

- **Home From Home**
(818) 518-5195
- **Sober Living Network**
(310) 396-5270 • soberhousing.net
- **ACOF - A community of Friends**
(213) 480-0809 • acof.org
- **Fair Housing Council of the San Fernando Valley**- help with housing discrimination
(818) 373-1185 • fhcsfv.com
- **Homes for Life Foundation**
(310) 337-7417 • homesforlife.org
- **Topanga West Guest Homes**
(818) 884-8100 • dmh.lacounty.gov
- **Amigo Homes**
(818) 993-9432
- **Hayvenhurst Board and Care**
(818) 830-1205
- **Trinity Adult Residential Facility**
(866) 653-9337
- **Gilmar Manor**
(818) 989-2651
- **Sharp Avenue Quality Care**
(818) 890-7516
- **Stanwin Residential**
(866) 653-9337

- **Assisted Living**
(855) 221-9611 • www.assistedliving.org/california/

Please check the Community Care Licensing Division website for current status:
cdss.ca.gov/inforesources/adult-care-licensing

Hospitals with Psychiatric Units

- **Sherman Oaks Hospital**- (55 & Older)
(818) 981-7111 • shermanoakshospital.org
- **Henry Mayo Newhall Hospital**
(661) 200-1080 • henrymayo.com
- **Southern California Hospital at Van Nuys**
(800) 565-0558 • sch-vannuys.com
- **Mission Community Hospital**
(818) 787-2222 • mchonline.org
- **Dignity Health Northridge Hospital Medical Center**
(818) 885-8500 • dignityhealth.org
- **Olive View- UCLA Medical Center**
(747) 210-3000
dhs.lacounty.gov/wps/portal/dhs/oliveview
- **Pacifica Hospital of the Valley**- Behavioral Health Unit
(800) 522-1154 • pacificahospital.com/medicenter_gallery/behavioral-health/

Insurance

- **California Department of Insurance**
(800) 927-4357 • insurance.ca.gov

Legal Help

- **Court Linkage Program**- by DMH and LA County Superior Court - serves adults with a mental illness or co-occurring disorder involved with the criminal justice system
(818) 898-2490 or (626) 403-4370
- **California Court Self Help Center**
courts.ca.gov/selfhelp.htm
- **Jail- Mental Health**
(213) 473-6183 or
(213) 473-1734 Men • (323) 568-4678 Women
- **Legal Aid Foundation of LA**
(800) 399-4529 • lafla.org
- **Friends outside LA County**
(626) 795-7607 • friendsoutsidela.org
- **Mental Health Advocacy Service**
(213) 389-2077 • mhas-la.org/
- **Disability Rights CA**
(800) 776-5746 • www.disabilityrightsca.org

Medication

- **Needymeds**- find help with the cost of medicine
(800) 503-6897 • needymeds.org

Mental Health Centers

- **Cornerstone**
(818) 901-4836
movinglivesforward.org/program/cornerstone-rrr/
- **DMH- Los Angeles County Department of Mental Health**
(800) 854-7771 • dmh.lacounty.gov
- **Didi Hirsch Mental Health Services**
Suicide Prevention Center: (877) 727-4747
Get mental health services: (888) 807-7250
didihirsch.org
- **Hillview Mental Health Center**- (16 & Older)
(818) 896-1161 • hillviewmhc.org
- **MacDonald Carey East Valley Mental Health**
(818) 908-3855
movinglivesforward.org/program/macdonald-carey-east-valley-mental-health-center/
- **Mental Health Hookup**
(888) 544-1516 • mentalhealthhookup.com
- **San Fernando Valley Community Mental Health Center**
(818) 901-4830 • movinglivesforward.org

- **SFVCMHC - Center for Family Living**
(818) 901-4854 • movinglivesforward.org
- **Stirling Behavioral Health Institute**
(818) 376-0134 • stirlingbhi.org
- **West Valley Mental Health Center**
(818) 407-3200 • dmh.lacounty.gov

Obsessive Compulsive Disorder

- **OCD SoCal**
(323) 332-1303 • ocdsocal.org

Post Traumatic Stress Disorder

- **National Center for PTSD**
(800) 273-8255 • ptsd.va.gov

Schizophrenia

- **Schizophrenia and Related Disorders Alliance of America**
(800) 493-2094 • sardaa.org

Suicide Prevention

- **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)
suicidepreventionlifeline.org
- **Crisis Text Line**- Help via Texting
Text HOME to 741741
www.crisistextline.org
- **The TREVOR Project**- protect LGBTQ lives
(866) 488-7386 • thetrevorproject.org

Veterans

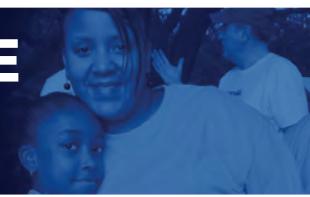
- **Veteran Healthcare Enrollment**
(877) 222-VETS (8387)
va.gov/health-care/how-to-apply/
- **Veteran Crisis Line:**
(800) 273-8255 and Press 1
veteranscrisisline.net



National Alliance on Mental Illness

San Fernando Valley

RESOURCE GUIDE



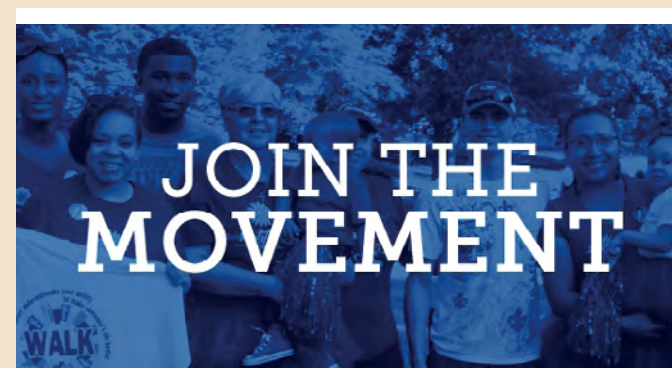
Do you know someone with a serious mental illness? You probably do, as a shocking **1 out of 5** people live with this condition daily. They could be your loved ones. Your friends. Your coworkers. These people brave their condition, suffering in silence because of society's misperceptions about their illness. **But it doesn't have to be that way.**

The National Alliance on Mental Illness(NAMI) is on a mission to reshape this narrative, giving a voice to the voiceless. We're actively combatting the stigma and discrimination associated with mental illness, advocating for lives enriched by respect. We actively champion this cause via legislation, policy development, education, and support. We also provide caring support groups and educational classes, allowing peers and their families to share, learn, grow, and bond.

NAMI has provided direct support to countless families affected by mental health challenges and is the nation's largest grassroots mental health organization dedicated to enriching the lives of the millions of Americans affected by mental illness. We've developed this comprehensive resource guide to give you the most relevant and critical information for finding assistance for you or your loved ones. Spanning housing to public benefits, this guide provides you the data you need to make informed decisions and take the next step.

For more information,
please visit our "resources" page on our website:

www.namisfv.org



1 in 5 people
live with mental illness daily

Emergency

- 911
- **Dept. Mental Health Access Line**
(800) 854-7771 • dmh.lacounty.gov
- **DMH Adult Urgent Care Centers**
(818) 485-0888 (SFV) • dmh.lacounty.gov

General Information

- **211 LA County**- Info for health/human services in LA county
211 • 211la.org

Abuse

- **Break The Cycle**- ages 12-24
(424) 265-7346 • breakthecycle.org
- **Center for Relationship Abuse Awareness**
(800) 799-2733 • stoprelationshipabuse.org
- **Cyber Civil Rights Initiative**- *Combat Online Abuse*
(844) 878-CCRI (2274) *Crisis hotline to end revenge porn* • www.cybercivilrights.org
- **DCFS**- *Department of Children and Family Services*
Child Protection Hotline: (800) 540-4000
dcfs.lacounty.gov/contact/report-child-abuse/
Report child abuse online:
https://reportChildAbuseLA.org
- **Elder Abuse Hotline (LA County)**
(877) 477-3646 • (888) 202-4248
wdacs.lacounty.gov/programs/aps/
- **National Human Trafficking Hotline**
(888) 373-7888 • humantraffickinghotline.org
- **RAINN**- **Sexual Assault Survivors**
(800) 656-HOPE (4673) • www.rainn.org
- **Stomp Out Bullying**
(877) NOBULLY (602-8559)
www.stompoutbullying.org
- **Stop It Now**- **Child Sexual Abuse**
(888) PREVENT • www.stopitnow.org
- **Survivors of Incest Anonymous**
(877) 742-9761 • https://siawso.org
- **National Sexual Violence Resource Center**
(877) 739-3895 • www.nsvrc.org
- **Workplaces Respond**
(415) 678-5500 • www.workplacesrespond.org

Benefits

- **LA County Department of Public Social Services**
(818) 701-8200 • (866) 613-3777
dpss.lacounty.gov/wps/portal/dpss

- **Mental Health Advocacy Services**
(213) 389-2077 • mhas-la.org
- **Medi-Cal Member and Provider Helpline**
(800) 541-5555 • (916) 636-1980
dhcs.ca.gov/services/medi-cal/Pages/
WhereToGetHelp.aspx
- **Social Security Administration**
(800) 772-1213 • www.ssa.gov

Borderline Personality Disorder

- **NEABPD**
www.borderlinepersonalitydisorder.com
- **BPD Resource Center**
(888) 694-2273
www.nyp.org/bpdresourcecenter

Children and Adolescents

- **Child and Family Program - SFVMHC**
(818) 832-2400
- **Teen Line**
(310) 855-HOPE • teenlineonline.org
- **Child and Family Guidance Center** - *Provides outpatient prevention, early intervention & treatment services*
(818) 739-5400 • www.childguidance.org
- **CHADD The National Resource on ADHD**
(800) 233-4050 • www.chadd.org
- **Autism Society of America**
(800) 328-8476 • www.autism-society.org
- **Autism Society of Los Angeles**
(424) 299-1531 • www.autismla.org
- **AVIVA**
(323) 876-0550 • www.avivacenter.org
- **Learning Disabilities Association of America**
(412) 341-1515 • ldaamerica.org
- **SFVCMHC - Turning Point Wraparound**
(818) 908-4999
movinglivesforward.org/program/
turning-point-wraparound
- **Because I Love You**- *Parent and Youth Support Group*
(818) 884-8242 • bily.org
- **Echo**- **Parent Education: Breaking The Generational Cycle of Trauma**
(213) 484-6676 • www.echotraining.org

Conservatorship

- **DMH- Public Guardian**
(213) 974-0515
- **Bet Tzedek**- *Free legal services*
(323) 939-0506 • betzedek.org

Depression and Bipolar Disorder

- **Anxiety and Depression Association of America**
Aaaa.org
- **DBSA Depression Bipolar Support Alliance**
(800) 826-3632 • dbsalliance.org
- **Depression**
depression.org
- **Postpartum Support International**
(800) 944-4773 • www.postpartum.net

Developmental Disabilities

- **Los Angeles County Regional Center**
nlacrc.org
- **Bridges - Looking Upwards**
(401) 847-0960 • bridgesinc.com

Domestic Violence

- **Los Angeles County Domestic Violence Safety Plan Hotline**
24 hour hotline: (800) 978-3600
- **Rainbow Services**
(310) 547-9343 • rainbowservicesdv.org
- **Jewish Family Service of LA - Hope**
(818) 505-0900 • jfsla.org/hope
- **Sojourn- The People Concern**
24 hour hotline: (310) 264-6644
thepeopleconcern.org/sojourn/

Dual Diagnosis, Mental Illness, and Substance Abuse

- **Victory Wellness Center San Fernando Valley CMHC**
(818) 989-7475
movinglivesforward.org/program/victory-wellness-center-prevention-intervention-services/
- **Social Model Recovery System**
(877) 507-6242 • socialmodelrecovery.org
- **Tarzana Treatment Center**
(888) 777-8565 • tarzanatc.org
- **Didi Hirsch Community Health Center**
(888) 807-7250 • didihirsch.org
- **Hillview Mental Health Center**
(818) 896-1161 • hillviewmhc.org
- **Al Anon Family Groups**- *those affected by someone else's alcoholism/addiction*
(818) 760-7122 • alanonla.org

Eating Disorder

- **ANAD- National Association of Anorexia Nervosa and Associated Disorders**
(630) 577-1330 • www.anad.org
- **NEDA - National Eating Disorder Association**
(800) 931-2237 • nationaleatingdisorders.org

Health Care

- **See Medi-Cal under "Benefits"**
- **Planned Parenthood**- *Van Nuys location*
(800) 576-5544 • www.plannedparenthood.org
- **APLA Health**- *Services for those affected by HIV*
(213) 201-1600 • aplahealth.org
- **Postpartum Support International**
(800) 944-4773 • postpartum.net

Homeless

- **Los Angeles Homeless Services Authority**
(213) 225-6581 • www.lahsa.org/get-help
- **LA Family Housing**
Individual: (818) 255-2703
Family: (818) 255-2766
Youth Between Ages 14-24:
(818) 755-8786
- **Homeless Outreach and Mobile Engagement (HOME)**- *Provide help referrals*
(213) 480-3480
- **Homeless Shelter Directory**
www.homelessshelterdirectory.org
- **PATH**- *Support for the homeless*
(323) 644-2200 • epath.org
- **Hope of the Valley**
(818) 392-0020 • hopeofthevalley.org

Housing

- **Department of Social Services**
(800) 952-5253 • cdss.ca.gov
- **Los Angeles County Development Authority**
(626) 262-4510 • wwwwb.lacda.org/home
- **Anne Sippi Clinic**
(323) 227-5252 • annesippclinic.com
- **A Better Living Permanent Housing & Supportive Services**
(818) 810-5132 • www.ablphss.org
- **Step Up**
(310) 394-6889 • stepuponsecond.org
- **Hillview Mental Health Center**
(818) 896-1161 • hillviewmhc.org