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ABCD Study CHLA Comprehensive Resource Sheet

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Children's Hospital Los Angeles (CHLA)

CHLA provides family planning services, hospital services, mental health services, safe haven services, substance use disorder services, HIV/AIDS services, weight management programs and welfare to work support services for youth in Los Angeles County. Age and geographic restrictions apply for some services.

Children's Hospital Los Angeles Mental Health Services: **(323) 361-2350**

Children's Hospital Los Angeles Psychiatry Services: **(323) 361-3430**

Developmental-Behavioral Pediatrics Clinic/Autism Services

(Free Autism Spectrum Disorder Assessment): **(323) 361-6102**

Interpreters: **(323) 361-2596**

Health Information Services: **(323) 361-2387**

Social Worker: **(323) 361-2485**

Admitting (for Parents): **(323) 361-2325**

Refer a Patient: **(888) 631-2452**

Hearing and Speech Clinic: **(323) 361-4593**

Lost and Found: **(323) 361-2090**

Family Resource Center: **(323) 361-7698**



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Hours: Monday-Friday 8 a.m. to 4 p.m., Saturday 9 a.m. to 1 p.m.

<https://www.chla.org/family-resource-center>

Children's Hospital Los Angeles Teen Health

CHLA [Adolescent Medicine's Behavioral Health Program](#): (323) 361-3189

[CHLA Teenage and Young Adult Health Clinic](#): (323) 361-2153

CHLA Center for Trans youth Health and Development: (323) 361-3966

CHLA Homeless Adolescent Wellness Clinic: (323) 361-3907

CHLA My VOICE Transition Program: (323) 361-2153

CHLA Behavioral Health Program: (323) 361-3189

CHLA HIV/STI Testing: (323) 361-7231

Mental Health Resources

988 Suicide & Crisis Lifeline

Dial or Text 9-8-8

<https://988lifeline.org/>

- Formerly known as the National Suicide Prevention Lifeline, the 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals in the United States.
- Call, text, or visit their website to chat online

National Alliance on Mental Illness (NAMI)

(800) 950-6264

<https://www.nami.org/Home>

- The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.
- Call, text "HelpLine" to 62640, or visit their website to chat, M-F 10 a.m-10 p.m

Los Angeles Department of Mental Health (LACDMH)

(800) 854-7771

<https://www.dmh.lacounty.gov/>

- The LACDMH Help Line is available 24/7 and serves as the primary entry point for mental health resources and support with the Los Angeles County Department of Mental Health.



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- Services include: mental health screening and assessment, referral to a service provider, crisis counseling, mobilizing field response teams, linkages to other services and resources

National Eating Disorder Association (NEDA)

(800) 931-2237

<https://www.nationaleatingdisorders.org/>

- Contact the NEDA Helpline for support, resources, and treatment options for individuals who are struggling with an eating disorder. Helpline volunteers are trained to listen to your concerns, provide information on eating disorders, help locate professional help, and explore support options
- Call, text, or visit their website to chat to a trained volunteer

The Warm Line (California)

(855) 845-7415

<https://www.mentalhealthsf.org/peer-run-warmline/>

- The California Peer-Run Warm Line is a 24/7 non-emergency emotional support phone and chat line serving residents of California. The California Peer-Run Warm Line is made up entirely of peers, meaning that all Warm Line Counselors have lived experience with mental health challenges. Our goal is to support our callers in emotional distress before they reach a crisis point.
- Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.

Youth Resources

Teen Line

(800) 852-8336

<https://www.teenline.org/>

- Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that de-stigmatize and normalize mental health.
- Call (6 PM - 10 PM PST) or Text "TEEN" to 839863 (6PM - 9 PM PST)

Boys Town National Abuse Hotline

(800) 448-3000

<https://www.boystown.org/>

- Available 24/7, the Boys Town National Hotline is staffed by trained counselors who can give advice and find help for a wide range of issues, from addiction and suicidal thoughts to adolescent defiance and other issues.
- Available for both parents and youth to receive assistance and support



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California Youth Crisis Line (CYCL)

(800) 843-5200

<https://calyouth.org/cycl/>

- Available 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 17,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community

California Child Abuse/Protection Hotline

(800) 540-4000

<https://reportchildabusela.org/>

- If a child's health or safety is jeopardized due to abuse or neglect by parents or other caretaker who has custody of the child, contact child protective services agency
- Available 24/7 by call

Domestic Violence & Sexual Assault Resources

National Sexual Assault Hotline

(800) 656-4673

<https://www.rainn.org/>

- RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.
- Confidential 24/7 support through a phone call or chat online at rainn.org/online

National Domestic Violence Hotline (NDVH)

(800) 799-7233

<https://www.thehotline.org/>

- 24/7 Confidential resource hotline in English & Spanish that provides emotional support, support groups, local resources, safety plans, etc. for survivors of abuse or concerned friends or family members.
- Call, text "START" to 88788, or visit their website to chat online

Los Angeles Domestic Violence Hotline

(800) 978-3600

<https://dpss.lacounty.gov/en/jobs/gain/sss/domestic-violence.html>

- This hotline is available 24/7 through phone and can help provide individual group counseling, financial planning, safety planning, temporary confidential emergency shelter, legal help, referrals to healthcare, and other resources for support

East Los Angeles Women's Center

(800) 585-6231

<https://www.elawc.org/>

- A 24/7 bilingual crisis hotline for individuals who have experienced sexual violence



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Love is Respect

(866) 331-9479

<https://www.loveisrespect.org/>

- 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.
- Additional support is available to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services through call, text "LOVEIS" to 22522, or visit their website to chat

Victim Connect

(855) 484-2846

<https://victimconnect.org/>

- The Victim Connect Resource Center serves victims of any crime anywhere in the United States and its territories, with the goal to empower victims as they navigate the physical, emotional, and financial consequences of all crime.
- Call, text, or visit their website to chat online from 5:30 a.m. to 4:30 p.m. PST.

People Experiencing Homelessness Resources

Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Hotline (800) 548-6047

<https://www.lahsa.org/winter-shelter>

- The Winter Shelter Program is held annually to protect people experiencing homelessness during Los Angeles's colder months and provide overnight shelter, meals, showers, and case management services
- Winter Shelters are located all across LA County and operate 24/7

Los Angeles Homeless Outreach Portal (LA-HOP)

(213) 225-6581

www.la-hop.org

- LA-HOP is designed to assist people experiencing homelessness in Los Angeles County with outreach services
- The information provided will be used to dispatch a homeless services outreach team to the area.

St. Joseph Center (LA County)

(310) 396-6468

<https://stjosephctr.org/>

- St. Joseph Center's mission is to provide working poor families, as well as homeless men, women, and children of all ages with resources and tools
- Outreach & Engagement, Housing, Mental Health, and Education & Vocational programs at multiple sites across Los Angeles County



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211 LA County

211

<https://211la.org/>

- 211 LA (or 211 LA County) is the hub for community members and community organizations looking for all types of health, human, and social services in Los Angeles County
- Provides information and referrals to the services that best meet individual needs 24/7, through call, text, or visit their website to chat online

LGBTQ+ Resources

The Trevor Project

(866) 488-7386

<https://www.thetrevorproject.org/>

- Crisis counselors are trained to work with young LGBTQ people who reach out to the free, confidential and secure service when they are struggling with issues such as: coming out, LGBTQ identity, depression, and suicide
- Available 24/7 through call, text "START" to 678-678, or visit their website to chat

Trans Lifeline

(877) 565-8860

<https://translifeline.org/>

- Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers that connects trans people to the community, support, and resources they need to survive and thrive
- Available 24/7 through call

Via Care LA

(323) 268-9191

<https://www.viacarela.org/lgbtq-services>

- Via Care is a federally qualified health center dedicated to providing quality healthcare and treatment for lesbian, gay, bisexual, transgender, and queer/non-conforming community members in the East Los Angeles area

Los Angeles LGBT Center

(323) 993-7400

<https://lalgbtcenter.org/>

- The Center provides services for more LGBT people than any other organization in the world, offering programs, services, and global advocacy that span four broad categories: Health, Social Services and Housing, Culture and Education, Leadership and Advocacy



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Substance Use Resources

Substance Abuse and Mental Health Services Administration (SAMHSA) (800) 662-4357

<https://www.samhsa.gov>

- Information about mental and/or substance use disorders, prevention, and recovery, as well as treatment referrals
- Available 24/7 for confidential referrals and information through call
- To find treatment facilities, visit <https://findtreatment.gov/>

Substance Abuse Service Helpline (SASH) (844) 804-7500

<http://publichealth.lacounty.gov/sapc/index.htm>

- Substance use treatment services include: outpatient services, intensive outpatient treatment, detox and withdrawal management, and many more
- Available 24/7 through call for screening and treatment referral
- LA county also offers the Service and Bed Availability Tool (SBAT), a dashboard of available substance use services throughout Los Angeles County, including a provider directory: <http://sapccis.ph.lacounty.gov/sbat>

Substance Use Disorder (SUD) Non-Emergency Treatment Referral Line (800) 879-2772

<https://www.dhcs.ca.gov/SUD-Non-Emergency-Treatment-Referral-Line.aspx>

- Callers will be prompted to select the county they are seeking services in, which will prompt the automated system to connect you to the local County Alcohol and Other Drugs Program office for resources and services

Drug Rehab Services (800) 304-2219

<https://www.addicted.org/>

- This organization is committed to helping individuals and their families find a drug rehab center to help them overcome addiction and prevent substance use
- Available 24/7 through call or visit the website to see the directory of rehab centers

Elder Resources

LA Elder Abuse Hotline (877) 477-3646

<https://wdacs.lacounty.gov/services/adult-protective-services-aps/>

- The LA Elder Abuse hotline provides a system of in person response to reports of abuse and self-neglect about developmentally disabled adults, physically and mentally disabled adults, and the elderly (60 yrs+) who may be victims of abuse
- Available 24/7 through call



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California Adult Protective Services (APS)

(833) 401-0832

<https://www.cdss.ca.gov/adult-protective-services>

- Adult Protective Services (APS) helps elder adults (60 years and older) and dependent adults (18-59 who are disabled) when these adults are unable to meet their own needs, or are victims of abuse, neglect or exploitation
- Available 24/7 through call

Los Angeles Department of Aging

(213) 482-7252

<https://aging.lacity.org/>

- Provide services to enhance the quality of life for older adults by promoting health, dignity, and independence, as well as support and referrals to caregivers
- Available M-F from 8:00am-5:00pm through call

Los Angeles Counseling Services

***Note:** Because of the affordability of these services, many have waiting lists. Contact the organization to find out how long it might take you to begin counseling.*

Didi Hirsch Mental Health Services

(888) 807-7250

<https://didihirsch.org/>

- Provides free mental health, substance use disorder, and suicide prevention services for teens and adults
- For more information, call M-F from 8:30am-5:00pm

WIN Los Angeles

(213) 222-6975

<https://winla.org/>

- Partnered with the Los Angeles County Department of Mental Health, WIN provides free, in-home mental health therapy and in-home comprehensive support to vulnerable families with young children

Airport Marina Counseling Service

(310) 670-1410

<https://www.amcshelps.com/>

- AMCS offers community-based, accessible mental health services; and provides quality training to therapists.
- Therapy for individuals, couples, families and children, support groups (including processing groups for LGBTQ+ people and women), LGBTQ services, sliding scale



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The Alcott Center

(310) 785-2121

<https://www.alcottcenter.org/>

- Offers outpatient mental health services to underserved adults 18 and older who receive Medi-Cal or have no health benefits
- Services include individual and group therapy, psychiatry, and case management
- Individuals may qualify for no cost services

Foothill Family Services

(626) 993-3000

<https://foothillfamily.org/>

- Counseling for adults, couples, families, children
- Programs include mental health care; early childhood development and parent education; school-based services; and youth and family services including prevention and treatment of child abuse, domestic violence, and elder abuse, as well as services for pregnant and parenting teens

The Antioch University Counseling Center (AUCC)

(310) 574-2813

<https://www.antioch.edu/centers-institutes/aula-counseling-center/>

- The center offers both short and long-term therapy, workshops, and community education for adults, families, and children

The Center for Professional Counseling

(818) 761-2227

<https://www.thecenterpro.org/>

- Therapy for individuals, couples, families and children. Specializes in trauma, grief and loss, LGBTQ/sexuality, abuse, codependency, and separation and divorce
- Sliding scale; telehealth and phone counseling available

UMMA Community Clinic

(323) 406-5776

<https://www.ummaclinic.org/fremont-dental-center-2-2/>

- Individual and group therapy for Black residents of L.A.
- Services also include crisis intervention and case management, as well as yoga, acupuncture and gardening workshops

Chinatown Service Center

(213) 808-1700

<https://www.cscla.org/counseling>

- Individual, couples and family counseling
- Provides services in English and a variety of Chinese dialects-Cantonese, Mandarin, Toisan, Chiu Chow- as well as other languages including Vietnamese and Spanish; sliding scale



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Counseling West

(818) 990-9898

<https://www.counselingwest.com/>

- Therapy for individuals, couples, families and children, as well as psychological testing and therapy groups; sliding scale
- Specialties include somatic experiencing and working with dreams and creative expressive therapies. Hours: Mon- Fri, 8 am to 9 pm Sat, 8am-6pm.

Hillview Mental Health Center, Inc

(818) 896-1161

<https://hillviewmhc.org/connect-with-hillview/>

- Therapy and substance-use-disorder services for adults and youth; offers classes, movie screenings, interest groups, excursions
- Daily low-cost lunches and other activities; free or low cost

Korean American Family Services

(213) 389-6755

<https://www.kfamla.org/upage.aspx?pageid=u09>

- Provides individual, couple, family and group counseling to Korean American adults and children who struggle with in-person conflicts, relationship problems, depression, anxiety, and other life challenges
- Free or sliding scale, depending on income

Open Paths Counseling Center

(310) 258-9677

<https://openpaths.org/>

- Counseling for adults, couples and families for social anxiety and grief, intimate partner violence survivors, and anger management
- Sliding scale

Pacific Asian Counseling Services (PACS)

(310) 337-1550

<https://pacsla.org/services/>

- Provides culturally sensitive counseling with expertise in Asian American Pacific Islander populations
- Therapy takes place in the office or at the client's home

USC's School of Social Work Telehealth Online Clinic

(866) 740-6502

<https://dworakpeck.usc.edu/clinical-programs/telebehavioral-health>

- Master's of Social Work Students provide free online therapy for California residents 12 years and older



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Hispanic/Latinx Resources

Para Los Ninos (For The Children)

(213) 250-4800

<https://paralosninos.org/education-community/>

- Partnered with Children's Hospital Los Angeles (CHLA)
- Offering parenting classes, therapy, clinical mental health support, and wraparound support
- Connects children, youth, and families to education and resources

Manos Que Sobreviven (LA County)

(323) 561-5504

<https://www.manosqs.com/>

- Partnered with LA Regional Foodbank and Children's Hospital Los Angeles
- Weekly food drive-up or walk-in distributions at Irving Steam Magnet School in Glassell Park (3010 Estara Ave, LA 90065) at 10am

CHIRLA

(213) 353-1333

<https://www.chirla.org/>

- The Immigrant Assistance line is a toll-free information and referral phone line, available Monday-Friday 9 a.m.-5 p.m. to refer community members to services from CHIRLA and partner organizations; call **888-624-4752**.
- Offers legal services including: Family Unity, U-Visa, Removal Defense, DACA Clinics and Student Legal Services.

Clinica Monsenor Oscar A. Romero

(213) 989-7700

<https://clinicaromero.com/department/behavioral-health/>

- Founded by Salvadoran refugees and their allies; offers bilingual, faith-based and culturally sensitive counseling to individuals, families, couples and children
- Fee discounts available based on need and size of family
- Services include: individual counseling, child & adolescent counseling, couples counseling, psychiatry services, and group counseling

Building Skills Partnership

(323) 391-3179

<https://www.buildingskills.org/>

- Offers career and education programs that enable workers' personal and professional success
- BSP provides opportunities to fully address the unique barriers immigrant workers and their families face in realizing the benefits of social, civic, and economic integration