

LOOKING FOR HELP?

RESOURCE PACKET

**Addictions Research
Laboratory**

**CONTACT US:
310-206-6756**

UCLA

ALCOHOL TREATMENT



ALCOHOL TREATMENT SERVICES

Alcoholics Anonymous

www.lacoaa.org

(323) 936-4343 or (800) 923-8722



A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcohol addiction.

Addiction Recovery Hotlines

24 hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

SAMHSA'S National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

1-800-662-4357 or 1-800-487-4889

SMART Recovery.

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



SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to build and maintain motivation, cope with urges and cravings, manage thoughts, feelings and behaviors, and live a balanced life.

NIAAA Treatment Navigator

<https://alcoholtreatment.niaaa.nih.gov/>

The Navigator helps adults find alcohol treatment for themselves or an adult loved one. It is produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and will steer you toward various evidence-based treatment options.



SUBSTANCE USE TREATMENT

- **Substance Use Helplines**
- **Free or Low-Cost Clinics**

Addiction Recovery Hotlines

24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1) SAMHSA'S National Helpline

<https://www.samhsa.gov/find-help/national-helpline>

1-800-662-4357 or 1-800-487-4889

2) California Smokers' Hotline

<https://kickitca.org>

1-800-300-8086

3) Cocaine Anonymous Hotline L.A. Area

(888) 714-8341 or (310) 216-4444

4) Narcotics Anonymous

Westside/Santa Monica Information (310) 390-0279

Greater Los Angeles Information (323) 933-5395

Greater East LA Information (323) 721-5504

Greater Hollywood Information (323) 850-1624

Meetings in Southern California Information (800) 863-2962

Free or Low-Cost Substance Use Treatment

1) Cabrito Foundation

<https://cabritofoundation.org/>

(818) 704-5175

Location: 7552 Remmet Ave, Canoga Park, CA

Sober Living house for men with alcohol-related problems, meetings.

2) The Salvation Army-Pasadena

https://pasadenaarc.salvationarmy.org/pasadena_adult_rehabilitation_center/

(626) 795-8075

Location: 56 W Del Mar Blvd, Pasadena, CA 91105

Adult Rehabilitation Center

3) Prototypes

<https://www.healthright360.org/parent-program/prototypes/>

(213) 542-3838

Location: 1000 North Alameda Street, Suite 390, Los Angeles, CA 90012

Assessment for substance use and mental health disorders and referrals to treatment for women.

4) Tarzana Treatment Centers

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

(888) 777-8565

Locations: Tarzana, Woodland Hills, Reseda, Northridge, Long Beach, Lancaster, Palmdale

Substance abuse treatment, mental health, detoxification, rehabilitation, community counseling, court services, education, family services, HIV services, sober living, youth, education, medical, outpatient services.

5) Felicity House

<https://felicityhouse.com/>

(310) 837-3042

Location: 3701 Cardiff Ave, Los Angeles, CA 90034

Sober living home for women.

6) The Salvation Army-Los Angeles

<https://lahopeharbor.salvationarmy.org/>

(213) 744-8186

Location: 3107 S Grand Ave, Los Angeles, CA 90007

Rehabilitation, substance use treatment.

7) People in Progress

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

(888) 777-8565

Locations: Tarzana, Woodland Hills, Reseda, Northridge, Long Beach, Lancaster, Palmdale

Substance abuse treatment, mental health, detoxification, rehabilitation, community counseling, court services, education, family services, HIV services, sober living, youth, education, medical, outpatient services.

8) Clare Foundation Inc.

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

(866) 452-5273

Residential treatment, outpatient treatment, sober living, prevention, detoxification.

9) Phoenix House-Venice

<https://phoenixhouseca.org/>

(714) 312-7380

Location: 503 Ocean Front Walk, Venice, CA

Residential, outpatient, assessment, mental health for men.

SMOKING CESSATION RESOURCES

California Smokers' Hotline

<https://kickitca.org>

1-800-300-8086

Free telephone counseling, texting program, web-based referral, email updates.

1-800-QUIT-NOW (1-800-784-8669)

A free telephone service that will link callers to a trained quit coach in their area to help them quit tobacco.

Become an Ex

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

A national campaign launched in 2008 by the National Alliance for Tobacco Cessation. Smokers can create personalized quit plans.

Centers for Disease Control and Prevention

1) www.smokefree.gov/

2) How to Quit, Useful Resources to Quit Smoking

<https://www.cdc.gov/tobacco/about/how-to-quit.html>

MENTAL HEALTH SERVICES

- **Medical Services**
- **Group-Specific Services**
- **Crisis Hotlines**
- **Low-Cost Clinics**
- **Technology (Mobile Apps)**

MEDICAL SERVICES

Department of Mental Health

<https://dmh.lacounty.gov/our-services/>

The largest county mental health department in the country, directly operates more than 80 programs and contracts with more than 700 providers. Mental health services provided include assessments, case management, crisis intervention, medication support, peer support, and other rehabilitative services.

National Alliance on Mental Health (NAMI) Los Angeles

<https://www.namiurbanla.org/resources>

NAMI Urban Los Angeles (NULA) provides education about severe brain disorders, supports increased funding for research, and advocates for adequate health insurance, housing rehabilitation, and jobs for people with serious psychiatric illnesses in communities of color. It also seeks to educate the public about the myths of mental illness to eradicate stigma.

Los Angeles Care Health Plan

www.lacare.org/members/getting-care/behavioralhealth

L.A. Care provides substance use disorder services and mental health services including treatment for anxiety, depression, or behavior health problems. Your doctor can provide you with some outpatient mental health services. Outpatient mental health services are a benefit covered by the L.A. Care Health Plan. You can call L.A. Care Health Plan or ask your PCP for the name of a mental health provider.

Los Angeles Care Health Plan

www.lacare.org/members/getting-care/behavioralhealth

(877) 431-2273

L.A. Care provides substance use disorder services and mental health services including treatment for anxiety, depression, or behavior health problems. Your doctor can provide you with some outpatient mental health services. Outpatient mental health services are a benefit covered by the L.A. Care Health Plan. You can call L.A. Care Health Plan or ask your PCP for the name of a mental health provider.

Department of Health Services (DHS)

<https://dhs.lacounty.gov>

The Department of Health Services (DHS) is an integrated system of providers, clinics, and hospitals. Find low-cost clinics and patient rescoures.

Applying for Medi-Cal

<https://www.dhcs.ca.gov/applyformedi-cal>

Medi-Cal is a program that offers free or low-cost health coverage for children and adults with limited income and resources. If you qualify, you can enroll in Medi-Cal year-round. Medi-Cal covers low-income adults, families with children, seniors, persons with disabilities, pregnant women, children in foster care and former foster youth up to age 26.

GROUP-SPECIFIC RESOURCES

Veterans Crisis Hotline

Phone: Dial 988 then Press 1

Text: 838255

A free and confidential resource available to provide support, resources, or dispatch emergency services to help you through any personal crisis, regardless if you are or are not enrolled in VA healthcare. Both the hotline and texting service is available 24/7.

Asian Mental Health Collective

<https://www.asiangmhc.org>

The mission of the Asian Mental Health Collective is to normalize and destigmatize mental health within the Asian community. They provide a number of resources such as crisis and suicide hotlines, a spreadsheet of different organizations specific to a particular ethnic group, and a directory of Asian-identifying therapists in the U.S.

Therapy for Latinx

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

The goal of Therapy for Latinx is to provide an accessible means to finding a therapist. There is a search bar that will allow you to look up therapists either through specialization or location and filter by gender, payment types, identity, etc. Therapy for Latinx has all the steps laid out for their therapist matching services, and provides additional resources aimed for Latinx/Hispanic-identifying individuals.

CRISIS HOTLINES

Addiction Recovery Hotlines

Suicide and Crisis Lifeline

Phone: 988

Text: 988

Trevor Project

Phone: (866) 488-7386

Text: Text START to 678-678

24-Hour Crisis Hotline for LGBTQ & Questioning Youth, toll free.

Violence and Sexual Assault Hotlines

1) National and Domestic Violence Hotline

www.thehotline.org

Phone: 1 (310) 799-SAFE (7233)

Text: Text BEGIN to 8878

2) Peace Over Violence-Los Angeles

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

(210) 626-3393

3) Childhelp National Child Abuse Hotline

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

Phone: (800) 422-4453

Text: Text BEGIN to (800) 422-4453

4) National Sexual Abuse Hotline (RAINN)

<https://rainn.org/resources>

1 (800) 656-4673

5) Women and Children Crisis Shelter-Los Angeles

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

(562) 945-3939

24-Hour Emergency Lifeline for folks experiencing domestic violence.

6) UCLA Rape Treatment Center-Santa Monica

<https://www.uclahealth.org/locations/rape-treatment-center>

(424) 259-7208

Child Abuse Hotlines

1) Los Angeles County Child Protection Hotline

1 (800) 540-4000

2) Child Abuse Hotline (Child Help USA)

1 (800)-4-A-CHILD (800-422-4453)

LGBTQIA+ Hotlines

1) LGBT National Hotline

<https://lgbthotline.org/>

(888) 843-4564

Peer counseling, information, and local resources for all ages.

2) LGBT Youth Support Line

<https://lgbthotline.org/youth-talkline/>

1 (800) 246-7743

Peer counseling, information, and local resources for youth up to age 25

3) Trevor Project-Talk Line

<https://www.thetrevorproject.org/get-help/>

1 (866) 488-7386

Mental Health Hotlines

1) Access Center (Los Angeles County Department of Mental Health Hotline)

1 (800) 854-7771

Services include deployment of crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and client transport.

2) NAMI Helpline (National Alliance on Mental Illness)

<https://www.nami.org/support-education/nami-helpline/>

Phone: 1 (800) 950-NAMI (6264)

Text: Text HelpLine to 62640

3) SAMHSA'S National Helpline (Substance Abuse and Mental Health Administration)

<https://www.samhsa.gov/find-help/national-helpline>

1-800-662-4357 or 1-800-487-4889

Free or Low-Cost Health Clinics In Los Angeles County

Health Clinics in SPA 3 Serving: Alhambra Altadena Arcadia Azusa Baldwin Park Claremont Covina W. Covina
 Diamond Bar Duarte El Monte Glendora Industry Irwindale La Puente
 La Verne Monrovia Monterey Park Pasadena Pomona Rosemead San Dimas
 San Gabriel San Marino Sierra Madre South El Monte Temple City Walnut

Note: Clinics have variable hours. Please call before visiting.

AltaMed Health Services - El Monte
 10454 East Valley Boulevard
 El Monte CA 91731
 (626) 453-8466
 Primary
 Monday-Friday 8am-7pm
 ↗, †, † S

La Puente Health Center
 15930 Central Avenue
 La Puente CA 91744
 (626) 855-5300
 Personal Health Center
 Monday - Friday 8:00am - 4:30pm
 †, † S

Community Health Alliance of Pasadena
 1855 North Fair Oaks Avenue
 Pasadena CA 91103
 (626) 398-6300
 Dental
 Monday - Friday 8:00am - 5:30pm
 Saturday 9:00am - 3:00pm
 † S

Monrovia Health Center
 330 West Maple Avenue
 Monrovia CA 91016
 (626) 256-1600
 Public Health Center, STD, TB
 Immunizations
 Monday, Tuesday, Thursday,
 Friday 8:00am - 5:00pm
 Wednesday 10:00am - 6:30pm
 † S C V T

Durfee Family Care Medical Group
 2006 Durfee Avenue
 El Monte CA 91733
 (626) 442-5015
 PPP
 Monday-Friday 9:00am-5:30 pm
 Thursday 2:00pm-5:30
 and every other Saturday
 ↗, † S O

Pomona Clinic Coalition
 1770 N. Orange Grove Avenue
 Pomona CA 91767
 (909) 469-9494
 PPP
 Monday-Friday 8:30am-5:00pm
 Saturday 9:00 am -2:00pm
 Late clinic Mon-Thurs until 7:00pm
 ↗, † S

El Monte Comprehensive Health Center
 10953 Ramona Boulevard
 El Monte CA 91731
 (800) 383-4600
 Personal Health Center
 Monday - Friday 8:00am - 8:30pm
 Saturday 8:00am - 5:00pm
 †, † S

El Proyecto del Barrio
 150 North Azusa Avenue
 Azusa, CA 91702
 (626) 969-7885
 Sliding Scale
 Monday - Friday 8:30am - 5:00pm
 †, † S

Legend

- ✗ Not accepting new patients at this time
- ◀ Other Languages Spoken
 - S: Spanish
 - M: Mandarin
 - C: Cantonese
 - V: Vietnamese
 - K: Korean
 - T: Tagalog
 - A: Armenian
 - O: Other
- ‡ Interpreters Available
- ↗ Urgent Care Available

Free or Low-Cost Health Clinics In Los Angeles County

Health Clinics in SPA 3 Serving:

Alhambra Altadena Arcadia Azusa Baldwin Park Claremont Covina W. Covina
 Diamond Bar Duarte El Monte Glendora Industry Irwindale La Puente
 La Verne Monrovia Monterey Park Pasadena Pomona Rosemead San Dimas
 San Gabriel San Marino Sierra Madre South El Monte Temple City Walnut

Note: Clinics have variable hours. Please call before visiting.

Pomona Health Center
 750 South Park Avenue
 Pomona, CA 91766
 (909) 868-0235
 Public Health Center, STD, TB
 Immunizations
 Monday - Friday 8:00am-5:00pm
 †, ◀: S O

Ramona Health Plan Medical Group
 14051 East Ramona Parkway
 Baldwin Park CA 91706
 (626) 338-7338
 PPP
 Monday- Friday 9:00am-12:00
 and 2:00pm-6:00pm
 ◀: S

Yu Care Medical Group, Inc.
 210 North Garfield Avenue, #203
 Monterey Park CA 91754
 (626) 307-7397
 PPP
 ✕, ◀: C S V

Legend

- ✕ Not accepting new patients at this time
- ◀ Other Languages Spoken
 - S: Spanish
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 - K: Korean
 - T: Tagalog
 - A: Armenian
 - O: Other
- † Interpreters Available
- ⚡ Urgent Care Available

Department of Public Health

PUBLIC HEALTH CENTERS

The Department of Public Health operates 14 health centers in LA County that provide free and low-cost services to those with no insurance or regular health care provider. Rather than general medical care, services provided focus on population-health interventions, such as immunizations and communicable disease testing and treatment.



Antelope Valley
335-B East Avenue K-6
Lancaster, CA 93535
(661) 471-4860



North Hollywood
5300 Tujunga Avenue
North Hollywood, CA 91601
(818) 766-3982



Central
241 N. Figueroa Street
Los Angeles, CA 90012
(213) 288-8204



Pacoima
13300 Van Nuys Boulevard
Pacoima, CA 91331
(818) 896-1903



Curtis R. Tucker
123 W. Manchester Boulevard
Inglewood, CA 90301
(310) 419-5325



Pomona
750 S. Park Avenue
Pomona, CA 91766
(909) 868-0235



Glendale
501 N. Glendale Avenue
Glendale, CA 91206
(818) 291-8901



Ruth Temple
3834 S. Western Avenue
Los Angeles, CA 90062
(323) 730-3507



Hollywood/Wilshire
5205 Melrose Avenue
Los Angeles, CA 90038
(323) 769-7800



Simms/Mann
2509 Pico Boulevard, Room 325
Santa Monica, CA 90405
(310) 998-3204



**Martin Luther King, Jr.
Center for Public Health**
11833 South Wilmington Avenue
Los Angeles, CA 90059
(323) 568-8100



Torrance
711 Del Amo Boulevard
Torrance, CA 90502
(310) 354-2300



Monrovia
330 W. Maple Avenue
Monrovia, CA 91016
(626) 256-1600

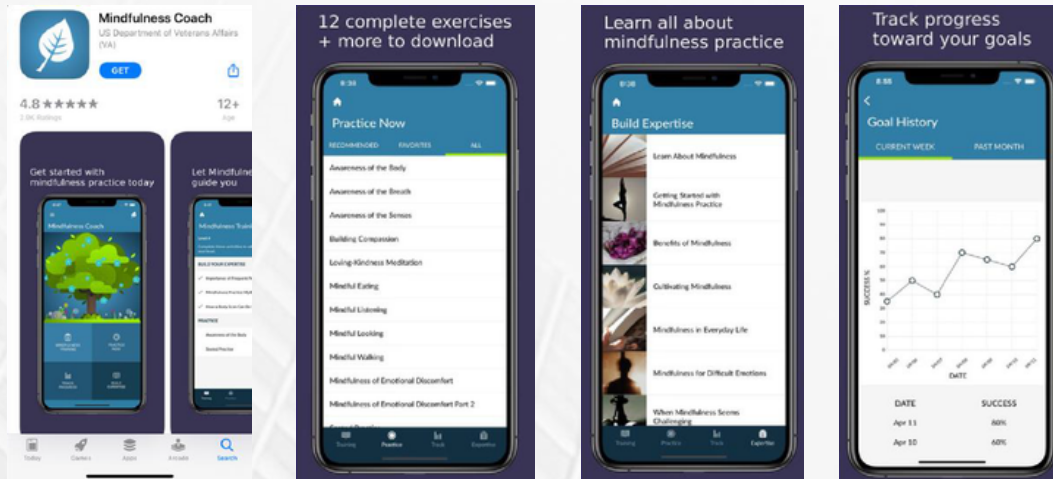


Whittier
7643 S. Painter Avenue
Whittier, CA 90602
(562) 464-5350

MOBILE APPLICATIONS

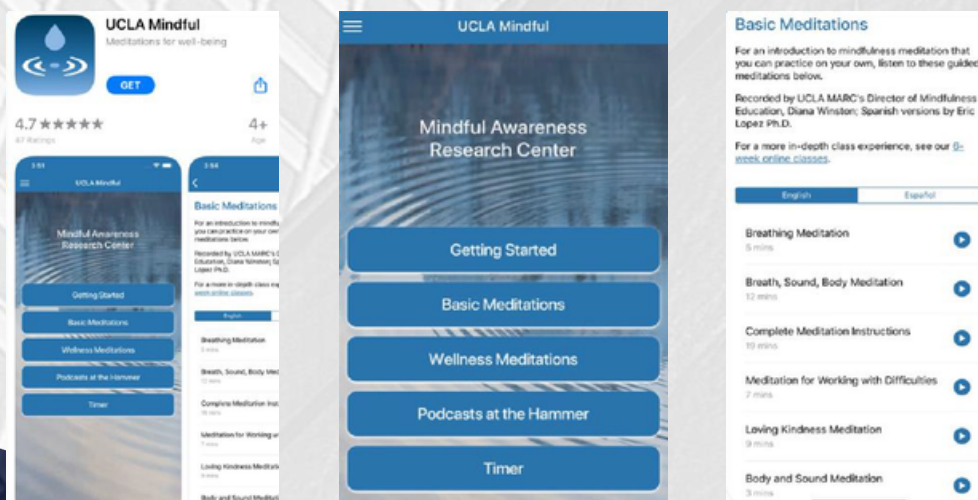
Mindfulness Coach App

A free and publicly available app for people who are interested in learning about and practicing mindfulness.



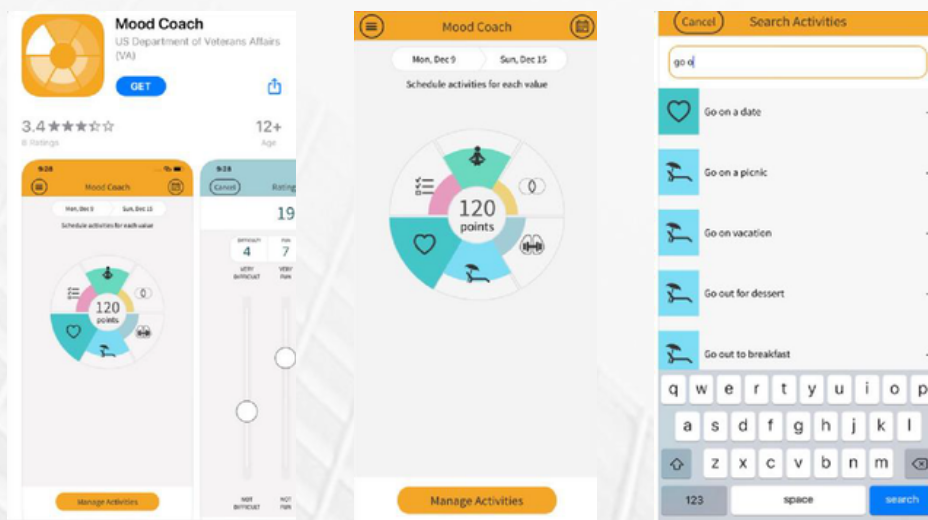
UCLA Mindful App

Practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. The app offers basic meditations for people suffering from challenging health conditions, informative videos, weekly podcasts, and a timer for self-meditation.



Mood Coach App

An app that helps you learn and practice Behavioral Activation, a non-medication intervention for depressed mood. It can be used on its own or in combination with face-to-face healthcare. It is not intended to replace therapy for those who need it.



FOOD ASSISTANCE PROGRAMS



FEDERAL FOOD ASSISTANCE RESOURCES

For Everyone

Food and Nutrition Service

<https://www.fns.usda.gov/>

For general food assistance questions, please contact the USDA National Hunger Hotline to find soup kitchens and pantries in their area. Calls are free of charge.

For Adults, Seniors, Parents

1) Supplemental Nutrition Assistance Program

www.fns.usda.gov/snap

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that helps millions of low-income Americans put food on the table. SNAP provides families with their basic nutritional needs to get them through electronic debit (EBT) cards, which are used to purchase groceries at one of the more than 238,000 authorized retailers nationwide.

2) Disaster Supplemental Nutrition Assistance Program

<https://www.fns.usda.gov/disaster>

Short-term food assistance benefits to families suffering in the wake of a disaster, even those families who otherwise might not qualify for SNAP.

3) Senior Farmers' Market Nutrition Program

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

Designed to provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs.

4) Cal Fresh

<https://dpss.lacounty.gov/en/food/calfresh.html>

The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. The amount of benefits a household receives is dependent on household size countable income, and monthly expenses.

For Parents, Women with Infants and Small Children

1) Women, Infants and Children (WIC) program:

<https://www.fns.usda.gov/wic/eligibility-apply>

Provides a voucher or coupon that can be used to buy foods that help mothers and their children eat health, with further assistance in healthy eating, breastfeeding, healthcare ,and related services.

2) WIC Farmers Market Nutrition Program

<https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program>

Eligible WIC participants are issued FMNP coupons in addition to their regular WIC benefits. These coupons can be used to buy eligible foods from farmers' markets or roadside stands that have been approved by the state agency to accept FMNP coupons.

For Parents, Children, and Teens under the Age of 18 Years

<https://www.fns.usda.gov/summer/sunmeals>

Phone: 1-866-3-HUNGRY (1-866-348-6479)

Text: 914-342-7744

Free and reduce-price breakfast, lunch, and afterschool meals are available to children in need throughout the school year. The summer meals program provides healthy, no-cost meals to children when school is out.