm to 10:00pm

**CANOGA PARK**

**Valley Women's Center/Family Recovery Center**

22110 Roscoe Blvd., Ste. 204

**Canoga Park, CA 91304**

(818) 713-8700 (Service & Intake)

**(818) 713-8585 (Fax)**

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**Type of Depression** \* Maternal Depression  
**Services Provided:**

**Referral Process:** \* Call (818) 713-8700 for Intake by phone  
\* Intake clerk will call Clinician or Psychologist with patients information and they will assign Therapist and set up appt.

**Type of Providers:** \* Therapist  
\* MFTs  
\* Trainees  
\* Interns  
\* Supervised by Clinicians and Psychologist

**Accepting New Patients:** \* Yes. Accepting New Patients  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Alcohol and Drugs Counseling  
\* Mental Health Counseling  
\* Parenting Classes  
\* Relapse Prevention for Addicts

**Cost for services:** \* Sliding Scale: Depending on Income  
\* First Visit is \$25 Flat Fee - Meets the Therapist to complete the paper work

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Farsi

**Special services:** \* Open to all

**Center for Integrated Family and Health Services**

540 S. Eremland Dr.

**Covina, CA 91723**

(626)966-1577(Service & Intake)

**(Also provide "Baby Home Visitations")**

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**Type of Depression Services Provided:** \* Postpartum Depression Counseling

**Referral Process:** \* Call (626) 966-1577 for intake and appointment

**Type of Providers:** \* Trainees  
\* Interns  
\* Supervised by Licensed Therapists

**Accepting New Patients:** \* There is 3-4 Months waiting list for Spanish pt ONLY  
\* NO Waiting List for English Speaking patients.  
**Any Waiting List:**

**Other services provided:** \* Family Counseling  
\* Marriage Counseling  
\* Victims of Crime [state pays for up to 40 sessions for victims of crime with Case #] (If Victim does not have Case #; Maria will give Referral Information)  
\* Domestic Violence

**Cost for services:** \* \$30 for First Time Intake  
\* Sliding Fee Scale: Depending on Income  
\* Minimum: \$3 per Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish (Counselor Full at this time)  
\* Chinese  
\* Spanish  
\* English

**Special services:** \* Home Visitation to New Mothers

**CULVER CITY**

**Antioch University Counseling Center**  
400 Corporate Pointe  
**Culver City, CA 90230**  
(310) 574-2813 Ext. 366 (Service & Intake)

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (310) 574-2813 Ext. 366 for Intake  
\* A Counselor will be assigned

**Type of Providers:** \* Marriage & Family Therapist  
\* Intern/Trainees  
\* Supervised by Licensed clinical Psychologists

**Accepting New Patients:** \* Open for New Patients  
\* No caps on sessions  
**Any Waiting List:** \* NO waiting list

**Other services provided:** \* All kinds of counseling for Adults, Family and children  
\* Marriage Counseling  
\* Individual Counseling

**Cost for services:** \* Sliding Fee Scale: Depending on Net Income and number of dependents  
\* Ranges from \$5-\$20 per Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance  
\* If Patients. has Private Insurance and it covers Mental Health/ patients can turn in a Claim Form

**Other Languages Provided:** \* Farsi  
\* Hebrew  
\* Japanese  
\* Hungarian

**Special services:** \* Adolescent  
\* LGBT



## **Didi Hirsch Community Mental Health Group**

4760 South Sepulveda Blvd.  
**Culver City, CA 90230-4820**  
(310) 390-6612

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**Type of Depression Services Provided:** \* Individual Psychotherapy

**Referral Process:** \* Call Intake Service @ Didi Hirsch: (310) 390-6612 - Intake to indicate perinatal depression concerns

**Type of Providers:** \* LCSW  
\* MFT  
\* PhD  
\* MD  
\* RNs  
\* Interns

**Accepting New Patients:** \* Unsure of Limit (Large capacity)  
\* Accepting New Patients  
**Any Waiting List:** \* NO Waiting List

**Other services provided:** \* Case Management  
\* Intensive case management  
\* Medication Management  
\* Housing & Benefits Assistance  
\* Substance Abuse Treatment  
\* Group Support  
\* Depression  
\* Other Mood Disorders & Mental  
\* Family Therapy

**Cost for services:** \* Accepting Medi-Cal

**Insurance Accepted:** \* Accepting Medi-Cal

**Other Languages Provided:** \* English Only

**Special services:** \* Services for teens

**DOWNEY**

**Sir Thomas More Marriage and Family Clinic**

10630 Downey Ave., Ste 200

**Downey, CA 90241**

(562) 923-0341

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* (562) 923-0341 and leave Message  
\* Intake Person: will call back to schedule appointment with Therapist

**Type of Providers:** \* Paula Vandegaer

**Accepting New Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:** \* One-To-One Counseling Only  
**Other services provided:**

**Cost for services:** \* Sliding Fee Scale: Depending on monthly income  
\* Ranges from \$45 - \$100 per Session (1 Hr)

**Insurance Accepted:** \* NOT accepting Medi-Cal  
\* Does accept Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* One-To-One Counseling ONLY

**EL SEGUNDO**

**South Bay Center for Counseling**  
360 N. Sepulveda Blvd., Ste. 2075  
**El Segundo, CA 90245**  
(310) 414-2090 (Service & Intake)  
**(310) 414-2096 (Fax)**

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (310) 414-2090 for counseling and leave message  
\* Therapist will call back for intake information and schedule appointment with appropriate Therapist.

**Type of Providers:** \* Therapist  
\* Trainee (getting hours to become licensed therapists)  
\* Supervised by Licensed Therapist

**Accepting New Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Family Support Program  
\* Partnership for Families  
\* Tutoring after school  
\* Assistance to Families with Financial Problems  
\* Involved with Workshops with SPA 8

**Cost for services:** \* Sliding Fee Scale: Depending on family income

**Insurance Accepted:** \* Accepts Medi-Cal ONLY for Children  
\* NOT accepting Insurance

**Other Languages Provided:** \* Spanish  
\* English

**Special services:** \* Teens Substance & Alcohol Abuse Program

**California Family Counseling Center**

5445 Balboa Blvd.

**Encino, CA 91316**

(818) 386-5615 (Service & Intake)

---

**Type of Depression Services Provided:** \* Postpartum Counseling

**Referral Process:** \* Call (818)386-5615 for intake with therapist to establish services needed  
\* This is a training service

**Type of Providers:** \* Trainees  
\* Interns  
\* Supervised by Licensed Therapists  
\* Doctorate students working toward their licensures

**Accepting New Patients:** \* Accepting New Patients  
\* No waiting for English speaking Patients  
**Any Waiting List:** \* There is a waiting list for Spanish Speaking patients

**Other services provided:** \* Marriage Counseling  
\* Anxiety Counseling  
\* Relationship Counseling for children 5 and over  
\* Psychological testing  
\* Parenting Classes  
\* Anger Management  
\* Men Classes for ending Domestic Violence

**Cost for services:** \* Sliding Fee Scale: Depending on the patient's monthly income and the # of people in the household.  
\* Fees Range: \$20 - \$70

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance  
\* Some Insurance Accepted

**Other Languages Provided:** \* Farsi  
\* Spanish (on waiting list)

**Special services:** \* Relationship class for Mothers/Daughters of ages: 8-13

## **Community Psychological Services**

16055 Ventura Blvd., Ste. 728

**Encino, CA 91436**

(818) 907-5592 (Service & Intake)

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**Type of Depression Services Provided:** \* Postpartum Depression Counseling

**Referral Process:** \* Call (818) 907-5592 for Intake  
\* Director, Lynn Ingber, will call patients to do Intake and assign therapist.

**Type of Providers:** \* Therapist  
\* Interns  
\* Depending what the patients needs

**Accepting New Patients:** \* Accepting New Patients  
\* NO Waiting List

**Any Waiting List:**

**Other services provided:** \* Anxiety Management  
\* Full range  
\* Depression  
\* Separation

**Cost for services:** \* Sliding Fee Scale: Depending on monthly income  
\* \$25/hour

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance  
\* Accepting Private Insurance if covers Mental Health

**Other Languages Provided:** \* English Only

**Special services:** \* Teenagers  
\* Individual Therapy

## Pepperdine University Community Counseling Center

16830 Ventura Blvd., Ste 216

**Encino, CA 91436**

(818) 501-1678 (Service, Intake & Adm.)

**(818) 501-1680 (Fax)**

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (818) 501-1678 for appointment

**Type of Providers:** \* Interns  
\* Trainees  
\* Supervised by licensed Psychologist  
\* No Medications

**Accepting New Patients:** \* Accepting New Patients  
\* No waiting list  
**Any Waiting List:**

**Other services provided:** \* Individual, Family and Group Counseling  
\* Children and Teen Counseling  
\* Anxiety Management  
\* Relationship Issues

**Cost for services:** \* Sliding Scale: Depending on Income  
\* \$20 average

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish  
\* Armenian  
\* Korean

**Special services:** \* Victims of Abuse  
\* Teens

**Valley Counseling Clinic, Inc.**  
17547 Ventura Blvd., Ste. 310  
**Encino, CA 91316**  
(818) 995-0368 (Service & Intake)  
**Dr. Bobbie Eckstein (Tues & Thurs)**

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- Type of Depression Services Provided:** \* Postpartum Depression  
\* Postpartum Anxiety Counseling
- Referral Process:** \* Call (818) 995-0368 for appointment with therapist  
\* M-F; 9am - 7pm
- Type of Providers:** \* Have 8-10 Therapists  
\* Interns  
\* Licensed Therapists  
\* Marriage Therapists  
\* Psychologists  
\* MFT
- Accepting New Patients:** \* Accept New Patients  
\* No Waiting List
- Any Waiting List:**
- Other services provided:** \* Parenting Classes  
\* Therapy for life transition  
\* ADDH  
\* Grief and Loss  
\* Survivors after suicide  
\* Individual Counseling  
\* Group Counseling
- Cost for services:** \* Sliding Scale to adjust to income  
\* Variable depending on insurance
- Insurance Accepted:** \* Accepts Private Insurance  
\* NOT Accepting Medi-Cal
- Other Languages Provided:** \* English Only
- Special services:** \* Adolescent  
\* Wheelchair Accessible

## **VBS Counseling Center**

15739 Ventura Blvd.

**Encino, CA 91436**

(818) 784-1414

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (818) 784-1414 for Intake

**Type of Providers:** \* Power Professional  
\* MST  
\* License Therapist

**Accepting New Patients:** \* Accept New Patients  
\* No Waiting List  
**Any Waiting List:**

**Other services provided:** \* Marriage Counseling  
\* Bereavement  
\* Individual Counseling  
\* Group Counseling  
\* Depending on the NEED

**Cost for services:** \* Sliding Scale: Depending on Income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Care Takers  
\* Newly Divorced Groups



**GLENDALE**

**Ark Family Center, Inc.**

541 W. Colorado St., Ste. 302

**Glendale, CA 91204**

(818) 662-7045 x1 (Service, Intake & Adm.)

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (818) 662-7045 Ext:1 with referral for phone Intake  
\* Assessment will determine patient's needs  
\* Appointment will be scheduled

**Type of Providers:** \* Psychologist  
\* MFT

**Accepting New Patients:** \* Open for New Patients  
\* NO waiting list  
**Any Waiting List:**

**Other services provided:** \* Couples Counseling  
\* Anxiety Counseling  
\* General Counseling  
\* Any Disorder  
\* Hypnotherapy

**Cost for services:** \* Sliding Fee Scale: Depending on Income  
\* Ranges from \$95 - \$120 per Session  
\* For Psychologist: \$120 per Session  
\* For MFP: \$95 per Session  
\* Minimum Charge: \$45 per Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance  
\* Accepting Some PPOs

**Other Languages Provided:** \* Armenian  
\* Farsi  
\* English

**Special services:** \* Pain Management

## Positive Directions Community Counseling Center

1540 E. Colorado St.

**Glendale, CA 91205**

(818) 247-8180 (Service & Intake)

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**Type of Depression Services Provided:** \* Individual Counseling

**Referral Process:** \* Call (818) 247-8180 for appointment

**Type of Providers:** \* Marriage, Family and Child Therapist  
\* Intern/Trainees  
\* Supervised by experienced clinicians

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:**

**Other services provided:** \* Alcohol and Drugs Counseling  
\* Marriage Counseling  
\* Over 18 Individual and Couples Counseling

**Cost for services:** \* \$30-60 /Session  
\* Sliding Scale: Depending on income  
\* Patients must take documentation of income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Alcohol & Drugs Counseling  
\* Self-help meetings  
\* General Relief

**HAWTHORNE**

**New Hope Health Services, Inc.**  
13325 Hawthorne Blvd  
**Hawthorne, CA 90250**  
(310) 676-8030 (Service, Intake & Adm.)

---

**Type of Depression Services Provided:** \* Maternal Depression with Drug Issues

**Referral Process:** \* Call (310) 676-8030 for appointments  
\* Screening conducted during appt. to determine enrollment

**Type of Providers:** \* Substance abuse counselor  
\* Anger Management teachers

**Accepting New Patients:** \* Accepting New Patients  
\* No Waiting List  
**Any Waiting List:**

**Other services provided:** \* Anger Management Techniques  
\* Stress Management  
\* Relaxation Skills  
\* Substance Abuse Counseling

**Cost for services:** \* Sliding Fee Scale: Depending on monthly income

**Insurance Accepted:** \* Accepting Medi-Cal and only SOME insurance providers

**Other Languages Provided:** \* English/Spanish Only

**Special services:** \* Teens (12-21 yrs)

**HOLLYWOOD**

**Assistance League of Southern California-Family Service Agency**

1360 N. St. Andrews Pl. , 2nd Floor

**Hollywood, CA 90028**

(323) 469-5893 (Service & Intake)

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Accept Walk-ins  
\* Patients. comes in to set up her own appt to see Therapist

**Type of Providers:** \* Therapist  
\* Interns  
\* Clinical MSW

**Accepting New Patients:** \* Accepting New patients  
\* 3 months waiting list  
**Any Waiting List:**

**Other services provided:** \* Group Counseling  
\* Domestic Violence  
\* Parenting Classes  
\* Spanish and English Support Groups for Battered Women  
\* Individual Counseling

**Cost for services:** \* Domestic Violence: \$20 per session  
\* Parenting; Individual; Women's Groups: \$10 per session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish

**Special services:** \* Youth Programs dedicated toward teens with problems with the law and school

**INGLEWOOD**

**Curtis Tucker Health Center**  
123 W. Manchester Blvd.  
**Inglewood, CA 90301**

(310) 419-5325 (Service, Intake & Adm.) [Bus. Office]

**Mailing Address: 11965 Venice Blvd., Ste 305; Los Angeles, CA 90066**

**Type of Depression Services Provided:**

- \* Health Services for Pregnant Women

**Referral Process:**

- \* Call or write to apply for community outreach services.
- \* Telephone or walk-in for service; appointments are preferred.
- \* Clients must have medical insurance card
- \* A referral from a medical provider is required for wellness program services

**Type of Providers:**

- \* Health Education provided by UCLA undergraduate psychiatry student interns
- \* Supervised by part-time mental health and educational professionals; educators and professionals
- \* Health services provided by: RNs, LCSW, MPHs, Interns of all 3 professions.

**Accepting New Patients:**

- \* Accepting New Patients
- \* NO Waiting List

**Any Waiting List:**

**Other services provided:**

- \* Health Education Services to at-risk children and their parents living in: Oakwood; Mar Vista and West LA
- \* Health Services to Pregnant Women
- \* CPSP provides mother and infant care services and classes such as: health education; nutrition management; psychosocial intervention; Medi-Cal enrollment and referral; Lamaze and breastfeeding.

**Cost for services:**

- \* Private, Nonprofit ; Charitable Organization

**Insurance Accepted:**

- \* Program provides health services to pregnant women either receiving or eligible to receive:
- \* Medi-Cal; Blue Cross Managed Care
- \* Deliver at Queen of the Valley Medical Center in West Covina
- \* Services include prenatal care; neonatal care for infant; and postpartum care for the mother. Additionally, the Curtis Tucker Health Center provide adult and childhood Immunizations, TB screening for students, TB treatment, and STD screening and treatment ; Healthy Families

**Other Languages Provided:**

- \* English; Spanish; Arabic

**Special services:**

- \* Services for at risk teens through the TEACH program includes weekly mentoring, tutoring and health education.
- \* The Healthy Babies program provides perinatal case management services and health education for at risk pregnant women.

**Biola Counseling Center**  
12625 La Mirada Blvd., Suite 202  
**La Mirada, CA 90638**  
(562) 903-4800

---

- Type of Depression Services Provided:** \* Maternal Depression
- Referral Process:** \* Call (562) 903-4800 for intake  
\* Assigned to a counselor according to condition
- Type of Providers:** \* Graduate Students  
\* Licensed Psychologists
- Accepting New Patients:** \* Open for New Patients  
\* NO waiting list
- Any Waiting List:**
- Other services provided:** \* Marriage Counseling  
\* Eating Disorders  
\* Anxiety Management  
\* Anger Management  
\* (Anything that needs counseling)  
\* Family Counseling  
\* Group Counseling
- Cost for services:** \* Graduates charges: \$40-100 per session  
\* Psychologies: Flat fee=\$125 per session  
\* Also depending on income
- Insurance Accepted:** \* No Insurance accepted  
\* 2 licensed therapists accept insurance, with prior insurance approval
- Other Languages Provided:** \* English ONLY
- Special services:** \* Teens

**La Puente Valley Mental Health Center**

150 S. Seventh Avenue

**La Puente, CA 91744**

(626) 961-8971 (Service & Intake)

**(626) 227-7018**

- 
- Type of Depression Services Provided:** \* Counseling
- Referral Process:** \* Call (626) 227-7018  
\* Go through Screening Process and Schedule Appointment
- Type of Providers:** \* Psychiatrist  
\* Clinician  
\* MSW  
\* LCSW
- Accepting New Patients:** \* Several locations for Adults to Children.  
\* Depend on Staff so the amount ranges
- Any Waiting List:**
- Other services provided:** \* Primarily a Psychiatric Clinic  
\* Psychiatric Treatment for Adults  
\* Children and Pregnancy Women  
\* Prescription Needs  
\* Counseling  
\* Case Management
- Cost for services:** \* Does Not Accept Private Insurance  
\* Arrange payment depending on income
- Insurance Accepted:** \* Accepting Medi-Cal; Medi-Care; Healthy Families
- Other Languages Provided:** \* Farsi  
\* Chinese  
\* Korean (specific dialects only)
- Special services:** \* Adolescent: 0 – 18 years of age  
\* Adults: 18 yrs+  
\* Hearing Impaired

**LANCASTER**

**Advance Counseling Center**  
44709 North Date Avenue  
**Lancaster, CA 93534**  
(661) 945-6706 (Service & Intake)

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**Type of Depression Services Provided:** \* Depression Related Counseling

**Referral Process:** \* Call 661-945-6706  
\* Self Referral

**Type of Providers:** \* MFT  
\* Psychologist  
\* Psychiatrist

**Accepting New Patients:** \* Accepting New Patients  
\* No Waiting List  
**Any Waiting List:**

**Other services provided:** \* Any type of Mental Health Counseling  
\* Do Not specialize on any particular area  
\* Domestic Violence Counseling  
\* Anxiety Management  
\* Stress/Accident Related Counseling

**Cost for services:** \* \$120 - Psychologist; 175 - Psychiatrist  
\* \$90 - MFT  
\* First visit is one hour  
\* Follow-up is 20 min./ Medicine Management

**Insurance Accepted:** \* NOT accepting Medi-Cal  
\* Will bill insurance, but what Insurance does not cover will be the responsibility of the patient.

**Other Languages Provided:** \* English Only

**Special services:** \* LCSW – Anger Management Classes; Marriage Family Classes; and Parenting Classes.



## **Antelope Valley Behavior Medicine**

43770 15<sup>th</sup> St. W # 245

**Lancaster, CA 93534**

(661) 726-2826 (Service, Intake & Adm.)

**(661) 948-0432 (Fax)**

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**Type of Depression Services Provided:** \* Psychiatric diagnostic exam and medication management

**Referral Process:** \* Call (661) 726-2826 (Voicemail 24/7)  
\* To Schedule appointment

**Type of Providers:** \* Psychiatrists

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:**

**Other services provided:** \* N/A

**Cost for services:** \* Psychiatric Diagnostic Exam - \$300/Session  
\* Medication Management - \$120/Session

**Insurance Accepted:** \* NOT Accepting Medi-Cal and MEDI-MEDI  
\* Private Insurance - Champus

**Other Languages Provided:** \* English and Tagalog

**Special services:** \* None

## **Antelope Valley Hospital – Mental Health Services**

1600 W. Avenue J

**Lancaster, CA 93534**

(661) 949-5250 (Service, Intake & Adm.)

---

**Type of Depression Services Provided:** \* Acute In-patient Treatment

**Referral Process:** \* Self Referred through the ER or  
\* Through Healthy Homes: 661-726-6456

**Type of Providers:** \* Therapist  
\* Case Manager  
\* Psychologist  
\* Nurses  
\* Mental Health Techs  
\* LCSWs  
\* MFT Interns

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:**

**Other services provided:** \* Inpatient Treatment Psychiatrist  
\* Group Counseling  
\* Individual Counseling  
\* Anxiety Management  
\* Bipolar Treatment

**Cost for services:** \* Anybody can come in  
\* Even those WITHOUT Insurance

**Insurance Accepted:** \* Accepting Medi-Cal  
\* Accepts Many Insurances

**Other Languages Provided:** \* English and Tagalog  
\* Uses Language Line to communicate with other language-speaking patients

**Special services:** \* None

**Cederwood Counseling**  
44809 N. Fern Avenue  
**Lancaster, CA 93534**  
(661) 945-7608 (Service, Intake & Adm.)

---

**Type of Depression Services Provided:** \* Individual Counseling

**Referral Process:** \* Call (661) 945-7608 and leave message  
\* Patient will be called with assigned therapist

**Type of Providers:** \* MFTs  
\* LCSWs

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:** \* NO Waiting List

**Other services provided:** \* Group Counseling  
\* Individual Counseling  
\* Anxiety Management  
\* Anger Management  
\* Marriage and Family Therapy  
\* Suicide Counseling  
\* Psychotherapy  
\* Relations Counseling  
\* Child & Adult Psychotherapy  
\* Parenting Management

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income & # of dependents  
\* **Each provider sets their own charges**

**Insurance Accepted:** \* Pt has to speak to individual provider

**Other Languages Provided:** \* English / Spanish

**Special services:** \* None

**Kaiser Permanente**  
44444 20<sup>th</sup> Street West  
**Lancaster, CA 93534**

(661) 951-0070 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Postpartum Counseling

**Referral Process:** \* Call (661) 951-0070 for self referral  
\* Pt can also be referred by provider

**Type of Providers:** \* Therapist  
\* LCSW  
\* Psychiatrist

**Accepting New Patients:** \* Accepting New Patients

**Any Waiting List:** \* No waiting list  
\* **KAISER MEMBERS ONLY**

**Other services provided:** \* Group Counseling  
\* Individual Counseling  
\* Anxiety Management  
\* Marriage Counseling  
\* Children Counseling  
\* Stress Management  
\* Work Related Stress Group

**Cost for services:** \* **MUST BE KAISER MEMBERS**  
\* Depends on the Individual coverage plan

**Insurance Accepted:** \* **Kaiser ONLY**

**Other Languages Provided:** \* English Only

**Special services:** \* Adult and Group Counseling

**Mirabella, Renata, PhD, LMFT**

1672 W. Avenue J, Suite 110

**Lancaster, CA 93534**

(661) 940-5535 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Postpartum Depression

**Referral Process:** \* Call (661) 940-5535 and leave a message  
\* Will call patients to schedule appt.

**Type of Providers:** \* Private Practice – Appt will be with Dr. Mirabella

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:** \* No Waiting List

**Other services provided:** \* Group Counseling  
\* Individual Counseling  
\* Anxiety Disorder Counseling  
\* Domestic Violence  
\* Relatives/Child Counseling  
\* Marital Counseling  
\* Chemical Counseling

**Cost for services:** \* \$100/session  
\* Contract with some Insurance: Pt will pay co-pay

**Insurance Accepted:** \* NOT Accepting Medi-Cal  
\* NOT Accepting Medicare  
\* NOT accepting HMOs  
\* ONLY Private Insurances

**Other Languages Provided:** \* English/Spanish

**Special services:** \* Teen and Young children

## **Professional Counseling Services**

44738 10<sup>th</sup> Street W.

**Lancaster, CA 93534**

(661) 940-0211 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Postpartum Counseling

**Referral Process:** \* Call (661) 940-0211  
\* Self Referred;  
\* Referred by Insurance or Military Personnel

**Type of Providers:** \* MFT  
\* Psychologist

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:** \* NO Waiting List

**Other services provided:** \* Group Counseling  
\* Individual Counseling  
\* Anxiety Management  
\* All Types of Disorders  
\* Psychosocial testing  
\* Work with Adults and Children  
\* Bipolar  
\* Marriage Counseling

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income & # of dependents

**Insurance Accepted:** \* NOT Accepting Medi-Cal  
\* Accepting PPOs, HMOs and Medi-Care

**Other Languages Provided:** \* English Only

**Special services:** \* Teenagers  
\* Military Personnel  
\* Court-Order Work  
\* Depends on Referral

## LONG BEACH

### **Depression and Bipolar Support Alliance-East Long Beach (DBSA)**

5901 E. 7th Street

**Long Beach, CA 90822**

(562) 592-0055 (Service & Intake)

- 
- Type of Depression Services Provided:** \* Free information is mailed to everyone who requests it by calling our toll-free number, (800) 826-3632 or visiting our website at <http://www.dbsalliance.org/>
- Referral Process:** \* DBSA knows mood disorders affect the entire family, and they offer educational materials, programs, and online support for family members and friends, including a family guide to psychiatric hospitalization.
- Type of Providers:** \* A Peer Specialist  
\* Referral to a Support Group In Your Community
- Accepting New Patients:** \* Online Referrals
- Any Waiting List:**
- Other services provided:** \* On this site you can recommend Mental Health Professionals you have worked with.
- Cost for services:** \* Donation
- Insurance Accepted:** \* Check web sites for more information:  
\* [http://www.dbsalliance.org/site/PageServer?pagename=esp\\_home](http://www.dbsalliance.org/site/PageServer?pagename=esp_home)  
\* [http://www.dbsalliance.org/site/PageServer?pagename=esp\\_recoverystep](http://www.dbsalliance.org/site/PageServer?pagename=esp_recoverystep)
- Other Languages Provided:** \* Check web sites for more information:  
\* [http://www.dbsalliance.org/site/PageServer?pagename=about\\_publications](http://www.dbsalliance.org/site/PageServer?pagename=about_publications)  
\* <http://www.dbsalliance.org/pdfs/helphurtb.pdf>  
\* <http://www.dbsalliance.org/pdfs/NextSteps.pdf>  
\* <http://www.dbsalliance.org/pdfs/foodmoode2.pdf>  
\* <http://www.dbsalliance.org/pdfs/kindnessd.pdf>
- Special services:** \* Support group on Wednesdays: 7pm-9pm at the:  
VA Hospital in Long Beach:  
5901 E. 7th St. | Long Beach 90822.

**LOS ANGELES**

**Alternative Life Consulting**

8961 Sunset Blvd., Suite 2E

**Los Angeles, CA 90069**

(310) 652-9030 (Service, Intake & Adm.)

Mailing Address: 949 Larrabee St., Ste 310; West Hollywood, CA 90069

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**Type of Depression** \* Maternal Depression  
**Services Provided:**

**Referral Process:** \* Call (310) 352-9030 – for appointments (required)  
\* Telephone to apply & schedule an appointment

**Type of Providers:** \* Services provided by a licensed PhD  
\* MFT

**Accepting New Patients:** \* Open for new patients  
\* By appointment ONLY

**Any Waiting List:**

**Other services provided:** \* Anger Management in Individual Counseling Basis ONLY  
\* Bereavement Counseling  
\* Biofeedback  
\* Cognitive-Behavioral Therapy for Individuals ONLY  
    o Anxiety, Depression, obsessive-compulsive disorders, relationships, post-traumatic stress disorders, domestic violence and substance abuse  
\* Postpartum Counseling

**Cost for services:** \* Fixed fee of \$120

**Insurance Accepted:** \* Accepting Private Insurance: Blue Cross, Health Net, Cigna, and any PPO  
\* Accepting Medi-Cal for adolescents and younger ONLY

**Other Languages Provided:** \* Russian

**Special services:** \* Psychology of Being Single  
\* Substance Abuse Court Mandated and Not Mandated



## California Graduate Institute Counseling Center

1145 Gayley Avenue, Ste 322

Los Angeles, CA 90024

(310) 208-4240

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**Type of Depression Services Provided:** \* Maternal Depression for before and after pregnancy

**Referral Process:** \* Call (310) 208-3120- Counseling Center  
\* Scheduled an Intake

**Type of Providers:** \* Interns working on completing hours for their masters or doctorate for their licensure  
\* Supervised by attending Psychologist

**Accepting New Patients:** \* Open for new patients  
\* Can schedule patients within 2 days  
**Any Waiting List:** \* No waiting list

**Other services provided:** \* Anger Management  
\* Domestic Violence  
\* Overcoming Shyness  
\* Overcoming Addictions  
\* Female Survivors of Sexual Abuse  
\* Family Counseling  
\* Group Counseling

**Cost for services:** \* Sliding Scale depending on affordability  
\* Patients completes financial form at intake

**Insurance Accepted:** \* Private Model  
\* Depends whether insurance accepts interns

**Other Languages Provided:** \* Spanish  
\* Farsi  
\* Hebrew  
\* German  
\* Cantonese  
\* Russian  
\* Portuguese

**Special services:** \* Psychology of Being Single  
\* Substance Abuse Court Mandated and Not Mandated

**Coalition of Mental Health Professionals, Inc.**

9145 S. Broadway  
**Los Angeles, CA 90003**  
(323) 777-3120

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (323) 777-3120  
\* On letterhead of company explain why refer patient  
\* Patients must bring: I.D.; Proof of Income; Bill with address (call for all other info needed)

**Type of Providers:** \* Licensed therapist

**Accepting New Patients:** \* Accepting New Patients  
\* Waiting list

**Any Waiting List:**

**Other services provided:** \* Psychological Evaluation  
\* Parenting Counseling  
\* Domestic Violence  
\* Anger Management  
\* Parenting Court Referred  
\* Parental Counseling  
\* Group Counseling

**Cost for services:** \* \$90 - \$125 CASH

**Insurance Accepted:** \* Depending on Income: Sliding Scale  
\* NOT accepting Medi-Cal

**Other Languages Provided:** \* English  
\* Spanish

**Special services:** \* TUMIMA Program (Married Couples with Teen Problems)

**Community Outreach For Prevention and Education**  
2400 S. Flower St., 4th Floor - **Lowman Outpatient Building**  
**Los Angeles, CA 90007-2629**  
**(213) 259-0245 (Service, Intake & Adm.)**  
(213) 259-0255 (Fax)

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- Type of Depression Services Provided:** \* Health Services for Pregnant Women
- Referral Process:** \* Call or write to apply for community outreach services  
\* Telephone or walk-in for service; appointments are preferred  
\* Clients must have medical insurance card  
\* A referral from a medical provider is required for wellness program services  
\* Services are offered at two locations:  
\* QUEEN OF THE VALLEY MEDICAL CENTER &  
\* CURTIS TUCKER HEALTH CENTER (See List for Details)
- Type of Providers:** \* Health Education provided by UCLA undergraduate psychiatry student interns  
\* Supervised by part-time mental health and educational professionals; educators and professionals  
\* Health services provided by: RNs, LCSW, MPHs, Interns of all 3 professions
- Accepting New Patients:** \* Yes
- Any Waiting List:** \* NO Waiting List
- Other services provided:** \* Health Education Services to at-risk children and their parents living in: Oakwood; Mar Vista and West LA  
\* Health Services to Pregnant Women  
\* CPSP provides mother and infant care services and classes such as: health education; nutrition management; psychosocial intervention; Medi-Cal enrollment and referral; Lamaze and breastfeeding
- Cost for services:** \* Private, Nonprofit; Charitable Organization
- Insurance Accepted:** \* The Program provides health services to pregnant women either receiving or eligible to receive:  
\* Accepting Medi-Cal; Blue Cross Managed Care  
\* Who deliver at Queen of the Valley Medical Center in West Covina  
\* Services include prenatal care; neonatal care for infant; and postpartum care for the mother. Additionally, the Curtis Tucker Health Center provide adult and childhood Immunizations, TB screening for students, TB treatment, and STD screening and treatment  
\* Healthy Families
- Other Languages Provided:** \* English; Spanish; Arabic
- Special services:** \* Services for at risk teens through the TEACH program includes weekly mentoring, tutoring and health education  
\* The Healthy Babies program provides perinatal case management services and health education for at risk pregnant women

**Hollywood Sunset Free Clinic**  
3324 W. Sunset Blvd.  
**Los Angeles, CA 90026**  
(323) 660-7959 (Adm)  
**(323) 661-0718 (Service & Intake) [Mental Health Counseling]**

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**Type of Depression Services Provided:** \* General Depression Counseling

**Referral Process:** \* Call (323) 661-0718  
\* Patient is placed on a Waiting List

**Type of Providers:** \* Interns

**Accepting New Patients:** \* Placed on a waiting list that may be as long as a month  
**Any Waiting List:**

**Other services provided:** \* Individual Counseling  
\* General Counseling  
\* Individual Counseling  
\* Family Counseling

**Cost for services:** \* NO Cost - Donations

**Insurance Accepted:** \* NO need for Insurance or Medi-Cal

**Other Languages Provided:** \* Only Spanish/English

**Special services:** \* Teens  
\* Children to adulthood  
\* (323) 660-7975 – “Cara a Cara” & tattoo removal

**Institute for Multicultural Counseling and Education Services,  
Inc. (I.M.C.E.S)**

3580 Wilshire Blvd., Ste. 2000

**Los Angeles, CA 90010**

(213) 381-1250 (Service, Intake & Adm.)

**(213) 383-4803 (Fax)**

**Type of Depression Services Provided:** \* Individual Counseling

**Referral Process:** \* Call (213)381-1250 with patients information and reason of referral

**Type of Providers:** \* Interns  
\* Therapists  
\* Psychologist  
\* Psychiatrist

**Accepting New Patients:** \* Accepting New patients

**Any Waiting List:** \* Waiting List could be as long as 2 months

**Other services provided:**

* Anger Management	* Paternity Matters
* Violence Prevention	* Restraining Orders
* Parenting Skills	* Custody and Visitation Orders
* Domestic Violence Support & Legal Services	* Adult Full Service Partnership Program
* Information about shelters	* Immigration Matters
* Divorce Matters	* Group Counseling & Family Therapy

**Cost for services:** \* Sliding Scale: Depending on Income  
\* Patients will need to bring proof of income or unemployment (if unemployed)

**Insurance Accepted:** \* Accepting Medi-Cal  
\* NOT accepting PPOs or HMOs

**Other Languages Provided:**

* Farsi	* Russian
* Spanish	* Arabic
* Armenian	

**Special services:** \* "Wrap-around Program": strengthening families at risk  
\* Professional Training for Psychologists; SW & Counselors; doctors; nurses; judges; attorneys; teachers; administrators; marriage and family therapists  
\* School Based-Linked Mental Health Services: Individual/Group and Family Counseling; Life Skills Training and Counseling; Social Responsibility Training; Parent Skills Development; Drug & Alcohol Education; Anger Management/Violence Prevention; Mediation Counseling; Prevocational/Vocational Training.

**Jewish FAMILY Service of Los Angeles  
Zimmer Children's Museum**

<http://www.jfsla.org/index.php?/programs/details/365/17>

6505 Wilshire Blvd.

**Los Angeles, CA 90048**

(323) 323-761-8800 Ext. 1028 (Service, Intake & Adm.)

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**Type of Depression** \* Postpartum Depression

**Services Provided:**

**Referral Process:**

- \* Call the New Moms Connect Warmline: (323) 761-8800 ext. 1028
- \* Wednesdays 9-10:15am

**Type of Providers:**

- \* Weekly New Mom Groups offer support for women at this challenging time.
- \* In a warm and caring environment, patients will have the opportunity to meet other mothers
- \* Share ideas and receive professional parenting advice

**Accepting New Patients:**

**Any Waiting List:**

- \* Accepting New patients

**Other services provided:**

- \* RECEIVE COUNSELING ON:
- \* Identity Issues after the baby is born
- \* Changing family roles
- \* Stress Reduction
- \* Keeping relationships healthy after baby
- \* Postpartum concerns
- \* Other challenges of parenting

**Cost for services:**

- \* \$5 per meeting /first is free
- \* No one turned away for lack of funds

**Insurance Accepted:**

- \* NOT accepting insurance

**Other Languages Provided:**

\*

**Special services:**

- \* "Adventures in Babyhood" events and trainings aimed at educating the community at large about the risks and challenges associated with parenthood and postpartum depression occur on a periodic basis.
- \* Contact Agency for more information about upcoming events.

**Kaiser Permanente - Watts Counseling and Learning Center**  
1465 E. 103rd Street  
**Los Angeles, CA 90002**  
(323) 564-7911 (Service & Intake)

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**Type of Depression Services Provided:** \* Maternal Depression  
\* Depression Counseling

**Referral Process:** \* Call (323) 564-7911 for intake

**Type of Providers:** \* Licensed therapist  
\* Clinical Social Workers Interns

**Accepting New Patients:** \* Waiting List 3-4 weeks  
**Any Waiting List:**

**Other services provided:** \* General Counseling  
\* Anxiety Management

**Cost for services:** \* FREE for ALL

**Insurance Accepted:** \* NO need for Insurance or Medi-Cal

**Other Languages Provided:** \* Only Spanish/English

**Special services:** \* Parenting Classes (Thursdays)  
\* Children with parents with terminal Illness Support Group (Wednesdays)  
\* Probation Support Group (Saturdays)  
\* Educational Therapy (Tutorial)

**Kedren Community Mental Health Center**

4211 S. Avalon Blvd.

**Los Angeles, CA 90011**

(323) 233-0425 (Service, Intake & Adm.)

**(323) 233-0344 (TDD)**

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**Type of Depression Services Provided:** \* Individual Counseling

**Referral Process:** \* Walk-ins

**Type of Providers:** \* Therapist  
\* Case Manager

**Accepting New Patients:** \* Accepting New Patients  
**Any Waiting List:**

**Other services provided:** \* Group Counseling  
\* Individual Counseling  
\* Anxiety Management

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income & # of dependents

**Insurance Accepted:** \* Accepting Medi-Cal  
\* NOT accepting PPOs or HMOs

**Other Languages Provided:** \* English Only

**Special services:** \* Adult and Group Counseling



**Ness Counseling Center, Inc., The**  
8512 Whitworth Dr.  
**Los Angeles, CA 90035**  
(310) 360-8512 (Service, Intake & Adm.)  
**(310) 360-8510 (Fax)**

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Jennifer Blumenfeld, MSW - Clinical Director conducts the screening of patients over the phone  
\* Out-Patient Facility

**Type of Providers:** \* Jennifer Blumenfeld, MSW - Clinical Director

**Accepting News Pt: Any Waiting List:** \* Out-Patient Facility; patients are seen by appt.

**Other services provided:** \* Safety Zone Facility  
\* Drug/Alcohol Facility  
\* Domestic Violence Facility  
\* Paternity Testing  
\* Court Ordered Parenting Counseling  
\* Drugs/Alcohol Counseling  
\* Individual/Couples/Family Counseling  
\* Domestic Violence

**Cost for services:** \* \$25 (Lowest Fee)  
\* Depending on what client can afford  
\* Use sliding scale

**Insurance Accepted:** \* Cash/Credit Card Only

**Other Languages Provided:** \* English Only

**Special services:** \* Teen Sex offenders Groups for Boys  
\* Sex Offenders Group for Men

**Open Paths Counseling Center**  
12655 W. Washington Blvd. Ste. 101  
**Los Angeles, CA 90066**  
(310) 398-7877 (Service & Intake)  
**(310) 967-6082**

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**Type of Depression Services Provided:** \* Maternal Depression Counseling

**Referral Process:** \* Call (310) 398-7877 for appointment with therapist  
\* Depending on interview will depend on fee  
\* Patients will be called back by therapist to set up appointment

**Type of Providers:** \* Licensed therapist  
\* Trainees  
\* Interns  
\* Supervised by licensed therapists

**Accepting News Pt:** \* Accepting New Patients  
**Any Waiting List:** \* No waiting List

**Other services provided:** \* Any diagnosis for mental health

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income of the family

**Insurance Accepted:** \* NOT accepting Medi-Cal  
\* Accepting Private Insurance

**Other Languages Provided:** \* English/Spanish Only

**Special services:** \* Form groups when needed for men/ women/ teens / couples.

## Pepperdine University Psychological and Educational Clinic

6100 Center Dr., Ste. 559

**Los Angeles, CA 90045**

(310) 568-5752 (Service, Intake & Adm.)

**(310) 568-2342 (Fax)**

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**Type of Depression Services Provided:** \* Postpartum Depression Counseling

**Referral Process:** \* Call (310) 568-5752 for intake  
\* \$25 initial intake fee

**Type of Providers:** \* Doctoral students  
\* Supervised by Licensed Therapist

**Accepting News Patients:** \* Accepting New Patients.  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Psychosocial testing  
\* Individual Counseling  
\* Couples Counseling  
\* Family Counseling  
\* Vocational Counseling  
\* Individual Counseling  
\* Family Counseling  
\* Group Counseling

**Cost for services:** \* Sliding Scale: Depending on income  
\* Fees range: \$20 - \$90

**Insurance Accepted:** \* CASH Only  
\* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish

**Special services:** \* Teens are assigned to a specialist doctoral student.

**San Martin De Porres Counseling Center, Inc.**

8621 Bellanca Ave., Ste. 215

**Los Angeles, CA 90045**

(310) 641-1633 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Maternal Depression Counseling

**Referral Process:** \* Call (310) 641-1633 to schedule appointment

**Type of Providers:** \* MST  
\* Registered Interns  
\* Psychologist

**Accepting New Patients:** \* Accepting New Patients.  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Parenting Classes  
\* Domestic Violence Classes for men and women  
\* Individual Counseling  
\* Family Counseling  
\* Group Counseling

**Cost for services:** \* \$40/visit

**Insurance Accepted:** \* Accepting Medi-cal for Minors  
\* Insurance

**Other Languages Provided:** \* Spanish  
\* English

**Special services:** \* 2 Teens Groups:  
\* Substance Abuse  
\* Anger Management

## SHARE!

5521 Grosvenor Blvd.  
**Los Angeles, CA 90066**  
(310) 305-8878 (Serv/Int/Adm)  
**(877) 742-7349 (Info. ONLY)**  
[877-SHARE49]  
**(310) 305-2671 (Fax)**

**Type of Depression Services Provided:** \* SHARE stand for: Self-Help And Recovery Exchange - Comprehensive self-help support group referral service with a database of almost 1000 support groups:  
\* 12-Steps AA Groups  
\* Mental Health

**Referral Process:** \* Just Show up  
\* Open 7 days/week, 365 days of the year  
\* Call (310) 305-8878  
\* [www.shareselfhelp.org](http://www.shareselfhelp.org)

**Type of Providers:** \* Self-Help groups are run by peers. The person leading the meeting that day will usually read some material explaining how the meeting works. Some of the material may be read by other members of the group. In most meeting everyone then gets a chance to share about how they're dealing with the issue.  
\* Parenting; etc. . .

**Accepting News Pt: Any Waiting List:** \* Walk-Ins Welcome

**Other services provided:**

* Groups for Alcoholics Anonymous	* Anger Release
* Groups for Codependent Anonymous	* Nicotine Anonymous
* Male Survivors of Sexual Abuse	* Jugadores Anonimos
	* Serenity Sisters
	* Debtors Anonymous
	* And MUCH MORE

**Cost for services:** \* \$2 - \$5 per person per meeting

**Insurance Accepted:** \* NOT Accepting Medi-Cal

**Other Languages Provided:** \* Spanish Meeting Groups available

**Special services:** \* Any type of Support Groups

## **Southern California Counseling Center**

5615 W. Pico Blvd.

**Los Angeles, CA 90019**

(323) 937-1344 (Service, Intake & Adm.)

**(323) 937-5846 (Serv/Intake)**

[Abuse Prevention/Parenting Education]

**(323) 937-3487 (Fax)**

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**Type of Depression Services Provided:** \* Postpartum Counseling

**Referral Process:** \* Call (323) 937-1344 for intake  
\* Walk-ins Welcome

**Type of Providers:** \* Interns  
\* Trainees (75) in various stages  
\* Supervised by MFT's; LCSW and Clinical Psychologist

**Accepting News Pt:** \* Accept New Patients.  
**Any Waiting List:** \* No waiting list

**Other services provided:** \* Mood Disorders  
\* Relationship Counseling  
\* Phobias  
\* Anxiety Management  
\* Problems with Living

**Cost for services:** \* Sliding Scale: Depending on Income  
\* \$15 - \$ 80/Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Teen Groups  
\* Domestic Violence for Men and Women

**Thalians Mental Health Center/Cedars - Sinai Medical Center  
– Outpatient**

8730 Alden Dr. Plaza Level

**Los Angeles, CA 90048**

(310) 423-3411 (Service & Intake)

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**Type of Depression Services Provided:** \* Out-Patient Counseling  
\* Individual Counseling

**Referral Process:** \* Calls (310) 423-3411 for intake

**Type of Providers:** \* License Clinical SW  
\* MFT  
\* Psychologist Residents

**Accepting News Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:**  
**Other services provided:** \* Out-Patient All Mental Health Issue

**Cost for services:** \* Sliding Scale: Depending on Income  
\* Range from \$106 - \$420 for Individual and Group Therapy

**Insurance Accepted:** \* Medi-Cal Accepted for those 22 and Under  
\* NOT accepting Medi-Cal for Adults  
\* Accepts Blue Cross PPO and Secure Horizons

**Other Languages Provided:** \* English Only

**Special services:** \* Out-patient Counseling for: Children & Adults  
\* Adolescent Clinic

**Westwood Center**  
**Site 2 of San Martin de Porres**  
10642 Santa Monica Blvd., Ste. 100  
**Los Angeles, CA 90025**  
(310) 641-1633 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Maternal Depression Counseling

**Referral Process:** \* Call (310) 641-1633 for appointments

**Type of Providers:** \* MFT  
\* Registered Interns  
\* Psychologist

**Accepting News Patients:** \* Accepting New Patients.  
\* No Waiting List  
**Any Waiting List:**

**Other services provided:** \* Parenting Classes  
\* Domestic Violence Classes for men and women  
\* Individual Counseling  
\* Family Counseling  
\* Group Counseling

**Cost for services:** \* \$40/visit

**Insurance Accepted:** \* Accepting Medi-cal for Minors  
\* Insurance verified at intake

**Other Languages Provided:** \* Spanish  
\* English

**Special services:** \* 2 Teens Groups:  
\* Substance Abuse  
\* Anger Management



**Women Helping Women Services**  
543 N. Fairfax Ave.  
**Los Angeles, CA 90036**  
(323) 651-2930 (Adm)  
**(877) 655-3807 (Hotline/Talk line)**  
(323) 655-3807 (Talk line)  
**(323) 651-5348 (Fax)**

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**Type of Depression Services Provided:** \* Provides mental health services for all ages targeted, but not restricted, to women and their families.

**Referral Process:**

- \* Call the talk line for information or services.
- \* Client must be referred for additional agency services through the talk line.
- \* TALK LINE HOURS:
  - o Tues. & Thurs.: 10am-12:30pm
  - o Wed.: 6pm - 8pm
  - o Fri: CLOSED
- \* Counseling Services are: M - F: 8:30am - 5pm and some evenings
- \* 24-hr voice mail records message and suggests other resource numbers when the program is not staffed.

**Type of Providers:** \* MSW \* Master's level interns

**Accepting News Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:**

**Other services provided:**

* Case management	* Post-disaster crises
* Support groups	* General life problems
* Referrals	* Domestic violence
* Telephone talk line	* General mental health issues
* Services for CalWORKs recipients	

**Cost for services:**

- \* There are no fees for talk line assistance.
- \* Fees for individual counseling and support sessions are set on a sliding scale: Ranges from \$1 to \$90.
- \* No one is turned away due to inability to pay

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish  
\* Russian

**Special services:** \* None Verified

## Women's Clinic and Family Counseling Center

<http://www.womens-clinic.org/index.php>

9911 W. Pico Blvd., Ste. 500

Los Angeles, CA 90035

(310) 203-8899 Ext. 103 (Service & Intake) [Mental Health Appt]

**(310) 203-8555 (Fax) / Carla Becker, MFT, is the Director of Counseling**

### **Type of Depression Services Provided:**

- \* Maternal Depression Individuals, Couples & Family Counseling, Group Counseling.

### **Referral Process:**

- \* CLINIC HOURS:
  - o Monday 10 am to 5 pm
  - o Tuesday 8 am to 3 pm
  - o Wednesday 8 am to 3 pm
  - o Thursday 8 am to 3 pm
  - o Friday 8 am to 1 pm
  - o Saturday 8 am to 1 pm
- \* For counseling appointments and questions call (310) 203-8899 ext. 103.
- \* Pt. will speak to a therapist who will go over her concerns.
- \* Patients. will be placed with the therapist best suited to meet her specific needs and her schedule.
- \* If they find their counseling services are not the right fit for her, they will direct her to more appropriate resources.

### **Type of Providers:**

- \* highly-trained intern
- \* trainee therapists
- \* work under the supervision of licensed psychotherapists

### **Accepting News Pt: Any Waiting List:**

- \* Accepting New Patients
- \* No Waiting List

### **Other services provided:**

- \* Relationship & Intimacy Issues
- \* Depression
- \* Anxiety / Panic Disorders
- \* Body Image / Eating Disorders
- \* Trauma / Abuse
- \* Addiction / Recovery
- \* Grief and Loss

- \* Parenting
- \* Career and Job Issues
- \* Routine Gynecological Exams
- \* Birth Control Services
- \* Mammograms
- \* Pap Smears
- \* Pregnancy Testing & Counseling
- \* Life Transitions
- \* Personal / Spiritual Growth

- \* Testing & Treatment of STDs
- \* HIV Testing & Counseling
- \* Hormone Replacement Therapy
- \* Colposcopy
- \* Cryosurgery & LEEP
- \* Treatment of Bladder & Urinary Tract Infections
- \* Ultrasounds
- \* Gay and Lesbian Concerns

### **Cost for services:**

- \* Sliding Scale: Depending on Income

### **Insurance Accepted:**

- \* NOT accepting Medi-Cal or insurance

### **Other Languages Provided:**

- \* English Only

### **Special services:**

- \* Group Therapy/Support services please call (310) 203-8899, ext. 103
- \* MOMMY AND ME groups - please call (310) 496-2648 or (310) 205-2646

## **Wright Institute Los Angeles**

9911 W. Pico Blvd., Ste. 720

**Los Angeles, CA 90035**

(310) 277-2796 (Service & Intake)

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**Type of Depression Services Provided:** \* Psychotherapy could be geared to Maternal Depression

**Referral Process:** \* Call (310) 277-2796 to leave name and number.  
\* Therapist will call patients for to do Intake and to schedule an appt. and to decide on how patients will pay

**Type of Providers:** \* Interns  
\* Supervised by Licensed Therapist

**Accepting News Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \*

**Cost for services:** \* Sliding Scale: Depending on Income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

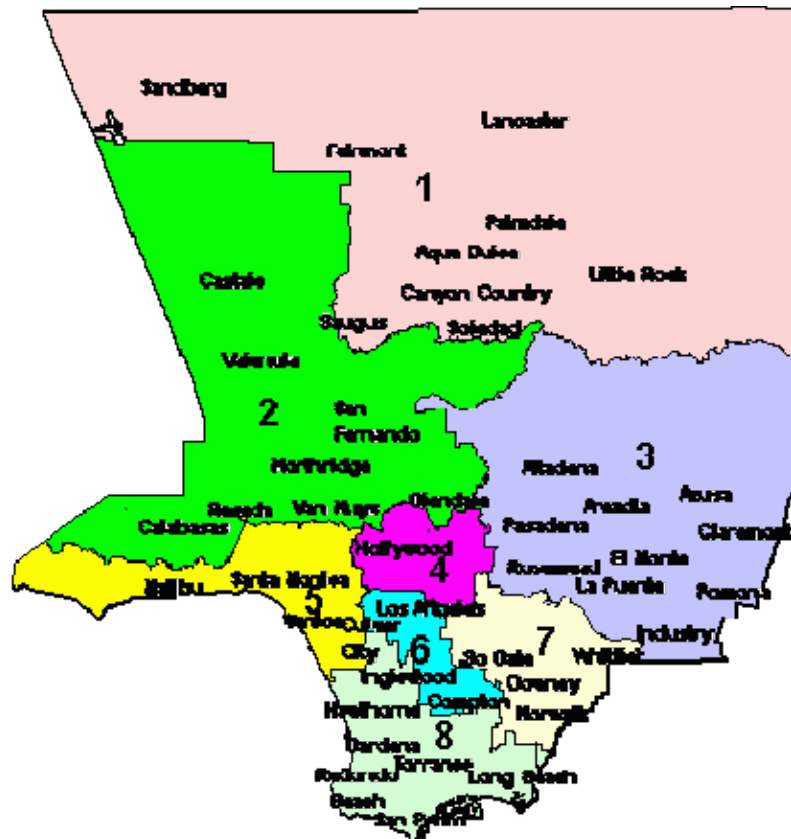
**Other Languages Provided:** \* English Only

**Special services:** \* Eating Disorders

## County of Los Angeles Department of Mental Health

<http://dmh.lacounty.info/providers/map-sa.html>

Visiting the Web Site above will provide a map representing the various Service Planning Areas (SPAs) for LA County. Select the city by clicking on it and a list of Mental Health Service Providers will appear. You may also use the "Full Service Partnership (FSP) Guidelines" on the next two pages that provide a list of the Navigator Team Leaders that will direct you to the appropriate provider depending on the Service Planning Area (SPA).



**COUNTY OF LOS ANGELES - DEPARTMENT OF  
MENTAL HEALTH  
ADULT SYSTEMS OF CARE**

**SERVICE AREA NAVIGATOR, HOSPITAL LIAISON/IMPACT  
COORDINATOR COUNTYWIDE ROSTER**

<b>COUNTYWIDE REPRESENTATIVES</b>		<b>Phone</b>	<b>FAX #</b>	<b>E-Mail</b>
<b>Debbie Innes Gomberg</b>	MHSA Adult District Chief	213) 738-4864	213) 381-5497	<a href="mailto:digomberg@dmh.lacounty.gov">digomberg@dmh.lacounty.gov</a>
<b>Kara Taguchi</b>	SA Navigator Program Manager	213) 738-4838	213) 381-5497	<a href="mailto:ktaguchi@dmh.lacounty.gov">ktaguchi@dmh.lacounty.gov</a>
<b>Krista Scholton</b>	Countywide lead for SA Navigators	213) 738-4746	213) 381-5497	<a href="mailto:kscholton@dmh.lacounty.gov">kscholton@dmh.lacounty.gov</a>
<b>Angela Shields</b>	TAY Program Head	213) 639-6730	213) 351-6571	<a href="mailto:ashields@dmh.lacounty.gov">ashields@dmh.lacounty.gov</a>
<b>Adrienne Gee</b>	Countywide lead for TAY Navigators	213) 471-0412	213) 351-6571	<a href="mailto:agee@dmh.lacounty.gov">agee@dmh.lacounty.gov</a>
<b>Kimberly Hairston</b>	Countywide lead for TAY Navigators	213) 738-2507	213) 351-6571	<a href="mailto:khairston@dmh.lacounty.gov">khairston@dmh.lacounty.gov</a>
<b>Matt Wells</b>	Older Adult Impact Coordinator	213) 351-5344	213) 351-2493	<a href="mailto:mwells@dmh.lacounty.gov">mwells@dmh.lacounty.gov</a>
<b>MHSA Age Group Leads</b>				
<b>Bryan Mershon</b>	District Chief - Child MHSA	213) 738-2217		<a href="mailto:bmershon@dmh.lacounty.gov">bmershon@dmh.lacounty.gov</a>
<b>Terri Boykins</b>	Division Chief - TAY MHSA	213) 738-2408	213) 351-6571	<a href="mailto:tboykins@dmh.lacounty.gov">tboykins@dmh.lacounty.gov</a>
<b>Debbie Innes-Gomberg</b>	District Chief - Adult MHSA	213) 738-4864	213) 381-5497	<a href="mailto:digomberg@dmh.lacounty.gov">digomberg@dmh.lacounty.gov</a>
<b>Maria Funk</b>	District Chief - Adult MHSA	213) 251-6582	213) 637-2336	<a href="mailto:mfunk@dmh.lacounty.gov">mfunk@dmh.lacounty.gov</a>
<b>Kevin Tsang</b>	District Chief - Older Adult MHSA	213) 739-7347	213) 351-2493	<a href="mailto:ktsang@dmh.lacounty.gov">ktsang@dmh.lacounty.gov</a>
<b>Countywide Jail Linkage Team</b>				
<b>Regina Ramirez</b>	Jail Linkage Administrative Coordinator	213) 473-6574	213) 972-4012	<a href="mailto:reramirez@dmh.lacounty.gov">reramirez@dmh.lacounty.gov</a>
<b>Jeff Lumaya</b>	Jail Linkage Sup. - Twin Towers	213) 893-5410	213) 972-4012	<a href="mailto:jlumaya@dmh.lacounty.gov">jlumaya@dmh.lacounty.gov</a>
<b>Sonny Duron</b>	Jail Linkage - Twin Towers	213) 893-5412	213) 972-4012	<a href="mailto:sduron@dmh.lacounty.gov">sduron@dmh.lacounty.gov</a>
<b>William Owens</b>	Jail Linkage - Twin Towers	213) 923-4701	213) 972-4012	<a href="mailto:wowens@dmh.lacounty.gov">wowens@dmh.lacounty.gov</a>
<b>Jorge Martinez</b>	Jail Linkage - Twin Towers	213-893-5412	213) 972-4013	<a href="mailto:jmartinez@dmh.lacounty.gov">jmartinez@dmh.lacounty.gov</a>
<b>Bill West</b>	Jail Linkage - Twin Towers - Employment Spec. Team Leader	213) 893-5412	213) 972-4012	<a href="mailto:Wwest@dmh.lacounty.gov">Wwest@dmh.lacounty.gov</a>

### Countywide Jail Linkage Team (Cont.)

<b>Maria Chavarria</b>	Jail Linkage - Twin Towers - Employment Spec.	213) 893-5411	213) 972-4012	<a href="mailto:Mchavarria@dmh.lacounty.gov">Mchavarria@dmh.lacounty.gov</a>
<b>Maria Cruz</b>	Jail Linkage - CRDF	323) 568-4670	213) 972-4012	<a href="mailto:mcruz@dmh.lacounty.gov">mcruz@dmh.lacounty.gov</a>
<b>Mechele Harris</b>	Jail Linkage - CRDF	213) 473-6574	213) 972-4012	<a href="mailto:mharris@dmh.lacounty.gov">mharris@dmh.lacounty.gov</a>
<b>Pricilla Knott</b>	Jail Linkage - CRDF - Employment Spec.	323) 568-4670	213) 972-4012	<a href="mailto:pknott@dmh.lacounty.gov">pknott@dmh.lacounty.gov</a>
<b>Raul Alvarez</b>	Jail Linkage - CRDF - Employment Spec.	213) 473-6574	213) 972-4012	<a href="mailto:realvarez@dmh.lacounty.gov">realvarez@dmh.lacounty.gov</a>

### TAY Countywide Navigators

<b>Adrienne Gee</b>	Navigation Team Supervisor Service Areas 1-4/ Navigator SA 1	213) 471-0412	213) 351-6571	<a href="mailto:agee@dmh.lacounty.gov">agee@dmh.lacounty.gov</a>
<b>Kimberly Hairston</b>	Navigation Team Supervisor Service Areas 5-8	213) 738-2507	213) 351-6571	<a href="mailto:khairston@dmh.lacounty.gov">khairston@dmh.lacounty.gov</a>
<b>Tonya Jewell</b>	Navigator SA 2	213) 738-2507	213) 351-6571	<a href="mailto:tjewell@dmh.lacounty.gov">tjewell@dmh.lacounty.gov</a>
<b>Diann Kaainoa</b>	Navigator SA 3	213) 471-0406	213) 351-6571	<a href="mailto:dkaainoa@dmh.lacounty.gov">dkaainoa@dmh.lacounty.gov</a>
<b>Sarah Governale</b>	Navigator SA 4	213) 923-6459	213) 351-6571	<a href="mailto:sgovernale@dmh.lacounty.gov">sgovernale@dmh.lacounty.gov</a>
<b>Paula Binner</b>	Navigator SA 5 & 8	213) 471-3134	213) 351-6571	<a href="mailto:pbinner@dmh.lacounty.gov">pbinner@dmh.lacounty.gov</a>
<b>John Cabrera</b>	Navigator SA 7	213) 738-2507	213) 351-6571	<a href="mailto:jpcabrera@dmh.lacounty.gov">jpcabrera@dmh.lacounty.gov</a>
<b>Rhumel Grady</b>	Navigator SA 6	213) 738-2507	213) 351-6571	<a href="mailto:rgrady@dmh.lacounty.gov">rgrady@dmh.lacounty.gov</a>
<b>Robbie Montgomery</b>	Housing Specialist SA 1 & 4	213) 738-2507	213) 351-6571	<a href="mailto:romontgomery@dmh.lacounty.gov">romontgomery@dmh.lacounty.gov</a>
<b>Zarine Ovakimyan</b>	Housing Specialist SA 2	213) 471-0409	213) 351-6571	<a href="mailto:zovakimyan@dmh.lacounty.gov">zovakimyan@dmh.lacounty.gov</a>
<b>Rachel Huang</b>	Housing Specialist SA 3 & 7	213) 471-0462	213) 351-6571	<a href="mailto:rhuang@dmh.lacounty.gov">rhuang@dmh.lacounty.gov</a>
<b>Andrew Onaghise</b>	Housing Specialist SA 4	213) 923-4700	213) 351-6571	<a href="mailto:aonaghise@dmh.lacounty.gov">aonaghise@dmh.lacounty.gov</a>
<b>Dina Moss</b>	Housing Specialist SA 5 & 8	213) 272-8335	213) 351-6571	<a href="mailto:dross@dmh.lacounty.gov">dross@dmh.lacounty.gov</a>
<b>Ronnie Thomas</b>	Housing Specialist SA 6	213) 923-8020	213) 351-6571	<a href="mailto:rthomas@dmh.lacounty.gov">rthomas@dmh.lacounty.gov</a>

### SERVICE AREA 1 – ANTELOPE VALLEY

<b>Joellen Perkins</b>	District Chief SA 1	661) 575-1800		<a href="mailto:jperkins@dmh.lacounty.gov">jperkins@dmh.lacounty.gov</a>
<b>Marge Borjon</b>	Hospital Liaison/ Adult Impact Coord.	661) 723-4260		<a href="mailto:mborjon@dmh.lacounty.gov">mborjon@dmh.lacounty.gov</a>

## SERVICE AREA 2 – SAN FERNANDO VALLEY

<b>Eva Carrera</b>	District Chief - SA 2 Child	213) 738-3190		<a href="mailto:ecarrera@dmh.lacounty.gov">ecarrera@dmh.lacounty.gov</a>
<b>Ron Klein</b>	District Chief - SA 2 Adult	818) 598-6967		<a href="mailto:rklein@dmh.lacounty.gov">rklein@dmh.lacounty.gov</a>
<b>Kimber Salvaggio</b>	SA 2 Administrative Program Support	818) 598-6974		<a href="mailto:ksalvaggio@dmh.lacounty.gov">ksalvaggio@dmh.lacounty.gov</a>
<b>Ben Aguilar</b>	Clinical Psychologist - SA 2	818) 708-4510	818) 654-1962	<a href="mailto:beaguilar@dmh.lacounty.gov">beaguilar@dmh.lacounty.gov</a>
<b>Suzanne Holland</b>	Hospital Liaison/ Impact Coordinator	818) 598-6916	818) 598-6971	<a href="mailto:sholland@dmh.lacounty.gov">sholland@dmh.lacounty.gov</a>
<b>Bill Peck</b>	Hospital Liaison/ Impact Coordinator	818) 598-6911	818) 598-6971	<a href="mailto:bpeck@dmh.lacounty.gov">bpeck@dmh.lacounty.gov</a>
<b>Alex Dozortsev</b>	Child Navigator	818) 708-4514	818) 654-1962	<a href="mailto:adozortsev@dmh.lacounty.gov">adozortsev@dmh.lacounty.gov</a>
<b>Sally Ng</b>	Child Navigator	818) 708-4555	818) 654-1962	<a href="mailto:sng@dmh.lacounty.gov">sng@dmh.lacounty.gov</a>
<b>Darrell Scholte</b>	Adult Navigator	818) 598-6973	818-719-9152	<a href="mailto:dscholte@dmh.lacounty.gov">dscholte@dmh.lacounty.gov</a>
<b>Ginger Fong</b>	Adult Housing Specialist	818) 598-1945		<a href="mailto:gfong@dmh.lacounty.gov">gfong@dmh.lacounty.gov</a>
<b>Martin Zuniga</b>	Parent Advocate	818) 708-4554	818) 654-1962	<a href="mailto:mzuniga@dmh.lacounty.gov">mzuniga@dmh.lacounty.gov</a>

## SERVICE AREA 3 – SAN GABRIEL VALLEY/ POMONA

<b>Carlotta Childs-Seagle</b>	District Chief - SA 3	213) 738-3572	213) 351-2490	<a href="mailto:CChildsSeagle@dmh.lacounty.gov">CChildsSeagle@dmh.lacounty.gov</a>
<b>Tom Cleary</b>	Clinical Psychologist - SA 3	626) 455-4628	626) 455-4608	<a href="mailto:tcleary@dmh.lacounty.gov">tcleary@dmh.lacounty.gov</a>
<b>Marta Lopez</b>	Child / TAY Navigator Supervisor	626-455-4668	626) 455-4608	<a href="mailto:mlopez@dmh.lacounty.gov">mlopez@dmh.lacounty.gov</a>
<b>Rocio Ortiz-Gonzalez</b>	Child Navigator	626-455-4613	626) 455-4608	<a href="mailto:rogonzalez@dmh.lacounty.gov">rogonzalez@dmh.lacounty.gov</a>
<b>Frances Liese</b>	Child / TAY Navigator	626) 455-4606	626) 455-4608	<a href="mailto:fliese@dmh.lacounty.gov">fliese@dmh.lacounty.gov</a>
<b>Eugene Marquez</b>	Adult Navigator	626) 258-1999	626) 455-4608	<a href="mailto:emarquez@dmh.lacounty.gov">emarquez@dmh.lacounty.gov</a>
<b>Dwayne Washington</b>	Adult Housing Specialist	626) 455-4622	626) 455-4608	<a href="mailto:dwwashington@dmh.lacounty.gov">dwwashington@dmh.lacounty.gov</a>
<b>Socorro Ramos</b>	Parent Advocate	626) 455-4610	626) 455-4608	<a href="mailto:sramos@dmh.lacounty.gov">sramos@dmh.lacounty.gov</a>

## SERVICE AREA 4 – METRO L.A./ DOWNTOWN

<b>Edward Vidaurri</b>	District Chief - SA 4	213) 738-3765	323) 427-6166	<a href="mailto:evidaurri@dmh.lacounty.gov">evidaurri@dmh.lacounty.gov</a>
<b>Nancy Weiner</b>	Supervisor of Navigation team	323) 769-6152	323) 467-2647	<a href="mailto:nweiner@dmh.lacounty.gov">nweiner@dmh.lacounty.gov</a>
<b>Douglas Day</b>	Hospital Liaison	323) 769-6153	323) 467-2606	<a href="mailto:dday@dmh.lacounty.gov">dday@dmh.lacounty.gov</a>
<b>Maureen Reilly</b>	Hospital Liaison	323) 769-6155	323) 467-2606	<a href="mailto:mreilly@dmh.lacounty.gov">mreilly@dmh.lacounty.gov</a>
<b>Ruby Quintana</b>	Child Navigator/ Child/ TAY Impact Coord.	323) 769-6196	323) 957-2597	<a href="mailto:rquintana@dmh.lacounty.gov">rquintana@dmh.lacounty.gov</a>
<b>Murdis Latoya Boston</b>	Adult Navigator/ Impact Coordinator	323) 769-6195	323) 467-2606	<a href="mailto:mboston@dmh.lacounty.gov">mboston@dmh.lacounty.gov</a>
<b>Mara Eaton</b>	Hospital Liaison	323) 769-6189	323) 467-2606	<a href="mailto:meaton@dmh.lacounty.gov">meaton@dmh.lacounty.gov</a>

**SERVICE AREA 4 – METRO L.A./DOWNTOWN (Cont.)**

Truc Vo	Hospital Liaison	323) 769-6154	323) 467-2606	<a href="mailto:tvo@dmh.lacounty.gov">tvo@dmh.lacounty.gov</a>
Carol Phillips	Housing Navigator	323) 769-6149	323) 467-2606	<a href="mailto:cphillips@dmh.lacounty.gov">cphillips@dmh.lacounty.gov</a>
Victoria Lawson	Intermediate Typist Clerk	323) 769-6186	323) 467-2606	<a href="mailto:vlawson@dmh.lacounty.gov">vlawson@dmh.lacounty.gov</a>

**SERVICE AREA 5 – WEST L.A.**

Karen Williams	District Chief - SA 5	310) 268-2507	310) 235-2263	<a href="mailto:kwilliams@dmh.lacounty.gov">kwilliams@dmh.lacounty.gov</a>
Patrice Grant	Supervisor of Navigation Team	310) 268-2508	310) 235-2263	<a href="mailto:pgrant@dmh.lacounty.gov">pgrant@dmh.lacounty.gov</a>
Maureen Cyr	Hospital Liaison/ Adult Impact Coord.	310) 268-2511	310) 235-2263	<a href="mailto:mcyr@dmh.lacounty.gov">mcyr@dmh.lacounty.gov</a>
Rachel Melvald	Child Navigator	310) 268-2515	310) 235-2263	<a href="mailto:rmelvald@dmh.lacounty.gov">rmelvald@dmh.lacounty.gov</a>
J. Sandy Mills	Adult Navigator	310) 268-2516	310) 235-2263	<a href="mailto:jmills@dmh.lacounty.gov">jmills@dmh.lacounty.gov</a>
Mary Sutton	Housing Specialist	310) 268-2510	310) 235-2263	<a href="mailto:msutton@dmh.lacounty.gov">msutton@dmh.lacounty.gov</a>

**SERVICE AREA 6 - S.CENTRAL / COMPTON / LYNWOOD**

Rene Woodruff	District Chief - SA 6	323) 298-3671		<a href="mailto:rwoodruff@dmh.lacounty.gov">rwoodruff@dmh.lacounty.gov</a>
Carol Vernon	District Chief - SA 6	310) 668-3962		<a href="mailto:cvernon@dmh.lacounty.gov">cvernon@dmh.lacounty.gov</a>
Kimberly Spears	Adult Navigator/ Adult Impact Coord.	323) 298-3675	323) 299-8870	<a href="mailto:kspears@dmh.lacounty.gov">kspears@dmh.lacounty.gov</a>
Deirdre Sermons	Clinical Psychologist - SA 6	323) 298-3677	323) 298-3695	<a href="mailto:dsermons@dmh.lacounty.gov">dsermons@dmh.lacounty.gov</a>
Margarita Cabrera	Child Community Worker	323) 298-3730	323) 298-3695	<a href="mailto:mcabrera@dmh.lacounty.gov">mcabrera@dmh.lacounty.gov</a>
Armando Iraldo	Child Community Worker	310) 864-1709	323) 298-3695	<a href="mailto:airaldo@dmh.lacounty.gov">airaldo@dmh.lacounty.gov</a>

**SERVICE AREA 7 – Cerritos, Whittier, South Gate, East LA**

Ana Suarez	District Chief - SA 7	213) 738-3499	213) 351-2490	<a href="mailto:asuarez@dmh.lacounty.gov">asuarez@dmh.lacounty.gov</a>
Tere Antoni	Adult Navigator / Impact Coordinator	213) 738-4068	213) 487-9658	<a href="mailto:tantoni@dmh.lacounty.gov">tantoni@dmh.lacounty.gov</a>
Jesus Ramirez	Child Navigator/ Child/TAY Impact Coord.	213) 738-3313	213) 351-2490	<a href="mailto:jeramirez@dmh.lacounty.gov">jeramirez@dmh.lacounty.gov</a>
Edith Gutierrez	Housing Specialist- Community Worker	213) 738-3132	213) 487-9658	<a href="mailto:egutierrez@dmh.lacounty.gov">egutierrez@dmh.lacounty.gov</a>
George Aguilar	Housing Specialist - MHSC I	213) 738-2340		<a href="mailto:gaguilar@dmh.lacounty.gov">gaguilar@dmh.lacounty.gov</a>

**SERVICE AREA 8 – LONG BEACH/SAN PEDRO/SOUTH BAY**

Jacquelyn Wilcoxon	District Chief - SA 8	562) 435-2337	562) 256-1603	<a href="mailto:jwilcoxon@dmh.lacounty.gov">jwilcoxon@dmh.lacounty.gov</a>
Ann Lee	Clinical Psychologist - SA 8	562) 435-2127	562) 256-1603	<a href="mailto:alee@dmh.lacounty.gov">alee@dmh.lacounty.gov</a>



**SERVICE AREA 8 – LONG BEACH/SAN PEDRO/SOUTH BAY (Cont.)**

<b>Neena Paltanwala</b>	Hospital Liaison/Adult Impact Coord.	562) 435-2078	562) 256-1603	<a href="mailto:npaltanwala@dmh.lacounty.gov">npaltanwala@dmh.lacounty.gov</a>
<b>Lisa Powell</b>	Adult Navigator / Impact Coordinator	562) 435-2287	562) 256-1603	<a href="mailto:apowell@dmh.lacounty.gov">apowell@dmh.lacounty.gov</a>
<b>Kathrine Lundy</b>	Child Navigator / Impact Coordinator	562) 435-3106	562) 256-1603	<a href="mailto:klundy@dmh.lacounty.gov">klundy@dmh.lacounty.gov</a>
<b>Belen Williams</b>	Child Navigator / TAY Impact Coord.	562) 435-2257	562) 256-1603	<a href="mailto:bvillagrana@dmh.lacounty.gov">bvillagrana@dmh.lacounty.gov</a>
<b>Jed Schipper</b>	Housing Specialist - MHSC I	562) 435-3167	562) 256-1603	<a href="mailto:jschipper@dmh.lacounty.gov">jschipper@dmh.lacounty.gov</a>
<b>Cathy Williamson</b>	Parent Advocate	562) 435-2207	562) 256-1603	<a href="mailto:cwilliamson@dmh.lacounty.gov">cwilliamson@dmh.lacounty.gov</a>

As of June 2008

**MONROVIA**

**Angeles Community Counseling Center**

248 E. Foothill Blvd.

**Monrovia, CA 91016**

(626) 932-1000 (Service & Intake)

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Patient must call Intake Line (626) 932-1000  
\* Therapist will call back within 24 hours

**Type of Providers:** \* Licensed therapist

**Accepting News Pt:** \* NO waiting list  
**Any Waiting List:** \* Open for New Patients  
\* 5-10 Clients per Therapist  
\* See patients 8am - 10pm

**Other services provided:** \* Individual Counseling  
\* Marriage Counseling  
\* Child Counseling  
\* Court Ordered Counseling  
\* General Depression Counseling  
\* Anxiety Management  
\* Bipolar (Functional)  
\* No Meds  
\* Domestic Abuse

**Cost for services:** \* License Therapist: \$60 - \$120/session  
\* Pre-License: \$20 - \$90/session  
\* Sliding Fee Scale: Depending on Income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish  
\* Mandarin

**Special services:** \* Teens  
\* Children  
\* Treat ages: 5 - 65 yrs

## **Santa Anita Family Service**

605 S. Myrtle Ave.

**Monrovia, CA 91016**

(626) 359-9358 (Service, Intake & Adm.)

**(626) 358-7647 (Fax)**

(Other Cities: Covina and San Gabriel)

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (626) 359-9358 for intake  
\* \$30 for Intake

**Type of Providers:** \* Therapist  
\* Interns/Graduates  
\* Supervised by Licensed Therapists

**Accepting News Patients:** \* Accepting New Patients  
\* No Waiting List  
**Any Waiting List:** \* Depending on the schedule - the waiting could be 1-2 weeks

**Other services provided:** \* Counseling of any type  
\* Group Counseling  
\* Victim of Crime  
\* Domestic Violence  
\* Women Empowerment Support Group  
\* Anger Management  
\* Individual Counseling

**Cost for services:** \* Sliding Fee Scale: Depending on monthly Income  
\* Ranges from \$30 per Session (1 Hr)

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Waiting for Spanish  
\* Chinese  
\* English

**Special services:** \* Out-patient Drug Program  
\* Senior Citizen Program - rent assistance and anything else they might need.

**NORTH HOLLYWOOD**

**Center for Individual and Family Counseling**

[www.cifc1.org](http://www.cifc1.org)

5445 Laurel Canyon Blvd.

**North Hollywood, CA 91607**

(818) 761-2227 (Service & Intake)

- 
- Type of Depression Services Provided:** \* Maternal Depression
- Referral Process:** \* Call (818) 761-2227  
\* 1-1/2 hr intake process to figure out if patient is a candidate for medication  
\* Director will assign pt to Counselor  
\* Hours: M-Th: 9am - 8pm  
\* F, Sat, Sun: 9am - 5pm
- Type of Providers:** \* Licensed Therapist  
\* Marriage & Family Therapist  
\* Interns
- Accepting News Pt: Any Waiting List:** \* Have 40 Counselors  
\* Waiting list for Spanish patients ONLY  
\* NO Waiting List for English Speaking patients.
- Other services provided:** \* Substance Abuse  
\* Parenting Classes  
\* Public School Program  
\* Victims of Crime  
\* Divorce Counseling  
\* Domestic Violence  
\* Phobias  
\* Individual Therapy
- Cost for services:** \* Sliding Fee Scale: Depending on income  
\* Ranges from \$25 - \$125 per Session  
\* For Licensed Therapist: \$75 - \$125 per Session
- Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance
- Other Languages Provided:** \* Spanish  
\* Russian  
\* Farsi
- Special services:** \* Lesbian, Gay, Bisexual, Transvestite

**NORTHRIDGE**

**CA State CSUN Mitchell Family Counseling Clinic**

18111 Nordoff Street

**Northridge, CA 91330**

(818) 677-2568 (Service, Intake & Adm.)

**(818) 677-4868 (Fax)**

---

**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (818) 677-2568 for intake eligibility

**Type of Providers:** \* Interns that are supervised by Therapists  
\* Psychiatrist - professors from Cal State Northridge

**Accepting News Patients:** \* Groups are up to 10 patients  
\* Accepting New patients  
**Any Waiting List:** \* No waiting list  
\* Will work on common date for group therapy

**Other services provided:** \* Individual Counseling  
\* Child Counseling  
\* Therapy for Child and Mom  
\* Group Support Therapy

**Cost for services:** \* \$ 5 per person per Group to be paid in advance for the 8 sessions = \$40 total  
\* \$25 per Session for Individual Counseling  
\* Also work on Sliding Fee Scale depending on Combined Income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish \* Japanese  
\* Farsi \* Hebrew  
\* Armenian

**Special services:** \* Collaborates with "Family Focus Empowerment Resource Center" which focus on adults with children with special needs  
\* Tutorial - School Psychologist Program

**San Fernando Valley Counseling Center**  
8350 Reseda Blvd.  
**Northridge, CA 91324**  
(818) 341-1111 Ext. 306 (Service & Intake)

---

**Type of Depression Services Provided:** \* Maternal Depression  
\* Marriage Counseling  
\* Individual Counseling

**Referral Process:** \* Call (818) 341-1111 for intake eligibility  
\* When patient calls - they will do a phone screening and will make an appt for intake

**Type of Providers:** \* Interns  
\* Paraprofessional Counselors

**Accepting News Patients:** \* Accepting New Patients.  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Any kind of mental health counseling  
\* Will counsel children to adults  
\* Individual Counseling  
\* Depression Counseling  
\* Relationship issues  
\* Addictions  
\* Anxiety Management

**Cost for services:** \* Sliding Fee Scale: Depending on Income  
\* \$20 per Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English  
\* Farsi

**Special services:** \* Adolescent  
\* LAPD Jeopardy Program for At-Risk Kids

**LAC Dept. of Palmdale Mental Health Center**  
1529 E. Palmdale Blvd. Ste 150  
**Palmdale, CA 93550**  
(661) 575-1800 (Service & Intake)

---

**Type of Depression Services Provided:** \* Depression Related Counseling  
\* Open to the Public

**Referral Process:** \* Walk-ins  
\* Screened by officer of the day to see if pt meets criteria  
\* M, W, F: 8 – 11:30 – depending on assessment – pt will be scheduled for intake and appointment

**Type of Providers:** \* 2 Psychiatrists

**Accepting New Patients:** \* Walk-Ins ONLY  
**Any Waiting List:**

**Other services provided:** \* Any type of Mental Health Counseling  
\* Marriage Counseling  
\* Group Counseling  
\* Depending on Criteria met.

**Cost for services:** \* Depends on the service rendered

**Insurance Accepted:** \* Accepting Medi-Cal and Medicare  
\* Depends on Insurance  
\* Does NOT Accept Private Insurance

**Other Languages Provided:** \* English and Russian

**Special services:** \* None

**PASADENA**

**Foothill Family Service**

2500 E. Foothill Blvd., Ste 300

**Pasadena, CA 91107**

(626) 564-1613 (Service & Intake)

**(866) 304-4337 (Service & Intake)**

(626) 795-8021 (TDD)

- 
- Type of Depression Services Provided:** \* Individual Counseling  
\* Depression  
\* Anxiety
- Referral Process:** \* Call (626)564-1613 for intake eligibility  
\* Schedule an appointment
- Type of Providers:** \* Pre-licensed Therapists  
\* Interns  
\* Licensed Therapists
- Accepting News Patients:** \* Accepting New Patients  
\* Waiting List
- Any Waiting List:** \* BUSY Practice
- Other services provided:** \* Counseling of all types  
\* Parenting Classes for children of 4-13 years-old.
- Cost for services:** \* \$20 application fee  
\* Sliding Fee Scale: Depending on Income.  
\* Fee Starts at \$30
- Insurance Accepted:** \* Accepting Medi-Cal for children and Some PPOs  
\* NOT accepting HMOs
- Other Languages Provided:** \* Few Spanish-speaking Therapists  
\* Several Languages available
- Special services:** \* Domestic Violence Victims for men and women



**Pasadena Mental Health Center**  
1495 N. Lake Avenue  
**Pasadena, CA 91104**  
(626) 798-0907 (Service, Intake & Adm.)

---

**Type of Depression Services Provided:** \* Individual Counseling

**Referral Process:** \* Call (626) 798-0907 for appointments  
\* Intake person will screen by phone

**Type of Providers:** \* Interns/Therapist

**Accepting News Patients:** \* Accept New Patients  
\* Wait is 1-2 weeks to be seen by Therapist

**Any Waiting List: Other services provided:** \* General Counseling  
\* Parenting in English and Spanish  
\* Group Counseling

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income & # of dependents  
\* \$5 - \$50/session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Parenting Classes:  
\* Spanish: Monday & Wednesday  
\* English: Saturday

## **Psychological Center-Fuller / Theological Seminary**

180 N. Oakland Avenue

**Pasadena, CA 91101**

(626) 584-5555 (Service & Intake)

**(626) 396-6044 (Info. Only)**

Attn: Terry Liepmann, Executive Director

**M-F: 8:30 - 4:30pm**

- 
- Type of Depression Services Provided:** \* Training center for Fuller Theological Seminary School of Psychology clinical psychology and marriage and family graduate students.  
\* Individual, family and group Counseling
- Referral Process:** \* Call or Walk in to make an appointment  
\* Intake hours are M-F: 8:30am - 4:30pm weekdays  
\* Weekday evening appointments are available
- Type of Providers:** \* Psychologists  
\* MFTs  
\* Graduate Student interns  
\* Under Supervision of licensed staff
- Accepting News Patients:** \* Accepting New Patients
- Any Waiting List:**
- Other services provided:** \* Christian-oriented counseling services for all ages  
\* Children and youth age 4-18 who have mild to severe behavioral , learning or emotional problem and their families  
\* Adults 18 and older who for a wide range of life problems.  
\* Marital problems
- Cost for services:** \* Sliding Scale from \$35 - \$120  
\* For psychological test and assessment fee, contact Dr. Stacy Amano.
- Insurance Accepted:** \* NOT accepting Medi-Cal or HMOs  
\* Accepting Private Insurance
- Other Languages Provided:** \* English/Spanish Only
- Special services:** \* Alcoholism Counseling  
\* Stress Management  
\* Domestic Violence  
\* Family Issues  
\* Premarital Counseling

## Rose City Center

595 E. Colorado Blvd., Ste. 303

**Pasadena, CA 91101**

(626) 793-8609 (Service, Intake & Adm.)

---

**Type of Depression** \* Maternal Depression

**Services Provided:** \* Psychological Needs

**Referral Process:** \* Call (626) 793-8609 for intake eligibility  
\* Therapist will call back within 24 hours to do phone intake

**Type of Providers:** \* 5 Therapists  
\* Graduates with a doctorate working towards their licensure  
\* Supervised by Licensed Psychologist

**Accepting News** \* Accepting New Patients

**Patients:** \* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Therapy in general  
\* Court mandated work  
\* Anxiety Management  
\* Divorce Counseling

**Cost for services:** \* Sliding Fee Scale: Depending on Income & Circumstances  
\* Ranges from \$25 - \$80 per Session

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Adolescent

## **Westminster Counseling Center**

867 E. Atchison St.

**Pasadena, CA 91104**

(626) 798-0915 (Service & Intake)

---

**Type of Depression** \* Maternal Depression

**Services Provided:**

**Referral Process:** \* Call (626) 798-0915 for intake  
\* Intake is given to the Director and within 10 days, the patients is assigned to a Counselor  
\* Therapy done in a Pleasant HOME!

**Type of Providers:** \* Therapist  
\* Interns  
\* Licensed Therapist  
\* PhD Psychologist  
\* Males and Female

**Accepting News Patients:** \* Accepting New Patients  
\* No Waiting List

**Any Waiting List:**

**Other services provided:** \* Counseling Victims of Crime  
\* Grief Counseling  
\* Group Counseling  
\* Children Counseling  
\* Individual Counseling

**Cost for services:** \* Sliding Scale: Depending on Income

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Farsi

**Special services:** \* Teens  
\* Children

**PICO RIVERA**

**Tavarua Community Service Center**

8207 Whittier Blvd.

**Pico Rivera, CA 90660**

(562) 695-0737 (Service & Intake) [Methadone Dept.]

**(562) 695-1578 (Fax)**

**Type of Depression Services Provided:**

- \* Mental Health Services

**Referral Process:**

- \* Call (562) 695-0737 or walk in to apply for service
- \* M – F: 12:00pm – 8:00pm
- \* Staff on call: M-Sunday
- \* Emergency: 24 hours per day

**Type of Providers:**

- \* Therapist, Psychiatrist

**Accepting News Patients:**

- \* Accepting New Patients

**Any Waiting List:**

**Other services provided:**

- \* Individual Counseling
- \* Conjoint & Group Life Problems Counseling
- \* Adjustments to Childhood or adolescence, Aging
- \* Communication
- \* Marital or Pre-Marital Issues
- \* Parent-Child Conflict
- \* Sexual and Substance Abuse
- \* Medication Monitoring
- \* Mental Health evaluations
- \* Psychiatric disorder counseling

**Cost for services:**

- \* Fee for initial appointment: \$55
- \* Subsequent visits are set on sliding scale ranging: \$45-\$125

**Insurance Accepted:**

- \* Accepting Medi-Cal, Medicare
- \* Private Insurance are accepted; Prior approval is required

**Other Languages Provided:**

- \* Hindi, Russian, Spanish, Tagalog

**Special services:**

- \* Home visits for clients unable to leave homes due to age or disability.
- \* Mental Health services for homebound or with chronic mental illness.

**College Community Service**  
2689 Sierra Hwy  
**Rosamond, CA 93560**  
(661) 824-5020 (Service & Intake)

---

**Type of Depression Services Provided:** \* Depression Related Counseling

**Referral Process:** \* Call 661-824-5020 for Intake  
\* **Accepts patient from the KERN COUNTY ONLY**

**Type of Providers:** \* LCSW  
\* Intern MFT  
\* 2-4 Intern Student LCSW/MFT  
\* Nurses  
\* 3 Psychiatrists

**Accepting New Patients:** \* Accepting New Patients  
\* No Waiting List  
**Any Waiting List:**

**Other services provided:** \* Individual Counseling  
\* Angel Management Counseling  
\* Group-Preventive Disorders  
\* Schizophrenia Disorder  
\* Anything related to Mental Health  
\* Eating Disorders

**Cost for services:** \* What Medi-Cal and Healthy Families pays

**Insurance Accepted:** \* Accepting Medi-Cal and Healthy Families ONLY

**Other Languages Provided:** \* English and Spanish (Spanish translators, also)

**Special services:** \* Juvenile Sex Offenders – Ordered by Court

**ROSEMEAD**

**Pacific Clinics - Asian Pacific Family Center**

9353 E. Valley Blvd.

**Rosemead, CA 91770**

(626) 287-2988 (Service & Intake)

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**Type of Depression Services Provided:** \* Maternal Depression Counseling

**Referral Process:** \* Call (626) 287-2988 for intake  
\* Call (626) 335-5980 for SPANISH  
\* Intake person will call back with appointment

**Type of Providers:** \* Psychologist  
\* Therapist

**Accepting News Patients:** \* Accepting New Patients  
\* Waiting List

**Any Waiting List:**

**Other services provided:** \* Marriage Counseling  
\* Children/Adult Counseling  
\* Marriage Counseling  
\* Adult and Child Counseling

**Cost for services:** \* Only Accept Medi-Cal Patients

**Insurance Accepted:** \* Accepting Medi-Cal, Medicare, Healthy Families

**Other Languages Provided:** \* Chinese  
\* Mandarin  
\* Cantonese  
\* Vietnamese  
\* Korean  
\* Cambodian  
\* Japanese

**Special services:** \* Teen  
\* Call to ask for Specific program

**SANTA BARBARA**

**Postpartum Support International (PSI)**

**[www.postpartum.net](http://www.postpartum.net)**

PO Box 60931

**Santa Barbara, CA 93160**

**1.800.944.4PPD**

- 
- Type of Depression Services Provided:** \* [www.postpartum.net](http://www.postpartum.net); Postpartum Resources available on the website! i.e. "Support for New Moms, How to Build Social Support"; Support Groups and Area Coordinators
- Referral Process:** \* Call the PSI Postpartum Depression Helpline: 1.800.944.4PPD;
- Type of Providers:** \* Mostly an online support - able to provide support through e-mail
- Accepting New Patients: Any Waiting List:** \* PSI Gives referrals to other providers
- Other services provided:** \* PSI is built on the foundation of providing support to families for anyone that might be experiencing symptoms of prenatal or postpartum mood or anxiety disorder. PSI has Coordinators throughout the world providing information and support. There is someone in every area available to help if someone is experiencing any of the following: depression, irritability, exhaustion, not being themselves, sadness, anger, guilt, is worrisome, and or have feelings of inadequacy.
- Cost for services:** \* PSI is a volunteer driven organization with only one paid staff member.  
\* <http://www.postpartum.net/california.html> -This page lists the PSI Coordinators and other area resources such as groups, telephone support, and reliable services that are available for no charge.  
\* Listings of local events, trainings, and volunteer opportunities.  
\* Donation only
- Insurance Accepted:** \*
- Other Languages Provided:** \* Spanish Brochures and Resources.
- Special services:** \* Links for Families and Partners: Boot Camps for New Dads; Diary for Expectant Dad; Helping a Mother through Postpartum Depression; National Centering for Fathering; Partners & Postpartum Depression; Postpartum Dads; The First 12 Months of Fatherhood; Questions to Ask Yourself about Fathering.



**SANTA MONICA**

**Family Service of Santa Monica**  
1533 Euclid Street  
**Santa Monica, CA 90404**  
(310) 451-9747 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Maternal Depression  
\* Counseling Service for Mild to Moderate Cases  
\* Does NOT treat severe cases that need medication

**Referral Process:** \* Call (310) 451-9747 for intake  
\*

**Type of Providers:** \* Clinicians  
\* Licensed Therapists  
\* Therapists decided at intake

**Accepting News Patients:** \* Accepting New Patients  
**Any Waiting List:**

**Other services provided:** \* Unknown

**Cost for services:** \* Sliding Fee Scale  
\* Depending on Income

**Insurance Accepted:** \* Accepting Medi-Cal for children of 18 and under  
\* Insurance will be decided at Intake

**Other Languages Provided:** \* Spanish  
\* English

**Special services:** \* Teens

**STUDIO CITY**

**Coldwater Counseling Center**  
4419 Coldwater Canyon Ave., Ste A&C  
**Studio City, CA 91604**  
(818) 508-0703 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Maternal Depression

**Referral Process:** \* Call (818) 508-0703 and leave message  
\* Intake Person: Margreth Knirsch will call back within 24 hours for an Intake  
\* Patient will be scheduled with the appropriate therapist within one week

**Type of Providers:** \* 3 Licensed MFTs  
\* Therapists with Masters

**Accepting News Patients:** \* Accepting New Patients  
\* NO Waiting List

**Any Waiting List:**

**Other services provided:** \* Psychological Therapy  
\* Full Psychotherapy Agency  
\* Depth Oriented Work  
\* Anxiety Counseling  
\* Addiction Counseling  
\* Depression

**Cost for services:** \* Sliding Fee Scale: Depending on income  
\* Ranges from \$35 - \$100 per Session

**Insurance Accepted:** \* NOT accepting Insurance  
\* Will give statements to patients. To bill their own insurance

**Other Languages Provided:** \* English Only

**Special services:** \* Therapy with Children; Adolescents; Family

**Bi-lingual Telephone Support**  
(Southern California)  
**Simona Montanari**  
**Sylmar, CA**  
(818) 834-5779

---

**Type of Depression Services Provided:** \* Telephone Support for Maternal Depression from a person that went-through-it!

**Referral Process:** \* Call (818) 834-5779

**Type of Providers:** \* Is a mother that has gone through depression herself

**Accepting News Pt:  
Any Waiting List:** \* N/A

**Other services provided:** \* Self-Experience Support

**Cost for services:** \* FREE

**Insurance Accepted:** \* N/A

**Other Languages Provided:** \* Spanish

**Special services:** \* Provides resources of local providers.

**TORRANCE**

**Morales, Stephanie MFT**  
23440 Hawthorne Blvd., Ste 220  
**Torrance, CA 90505**  
(310) 567-0160

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**Type of Depression Services Provided:** \* Group & Individual Therapy for perinatal needs

**Referral Process:** \* Call (310) 567-0160  
\* E-Mail: stephaniemoralesMFT@hotmail.com

**Type of Providers:** \* MFT

**Accepting New Patients:** \* Current capacity is 10-15 Clients  
**Any Waiting List:**

**Other services provided:** \* Services include treatment for women or couples struggling with fertility

**Cost for services:** \* Sliding Fee Scale

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish

**Special services:** \* Adolescent  
\* Couples

**VALENCIA**

**El Dorado Community Service Centers**

P.O. Box 801809

**Valencia, CA 91380**

(661)254-6630 (Adm)

**(661) 254-6644 (Fax)**

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**Type of Depression Services Provided:** \* Mental Health Services

**Referral Process:** \* Call (661)254-6630  
\* M-F: 8:00am – 4:00pm

**Type of Providers:** \* Psychiatrists, Psychologists, Social Workers and medical doctors

**Accepting News Patients:  
Any Waiting List:** \* Accepting New Patients

**Other services provided:** \* Health services  
\* Substance Abuse Counseling for people of all ages in LA County

**Cost for services:** \* Private, Non-Profit Agency supported by fees  
\* Independent fund raising

**Insurance Accepted:** \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:** \* Spanish

**Special services:** \* People of all ages in LA County

**Friends of the Family**

15350 Sherman Way, Ste. 140

**Van Nuys, CA 91406**

(818) 988-4430 (Service & Intake)

**(818) 988-4633 (Fax)**

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**Type of Depression Services Provided:**

- \* Maternal Depression

**Referral Process:**

- \* Call (818) 988-4430 to schedule Appt.
- \* Seen by appointment ONLY
- \* Client is seen once per week

**Type of Providers:**

- \* Counselors
- \* Licensed Therapists
- \* Interns
- \* Trainees working to be licensed

**Accepting New Patients:**

- \* Accepting New Patients
- \* There's NO Waiting List

**Any Waiting List:**

- \* Schedule One week at a time

**Other services provided:**

- \* Anger Management
- \* Young Moms/Dads Program
- \* Parenting Classes
- \* Sex Offenders Class
- \* Young Mom's Program
- \* Individual Counseling
- \* Couples Counseling
- \* Children Counseling

**Cost for services:**

- \* Sliding Scale depending on household gross income
- \* \$15-100/Session
- \* Parenting Class: \$155/10wks
- \* Anger Management: \$265/12 wks
- \* Kids Group: \$1 per class per child
- \* Moms/Dads Program: FREE

**Insurance Accepted:**

- \* NOT accepting Medi-Cal or Insurance

**Other Languages Provided:**

- \* English only

**Special services:**

- \* Anger Management Class
- \* Teens
- \* Young Mons & Dads Program

**VENICE**

**Post, Caron PhD  
(Licensed Clinical Psychologist)**

833 Amoroso Place  
**Venice, CA 90291**  
(310) 577-9122

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**Type of Depression Services Provided:** \* Pregnancy & Postpartum Support Group

**Referral Process:** \* Call Dr. Post @ (310) 577-9122 or  
\* e-mail: dr.post@outpost17@aol.com

**Type of Providers:** \* Licensed Clinical Psychologist

**Accepting New Patients:** \* 20 - 30 clients (depending on availability)  
**Any Waiting List:**

**Other services provided:** \* Individual Psychotherapy  
\* Dyadic Psychotherapy (mother & Infant, Mother & Child)  
\* Family Therapy  
\* Referral to Psycho pharmacologist & other Medical Services

**Cost for services:** \* \*Fee \$150 per Session

**Insurance Accepted:** \* Sliding Fee Scale: Depending on income  
\* Value Options Insurance  
\* AETNA Insurance

**Other Languages Provided:** \* No (limited Spanish)

**Special services:** \* None

**WEST COVINA**

**Queen of the Valley Medical Center**  
1115 Sunset Ave.; Perinatal Services Bldg.  
**West Covina, CA 91790**  
**(626) 814-2555 (Adm) / [Perinatal Svs Pgm (COPE)]**

**Type of Depression  
Services Provided:**

- \* Health Services for Pregnant Women

**Referral Process:**

- \* Call or write to apply for community outreach services.
- \* Telephone or walk-in for service; appointments are preferred.
- \* Clients must have medical insurance card.
- \* A referral from a medical provider is required for wellness program services.
- \* Services are offered at two locations.

**Type of Providers:**

- \* Health Education provided by UCLA undergraduate psychiatry student interns
- \* Supervised by part-time mental health and educational professionals; educators and professionals
- \* Health services provided by: RNs, LCSW, MPHs, Interns of all 3 professions.

**Accepting News Pt:  
Any Waiting List:**

- \* Accepting New Patients
- \* NO Waiting List

**Other services  
provided:**

- \* Health Education Services to at-risk children and their parents living in: Oakwood; Mar Vista and West LA
- \* Health Services to Pregnant Women
- \* CPSP provides mother and infant care services and classes such as: health education; nutrition management; psychosocial intervention; Medi-Cal enrollment and referral; Lamaze and breastfeeding.

**Cost for services:  
Insurance Accepted:**

- \* Private, Nonprofit
- \* Charitable Organization
- \* The Program provides health services to pregnant women either receiving or eligible to receive:
  - \* Medi-Cal
  - \* Blue Cross Managed Care
  - \* Healthy Families
  - \* The Curtis Tucker Health Center provide adult and childhood Immunizations,
- \* Who deliver at Queen of the Valley Medical Center in West Covina?
  - \* Services include prenatal care; neonatal care for infant; and postpartum care for the mother. Additionally
  - \* TB screening for students, TB treatment, and STD screening and treatment

**Other Languages  
Provided:**

- \* English
- \* Spanish
- \* Arabic

**Special services:**

- \* Services for at risk teens through the TEACH program includes weekly mentoring, tutoring and health education
- \* The Healthy Babies program provides perinatal case management services and health education for at risk pregnant women.



**WOODLAND HILLS**

**Jewish FAMILY Service of Los Angeles  
Office of Julie Kantowitz**

<http://www.ifsla.org/index.php?/programs/details/365/17>

21214 Costanso Street

**Woodland Hills, CA 91364**

(323) 323-761-8800 Ext. 1028 (Service, Intake & Adm.)

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**Type of Depression Services Provided:** \* Postpartum Depression

**Referral Process:** \* Call the New Moms Connect Warmline:  
\* (323) 761-8800 ext. 1028  
\* Wednesdays 9:45 – 11:15am

**Type of Providers:** \* Weekly New Mom Groups offer support for women at this challenging time.  
\* In a warm and caring environment, patients will have the opportunity to meet other mothers  
\* Share ideas and receive professional parenting advice

**Accepting New Patients:** \* Accepting New patients  
**Any Waiting List:**

**Other services provided:** \* RECEIVE COUNSELING ON:  
\* Identity Issues after the baby is born  
\* Changing family roles  
\* Stress Reduction  
\* Keeping relationships healthy after baby  
\* Postpartum concerns  
\* Other challenging of parenting

**Cost for services:** \* \$5 per meeting /first is free

**Insurance Accepted:** \* NOT accepting insurance

**Other Languages Provided:** \*

**Special services:** \* "Adventures in Babyhood" events and trainings aimed at educating the community at large about the risks and challenges associated with parenthood and postpartum depression occur on a periodic basis.  
\* Contact Agency for more information about upcoming events.

## Maternal Depression Agency Questionnaire

We are surveying agencies to identify those that currently provide counseling and other treatments for maternal depression before and after pregnancy. Please answer the following questions:

Name of Agency: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

1. What type of services do you currently provide during pregnancy and the postpartum period?

2. What is the process for referring someone to your services?

3. Who provides the service to the client? (i.e., LCSW, MSW, MFT, MD)

4. What is your current capacity? How many clients are you able to provide services for? (Are you accepting New patients/Do you have a waiting list?)

5. What other (other than depression) services do you provide? (list all services they provide, i.e. Dental, chronic disease, immunization, etc)

6. What is the cost for these services?

7. What types of insurance to you accept?  
If they do not mention Medi-Cal---Ask if they take Medi-Cal?  
For clients who pay "out of pocket" do you have an income-based sliding fee scale?

8. Do you have fluent Spanish speaking providers for Spanish speaking clients?

9. In what other languages can you provide services?

10. Are there other special groups that you provide services for, such as teens, hearing impaired?

Thank you for your time!

Please fax form to the 211 LA County offices at 626.442.6940.



**New Program Profile for Inclusion in 211 L.A. County**  
**For Agencies Already in the 211 Database**

**AGENCY NAME:**

**DATE:**

**PROGRAM NAME:**

**PROGRAM SITE LOCATION:**

**Street Address:**

**City and ZIP code:**

**Mailing Address (if different)**

**Phone Numbers: Intake                      Administration:**

**PROGRAM CONTACT PERSON:**

**Name:**

**Phone:**

**E-Mail:**

**PROGRAM DESCRIPTION:**

**ELIGIBILITY: (Include documentation required for eligibility)**

**LANGUAGES:**

**PROGRAM HOURS:**

**GEOGRAPHIC SERVICE AREA:**

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# 2.1.1. AGENCY PROFILE



This form is to be used by agencies that are not already on the 211 Database

211 LA COUNTY USE	<b>Agency Profile</b> (Check one)  Administrative Site <input type="checkbox"/>  Satellite or Service Site <input type="checkbox"/>
ID _____	
Date Rec'd _____	
Date Ent'd _____	
Ent'd By _____	
IRS letter included _____	

<b>Legal Name</b>		
<b>Street Address</b>		
City	State	Zip Code
<b>Mailing Address</b>		
City	State	Zip Code

<b>E-Mail Address</b> (Print clearly)
<b>Agency URL</b>

Legal Status (Circle one)
<b>Attach copy of IRS letter if non-profit</b>
Private, Non-profit      Proprietary
Coalition/Other Group      Faith-based Organization
Foreign Government      Individual/Group Practice
Public-City      Public-County
Public-Federal      Public-State
Special District (specify):

<b>Phone Number(s)</b>
( ) _____ - _____ ext. _____
Confidential? Yes No
(Circle all that apply)
Admin      Service      Intake
Fax      Hotline      Messages
Emergency      Talkline      TTY
After Hours      Information Only
Other _____
( ) _____ - _____ ext. _____
Confidential? Yes No
(Circle all that apply)
Admin      Service
Fax      Hotline      Messages
Emergency      Talkline      TTY
After Hours      Information Only
Other _____

Federal Employer I.D. number (EIN):
_____
Tax Status (please attach a copy of nonprofit status, if applicable):
_____
Year of Incorporation
_____
Annual Budget:
_____

**Funding** (Circle all that apply)

- Client Donations
- Corporation/Foundation
- Emergency Food/Shelter Program
- Fees
- Grants
- Independent Fund Raising
- In-Kind Donations
- Membership Dues
- Other City Funding
- Other County Funding
- Other Federal Funding
- Other State Funding
- Special District
- United Way

(Specify department, e.g. HUD, or  
Department of Mental Health)

**Hours**

	Service Hour	Office Hours
Mon	_____ to _____	_____ to _____
Tues	_____ to _____	_____ to _____
Wed	_____ to _____	_____ to _____
Thurs	_____ to _____	_____ to _____
Fri	_____ to _____	_____ to _____
Sat	_____ to _____	_____ to _____
Sun	_____ to _____	_____ to _____

What provisions are there for contacting staff in after-hours emergencies?

**Access** (Circle all that apply)

Public transportation within 3 blocks?

Yes No

Closest cross street:

**Physical**

Wheelchair access:

Full Access without special facilities  
Limited None Not applicable

Elevators Designated Parking  
Hand Rails Ramps Wide Doors

Bathrooms-Fully Accessible

**Communication**

TTY Interpreters  
Signs for Goods and Services

Raised Letters  
Mounted as close as possible

**To whom are services targeted?** (Please indicate any requirements or exclusions, such as age, family-structure, gender, ethnicity, income, etc.)

**What area is served?** (Indicate restrictions. Give city, zip code or other boundaries)

**Who provides services?** (Indicate professional credentials or degrees, if any)

**If volunteers or interns provide service, who supervises them?**

**How do people apply for service?** (Circle all that apply)

Appointment preferred Telephone to apply Telephone for service  
Appointment required Walk-in to apply Write to apply  
Walk in for service Referral required from:

**Program Name:**

---

**Languages**

In what languages are services provided? (Indicate if available only at certain times and dialect, e.g. Cantonese rather than Chinese)

**Fees and Forms of Payment (Circle all that apply)**

Free

Donations requested \$ \_\_\_\_\_

Fixed fee \$ \_\_\_\_\_

Sliding scale \$0 to \$25 or \$25+

Membership fee \$ \_\_\_\_\_ per \_\_\_\_\_

Attendance at religious service

Private insurance

Medi-Cal

Medicare

Vendor/Voucher

Champus

Work for service

Other \_\_\_\_\_

Court Approved?      Yes      No      N/A  
Is a certificate provided at completion of service?

Does the agency provide transportation?	Yes	No
Does the agency provide child care?	Yes	No
Does the agency make home visits?	Yes	No

**What forms of documentation is required? (indicate types required)**

ID \_\_\_\_\_

Proof of residence \_\_\_\_\_

Proof of income \_\_\_\_\_

Proof of age \_\_\_\_\_

Other \_\_\_\_\_

<b>Name of Administrator/Director</b>	_____
<b>Title</b>	_____

<b>Agency Contact</b>	
Name	_____
Title	_____
Phone No. (        )	_____ - _____

**Program and Service Description**

Please describe the programs and services your agency provides. Indicate if the agency or its staff is licensed and by whom. Please distinguish between primary and secondary services; i.e. services available to new applicants as opposed to auxiliary services available only to people involved in the program. Please describe the geographic area served.

Mission statements and program goals are good descriptive tools, but also list the actual services people might access through the program. Please enclose organizational charts, brochures, or other materials that describe your program.

**Please complete this section. Do not leave blank.**

**Submit this form by fax to 211 LA County at (626) 442-6940 or mail it to P.O. Box 726, San Gabriel, CA 91778. If you have any questions, please call (626) 350-1841. Our office hours are Monday through Friday. 8:00 AM through 5:30 PM.**



## INDEX

Name of Organization:	Page #:
<b>Advance Counseling Center</b> 44709 North Date Avenue <b>Lancaster, CA 93534</b> (661) 945-6706 (Service & Intake)	25
<b>Alternative Life Consulting</b> 8961 Sunset Blvd., Suite 2E <b>Los Angeles, CA 90069</b> (310) 652-9030 (Service, Intake & Adm.) <b>Mailing Address: 949 Larrabee St., Ste 310; West Hollywood, CA 90069</b>	33
<b>Angeles Community Counseling Center</b> 248 E. Foothill Blvd. <b>Monrovia, CA 91016</b>	59
<b>Antelope Valley Behavior Medicine</b> 43770 15th St. W # 245 <b>Lancaster, CA 93534</b> (661) 726-2826 (Service, Intake & Adm.) <b>(661) 948-0432 (Fax)</b>	26
<b>Antelope Valley Hospital – Mental Health Services</b> 1600 W. Avenue J <b>Lancaster, CA 93534</b> (661) 949-5250 (Service, Intake & Adm.)	27
<b>Antioch University Counseling Center</b> 400 Corporate Pointe <b>Culver City, CA 90230</b> (310) 574-2813 Ext. 366 (Service, Intake)	9
<b>Arcadia Presbyterian Church</b> 121 Alice Street <b>Arcadia, CA 91006</b> (626) 445-7470 (Service & Intake) <b>(626) 445-6071 (Fax)</b>	6
<b>Ark Family Center, Inc.</b> 541 W. Colorado St., Ste. 302 <b>Glendale, CA 91204</b> (818) 662-7045 x1 (Service, Intake & Administration)	18
<b>Assistance League of Southern California-Family Service Agency</b> 1360 N. St. Andrews Pl. , 2nd Flr <b>Hollywood, CA 90028</b> (323) 469-5893 (Service, Intake)	21

<b>Name of Organization:</b>	<b>Page #:</b>
<b>Bi-lingual Telephone Support</b> (Southern California - Sylmar) <b>Simona Montanari</b> (818) 834-5779	<b>76</b>
<b>Biola Counseling Center</b> 12625 La Mirada Blvd., Suite 202 <b>La Mirada, CA 90638</b> (562) 903-4800	<b>23</b>
<b>CA State CSUN Mitchell Family Counseling Clinic</b> 18111 Nordoff Street <b>Northridge, CA 91330</b> (818) 677-2568 (Service, Intake & Administration) <b>(818) 677-4868 (Fax)</b>	<b>62</b>
<b>California Family Counseling Center</b> 5445 Balboa Blvd. <b>Encino, CA 91316</b> (818) 386-5615 (Service, Intake)	<b>13</b>
<b>California Graduate Institute Counseling Center</b> 1145 Gayley Avenue, Ste 322 <b>Los Angeles, CA 90024</b> (310) 208-4240	<b>34</b>
<b>Cederwood Counseling</b> 44809 N. Fern Avenue <b>Lancaster, CA 93534</b> (661) 945-7608 (Service, Intake & Adm.)	<b>28</b>
<b>Center for Individual and Family Counseling</b> 5445 Laurel Canyon Blvd. <b>North Hollywood, CA 91607</b> (818) 761-2227 (Service, Intake)	<b>61</b>
<b>Center for Integrated Family and Health Services</b> 540 S. Eremland Dr. <b>Covina, CA 91723</b> (626)966-1577 (Service, Intake)	<b>8</b>
<b>Coalition of Mental Health Professionals, Inc.</b> 9145 S. Broadway <b>Los Angeles, CA 90003</b> (323) 777-3120	<b>35</b>

<b>Name of Organization:</b>	<b>Page #:</b>
<b>Coldwater Counseling Center</b> 4419 Coldwater Canyon Ave., Ste A&C <b>Studio City, CA 91604</b> (818) 508-0703 (Service, Intake & Administration)	<b>75</b>
<b>College Community Service</b> 2689 Sierra Hwy <b>Rosamond, CA 93560</b> (661) 824-5020 (Service & Intake)	<b>71</b>
<b>Community Outreach For Prevention and Education</b> 2400 S. Flower St., 4th Floor - <b>Lowman Outpatient Building</b> <b>Los Angeles, CA 90007-2629</b> Attn: Lisa Collins, Assoc. Manag. <b>(213) 259-0245 (Service, Intake &amp; Administration)</b> (213) 259-0255 (Fax)	<b>36</b>
<b>Community Psychological Services</b> 16055 Ventura Blvd., Ste. 728 <b>Encino, CA 91436</b> (818) 907-5592 (Service, Intake)	<b>14</b>
<b>County of Los Angeles – Department of Mental Health</b> <b>Web Site</b> <b>DMH Contacts</b>	<b>53</b> <b>54</b>
<b>Curtis Tucker Health Center</b> 123 W. Manchester Blvd. <b>Inglewood, CA 90301</b> (310) 419-5325 (Service, Intake & Administration) [Bus. Office] <b>Mailing Address: 11965 Venice Blvd., Ste 305; Los Angeles, CA 90066</b>	<b>22</b>
<b>Depression and Bipolar Support Alliance-East Long Beach (DBSA)</b> 5901 E. 7th Street <b>Long Beach, CA 90822</b> (562) 592-0055	<b>32</b>
<b>Didi Hirsch Community Mental Health Group</b> 4760 South Sepulveda Blvd. <b>Culver City, CA 90230-4820</b> (310) 390-6612	<b>10</b>
<b>El Dorado Community Service Centers</b> P.O. Box 801809 <b>Valencia, CA 91380</b> (661)254-6630 (Adm) <b>(661) 254-6644 (Fax)</b>	<b>78</b>

Name of Organization:	Page #:
<b>Family Service of Santa Monica</b> 1533 Euclid Street <b>Santa Monica, CA 90404</b> (310) 451-9747 (Service, Intake & Administration)	74
<b>Foothill Family Service</b> 2500 E. Foothill Blvd., Ste 300 <b>Pasadena, CA 91107</b> (626) 564-1613 (Service, Intake) <b>(866) 304-4337 (Service, Intake)</b> (626) 795-8021 (TDD)	65
<b>Friends of the Family</b> 15350 Sherman Way, Ste. 140 <b>Van Nuys, CA 91406</b> (818) 988-4430 (Service, Intake) <b>(818) 988-4633 (Fax)</b>	79
<b>Hollywood Sunset Free Clinic</b> 3324 W. Sunset Blvd. <b>Los Angeles, CA 90026</b> (323) 660-7959 (Adm) <b>(323) 660-2400 (Service, Intake)</b> (323) 661-0718 (Service, Intake) [Mental Health Counseling] <b>(323) 660-7975 (Service, Intake) [CARA A CARA &amp; tattoo removal]</b>	37
<b>Institute for Multicultural Counseling and Education Services, Inc.</b> <b>(I.M.C.E.S)</b> 3580 Wilshire Blvd., Ste. 2000 <b>Los Angeles, CA 90010</b> (213) 381-1250 (Service, Intake & Administration) <b>(213) 383-4803 (Fax)</b>	38
<b>Jewish FAMILY Service of Los Angeles</b> <b>Zimmer Children’s Museum</b> 6505 Wilshire Blvd. <b>Los Angeles, CA 90048</b> (323) 323-761-8800 Ext. 1028 (Service, Intake & Adm.) <a href="http://www.jfsla.org/index.php?/programs/details/365/17">http://www.jfsla.org/index.php?/programs/details/365/17</a>	39
<b>Jewish FAMILY Service of Los Angeles</b> <b>Office of Julie Kantrowitz</b> 21214 Costanso Street <b>Woodland Hills, CA 91364</b> (323) 323-761-8800 Ext. 1028 (Service, Intake & Adm.) <a href="http://www.jfsla.org/index.php?/programs/details/365/17">http://www.jfsla.org/index.php?/programs/details/365/17</a>	82

<b>Name of Organization:</b>	<b>Page #:</b>
<b>Kaiser Permanente</b> 44444 20th Street West <b>Lancaster, CA 93534</b> (661) 951-0070 (Service, Intake & Adm.)	<b>29</b>
<b>Kaiser Permanente - Watts Counseling and Learning Center</b> 1465 E. 103rd Street <b>Los Angeles, CA 90002</b> (323) 564-7911 (Service, Intake)	<b>40</b>
<b>Kedren Community Mental Health Center</b> 4211 S. Avalon Blvd. <b>Los Angeles, CA 90011</b> (323) 233-0425 (Service, Intake & Administration) <b>(323) 233-0344 (TDD)</b>	<b>41</b>
<b>LAC Dept. of Palmdale Mental Health Center</b> 1529 E. Palmdale Blvd. Ste 150 <b>Palmdale, CA 93550</b> (661) 575-1800 (Service & Intake)	<b>64</b>
<b>La Puente Valley Mental Health Center</b> 150 S. Seventh Avenue <b>La Puente, CA 91744</b> (626) 961-8971 (Service, Intake)	<b>24</b>
<b>Mirabella, Renata, PhD, LMFT</b> 1672 W. Avenue J, Suite 110 <b>Lancaster, CA 93534</b> (661) 940-5535 (Service, Intake & Adm.)	<b>30</b>
<b>Morales, Stephanie MFT</b> 23440 Hawthorne Blvd., Ste 220 <b>Torrance, CA 90505</b> (310) 567-0160	<b>77</b>
<b>Ness Counseling Center, Inc., The</b> 8512 Whitworth Dr. <b>Los Angeles, CA 90035</b> (310) 360-8512 (Service, Intake & Administration) <b>(310) 360-8510 (Fax)</b>	<b>42</b>
<b>New Hope Health Services, Inc.</b> 13325 Hawthorne Blvd <b>Hawthorne, CA 90250</b> (310) 676-8030 (Service, Intake & Administration)	<b>20</b>

<b>Name of Organization:</b>	<b>Page #:</b>
<b>Open Paths Counseling Center</b> 12655 W. Washington Blvd. Ste. 101 <b>Los Angeles, CA 90066</b> (310) 398-7877 (Service, Intake)	<b>43</b>
<b>Pacific Clinics - Asian Pacific Family Center</b> 9353 E. Valley Blvd. <b>Rosemead, CA 91770</b> (626) 287-2988 (Service, Intake)	<b>72</b>
<b>Pasadena Mental Health Center</b> 1495 N. Lake Avenue <b>Pasadena, CA 91104</b> (626) 798-0907 (Service, Intake & Administration)	<b>66</b>
<b>Pepperdine University Community Counseling Center</b> 16830 Ventura Blvd., Ste 216 <b>Encino, CA 91436</b> (818) 501-1678 (Service, Intake & Administration) (818) 501-1680 (Fax)	<b>15</b>
<b>Pepperdine University Psychological and Educational Clinic</b> 6100 Center Dr., Ste. 559 <b>Los Angeles, CA 90045</b> (310) 568-2342 (Fax) <b>(310) 568-5752 (Service, Intake &amp; Administration)</b>	<b>44</b>
<b>Positive Directions Community Counseling Center</b> 1540 E. Colorado St. <b>Glendale, CA 91205</b> (818) 247-8180 (Service, Intake)	<b>19</b>
<b>Post, Caron PhD</b> <b>(Licensed Clinical Psychologist)</b> 833 Amoroso Place <b>Venice, CA 90291</b> (310) 577-9122	<b>80</b>
<b>Postpartum Support International (PSI)</b> <b>1.800.944.4PPD</b> PO Box 60931 <b>Santa Barbara, 93160</b>	<b>73</b>
<b>Professional Counseling Services</b> 44738 10th Street W. <b>Lancaster, CA 93534</b> (661) 940-0211 (Service, Intake & Adm.)	<b>31</b>

<b>Name of Organization:</b>	<b>Page #:</b>
<b>Psychological Center-Fuller / Theological Seminary</b> 180 N. Oakland Avenue <b>Pasadena, CA 91101</b> (626) 584-5555 (Service, Intake) <b>(626) 396-6044 (Info. Only)</b>	<b>67</b>
<b>Queen of the Valley Medical Center</b> 1115 Sunset Ave. Perinatal Services Bldg. <b>West Covina, CA 91790</b> <b>(626) 814-2555 (Adm)</b>	<b>81</b>
<b>Rose City Center</b> 595 E. Colorado Blvd., Ste. 303 <b>Pasadena, CA 91101</b> (626) 793-8609 (Service, Intake & Administration)	<b>68</b>
<b>San Fernando Valley Counseling Center</b> 8350 Reseda Blvd. <b>Northridge, CA 91324</b> (818) 341-1111 Ext. 306 (Service, Intake)	<b>63</b>
<b>San Martin De Porres Counseling Center, Inc.</b> 8621 Bellanca Ave., Ste. 215 <b>Los Angeles, CA 90045</b> (310) 641-1633 (Service, Intake & Administration)	<b>45</b>
<b>Santa Anita Family Service</b> 605 S. Myrtle Ave. <b>Monrovia, CA 91016</b> (626) 359-9358 (Service, Intake & Administration) <b>(626) 358-7647 (Fax)</b>	<b>60</b>
<b>SHARE!</b> 5521 Grosvenor Blvd. <b>Los Angeles, CA 90066</b> (310) 305-8878 (Service, Intake & Administration) <b>(877) 742-7349 (Info. ONLY)</b> [877-SHARE49] <b>(310) 305-2671 (Fax)</b>	<b>46</b>
<b>Sir Thomas More Marriage and Family Clinic</b> 10630 Downey Ave., Ste 200 <b>Downey, CA 90241</b> (562) 923-0341	<b>11</b>

<b>Name of Organization:</b>	<b>Page #:</b>
<b>South Bay Center for Counseling</b> 360 N. Sepulveda Blvd., Ste. 2075 <b>El Segundo, CA 90245</b> (310) 414-2090 (Service, Intake) <b>(310) 414-2096 (Fax)</b>	<b>12</b>
<b>Southern California Counseling Center</b> 5615 W. Pico Blvd. <b>Los Angeles, CA 90019</b> (323) 937-1344 (Service, Intake & Administration) <b>(323) 937-5846 (Service, Intake)</b>	<b>47</b>
<b>Tavarua Community Service Center</b> 8207 Whittier Blvd. <b>Pico Rivera, CA 90660</b> (562) 695-0737 (Service & Intake) [Methadone Dept.] <b>(562) 695-1578 (Fax)</b>	<b>70</b>
<b>Thalians Mental Health Center/Cedars - Sinai Medical Center – Outpatient</b> 8730 Alden Dr. Plaza Level <b>Los Angeles, CA 90048</b> (310) 423-3411 (Service, Intake)	<b>48</b>
<b>Valley Counseling Clinic, Inc.</b> 17547 Ventura Blvd., Ste. 310 <b>Encino, CA 91316</b> (818) 995-0368 (Service, Intake)	<b>16</b>
<b>Valley Women's Center/Family Recovery Center</b> 22110 Roscoe Blvd., Ste. 204 <b>Canoga Park, CA 91304</b> (818) 713-8700 (Service, Intake) <b>(818) 713-8585 (Fax)</b>	<b>7</b>
<b>VBS Counseling Center</b> 15739 Ventura Blvd. <b>Encino, CA 91436</b> (818) 784-1414	<b>17</b>
<b>Westminster Counseling Center</b> 867 E. Atchison St. <b>Pasadena, CA 91104</b> (626) 798-0915 (Service, Intake)	<b>69</b>



<b>Name of Organization:</b>	<b>Page #:</b>
<b>Westwood Center</b> <b>Site 2 of San Martin de Porres</b> 10642 Santa Monica Blvd., Ste. 100 <b>Los Angeles, CA 90025</b> (310) 641-1633 (Service, Intake & Administration)	<b>49</b>
<b>Women Helping Women Services</b> 543 N. Fairfax Ave. <b>Los Angeles, CA 90036</b> (323) 651-2930 (Adm) <b>(877) 655-3807 (Hotline/Talkline)</b> (323) 655-3807 (Talkline) <b>(323) 651-5348 (Fax)</b>	<b>50</b>
<b>Women's Clinic and Family Counseling Center</b> 9911 W. Pico Blvd., Ste. 500 <b>Los Angeles, CA 90035</b> (310) 203-8899 Ext. 103 (Service, Intake) [Mental Health Appt]	<b>51</b>
<b>Wright Institute Los Angeles</b> 9911 W. Pico Blvd., Ste. 720 <b>Los Angeles, CA 90035</b> (310) 277-2796 (Service, Intake)	<b>52</b>

**Reviewed/Revised: 6/08**