



Resource Sheet updated 12/15/20
Clinics and local resources for the Los Angeles area

Consultations/Treatment Clinics

CAPPS Clinical Service –UCLA

<http://www.capps.ucla.edu/>

Call for consultation: 310-206-3466

Email: capps@mednet.ucla.edu

The Saban Free Clinic

<http://thesabanfreeclinic.org/>

General Info: 323-653-8652

Teen Health Hotline: 310-855-4673 or text TEEN to 839863

Substance Abuse and Mental Helath Services Administration

<http://www.samhsa.gov/>

National Helpline: 800-662-HELP (4357)

Venice Family Clinic

venicefamilyclinic.org

604 Rose Ave, Los Angeles, CA 90291

Call: 310-392-8636

The Wallis Annenberg Children and Family Health Center at Hollywood Wilshire Health Center

sabancommunityclinic.org

5205 Melrose Avenue, Los Angeles, CA 90038

Call: 323-653-1990

Vasek Polak Health Clinic

california.providence.org

13355 Hawthorne Blvd, Hawthorne, CA 90250

Call: 310-355-0100

Los Angeles County Department of Mental Health

Dmh.lacounty.gov

Hotline: (800) 854-7771 (Screening, Assessment, Referral, Crisis Counseling)

24-Hour Bilingual

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

24 Hour – Local Referrals

1-800-273-TALK (8255)

1-888-628-9454 (En Español)

1-800-799-4TTY (4889)



Didi Hirsch – Suicide Prevention Hotline

<http://www.didihirsch.org>
877-7-CRISIS or 877-727-4747

The Trevor Project

<http://www.thetrevorproject.org/>
Trevor Lifeline 1-866-488-7386 (text/chat)

Immigration Rights Resources

Esperanza Immigrant Rights Project is a project of Catholic Charities of Los Angeles

General Line: (213) 251-3505
<https://www.esperanza-la.org/resources>

The Immigration Center for Women and Children (ICWC)

Call: 213.614.1165
<https://www.icwclaw.org/>

Coalition for Humane Immigrant Rights

Call: (213) 353 1333
<https://www.chirla.org/>

Other Resources

Housing Assistance

Administration Office: (626) 350-1841
<https://www.211la.org/housing>

PACER'S National Bullying Prevention Center

E-mail: Bullying411@PACER.org
<http://www.pacer.org/bullying/resources/>

Stopbullying.gov

<https://www.stopbullying.gov/resources/all>

American Psychological Association

<http://www.apa.org/topics/bullying/>

KidsHealth –Divorce

<http://kidshealth.org/en/parents/help-child-divorce.html>

Los Angeles County Department of Mental Health –Divorce Helping Children Adjust

Call: 1-800-854-7771
<http://dmh.lacounty.gov/>



COVID-19 RESOURCES

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.coronavirus.gov/>

<https://www.usa.gov/coronavirus>

Los Angeles County Resources

Including map of free meals and Grab & Go Food Centers

<https://covid19.lacounty.gov/covid19/children-and-families/>

Los Angeles County Library

<https://lacountylibrary.org/coronavirus/>

LAUSD resources for COVID-19

Including educational resources

<https://achieve.lausd.net/resources>

UCLA HEALTH

Including Live Chat to answer questions

<https://www.uclahealth.org/coronavirus>

City of Santa Monica

New Hotline Number: 310-458-8400 or info@santamonica.gov

<https://www.santamonica.gov/coronavirus>

City of Hawthorne

(310) 349- 2901

<http://www.cityofhawthorne.org/coronavirus>

Torrance memorial Hospital: A Cedars-Sinai Affiliate

HOTLINE 24/7 Ask a Nurse: (310) 517-1111

https://www.torrancememorial.org/For_Visitors/COVID_19.aspx

Bereavement Resources

Maple Counseling Center

(Adults and children services)

9107 Wilshire Blvd., Lower Level, Beverly Hills, CA 90210

(310) 271-9999

tmcc.org

Hospice of the Conejo

(Adults and children services, Spanish speakers)

80 East Hillcrest Dr., Suite 204, Thousand Oaks, CA 91360

(805) 495-2145

hospiceoftheconejo.org

National Hospice and Palliative Care Organization

Help Line (800) 658-8898

Multilingual Line (877) 658-8896

nhpco.org