LOOKING FOR HELP?

RESOURCE PACKET
Addictions Research Laboratory

CONTACT US:
310-206-6756
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 alcoholism.

• 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 Help Hotline
     www.samhsagov/find-help/national-hepline
     1-800-662-4357 or 1-800-487-4889

  2) Los Angeles Addiction Hotline
     http://losangeles.theaddictionhotline.org/

  3) Alcohol and Drug Helpline
     1-800-662-4357

• SMART Recovery
  https://www.smartrecovery.org/
  Self-Management And Recovery Training (SMART) is a community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating) guided by our science-based 4-Point Program
• **NIAAA Treatment Navigator**
  
  [https://alcoholdreatment.niaaa.nihgov/](https://alcoholdreatment.niaaa.nihgov/)

  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 towards various evidence-based treatment options.
SUBSTANCE USE TREATMENT

• Substance Use Helplines
• Free or Low Cost Clinics
SUBSTANCE USE TREATMENT

• **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 Help Hotline  
     www.samhsagov/find-hep/national-hepline  
     1-800-662-4357 or 1-800-487-4889

  2) Los Angeles Addition Hotline  
     http://losangeles.theaddictionhotline.org/

  3) Alcohol and Drug Helpline  
     1-800-662-4357

  4) California Smokers' Hotline  
     http://www.nobutts.org  
     1-800-NOBUTTS (1-800-662-8887)

  5) Cocaine Anonymous Hotline L.A. Area  
     (310) 216-4444

  6) Narcotics Anonymous  
     (800) 863-2962 or (323) 933-5395
• **Free or Low Cost Substance Use Treatment**

1) Cabrito Foundation  
(818) 704-5175  
Location: 7552 Remmet Ave., Canoga Park, CA  
Sober Living house for alcoholic men, meetings

2) The Salvation Army-Canoga Park  
https://canogaparkarc.salvationarmy.org/canoga_park_adult_rehabilitation_center/  
(818) 883-6321  
Location: 21375 Roscoe Blvd., Canoga Park, CA  
Adult Rehabilitation Center

3) Prototypes  
www.prototypes.org/  
(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
5) Tarzana Treatment Centers
https://www.tarzanatc.org/
(888) 777-8565
Location: 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

6) McIntyre House
https://mcintyrehouse.org/
(323) 662-0855
Location: 544 N. Kenmore Ave Los Angeles, CA
Sober living home for men

7) Felicity House
www.felicityhouse.com/
(310) 837-3042
Location: 3701 Cardiff Ave Los Angeles, CA
Sober living home for women

8) The Salvation Army - Los Angeles
https://lahopeharbor.salvationarmy.org/
Location: 3107 S Grand Ave, Los Angeles, CA 90007
Rehabilitation, substance use treatment
9) People in Progress  
(818) 668-0599  
Location: 60th & Broadway St, Los Angeles, CA 90002  
Sober living home for men

10) Clare Foundation Inc.  
https://www.clarematrix.org/  
(310) 314-6200  
Location: 909 Pico Boulevard Santa Monica, CA 90405  
Residential treatment, outpatient treatment, sober living, prevention, detoxification

11) Phoenix House-Venice  
https://phoenixhouseca.org/venice-beach-residential-services/  
(714) 487-0906  
Location: 503 Ocean Front Walk Venice, CA  
Residential, outpatient, assessment, mental health
SMOKING CESSATION
SMOKING CESSATION RESOURCES

• California Smoker’s Helpline
  http://www.nobutts.org/
  1(800) NO-BUTTS
  Free telephone counseling, texting program, web-based referral, email updates

• 1-800-QuitNow
  A free telephone service that will link callers to a trained quit coach in their area to help them quit tobacco.

• Become an Ex
  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
    http://www.cdc.gov/tobacco/how2quit.htm
MENTAL HEALTH SERVICES

• Medical Services
• Group Specific Resources
• Crisis Hotlines
• Low Cost Clinics
• Technology (Mobile Apps)
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.

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 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.
• **Community Clinic Association**
  
  [https://ccalac.org/find-a-clinic/](https://ccalac.org/find-a-clinic/)
  
  Search by keyword or location to view clinics in your area.

• **Department of Health Services (DHS)**
  
  [https://dhs.lacounty.gov](https://dhs.lacounty.gov)
  
  The Department of Health Services (DHS) is an integrated system of providers, clinics, and hospitals. Find lost cost clinics and patient resources.

• **Applying for Medi-Cal**
  
  [https://www.coveredca.com/apply/](https://www.coveredca.com/apply/)
  
  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: 1-800-273-8255
  For deaf and/or hearing impaired: 1-800-799-4889
  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.asianmhc.org](https://www.asianmhc.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/](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 through by gender, payment types, identity, etc. Therapy for Latinx has all the steps laid out for their therapist matching service, and provides additional resources aimed for latinx/hispanic identifying individuals.
CRISIS HOTLINES

• **Suicide Hotlines**
  1) Los Angeles Suicide Prevention Center
     *(310) 391-1253*
  2) National Suicide Prevention Hotline
     **1 (800) 273-TALK (8255)**
  3) Trevor Project
     **1 (866) 488-7386**
     24-Hour Crisis Hotline for LGBT & Questioning Youth, toll free

• **Violence and Sexual Assault Hotlines**
  1) National and Domestic Violence Hotline
     [www.thehotline.org](http://www.thehotline.org)
     **1 (310) 799-SAFE (7233)**
  2) Los Angeles Co. Assaults Against Women Hotline
     **(213) 626-3393**
  3) National Domestic Violence/ Child Abuse/ Sexual Abuse Resource Hotline
     **(800) 799-SAFE (800-799-7233)**
     **(TDD) 800 - 787-3224**
     **(Spanish) 800-942-6908**
  4) National Rape Crisis Hotline (RAINN)
     **1 (800) 656-4673**
  5) Women and Children Crisis Shelter Referral Service
     **(562) 945-3939**
  6) Rape UCLA (Santa Monica) Treatment Center
     **(310) 319-4503**
7) Love is Respect (Dating Abuse and Domestic Violence Resource)  
(562) 945-3939

- **Child Abuse Hotlines**
  1) Child Abuse Hotline (L.A. Dept. of Children's Services)  
     1 (800) 540-4000
  2) Child Abuse Hotline (Child Help USA)  
     1-800-4-A–CHILD (800-422-4453)
  3) Safe Place  
     Text SAFE and your current location to the number 69866 (24/7)  
     Texting resource for teens in crisis/need of shelter

- **LGBT Hotlines**
  1) LGBT National Hotline  
     1 (888) 843-4564  
     Peer Counseling, information, and local resources for all ages
  2) LGBT Youth Support Line  
     1 (800) 850-8078  
     Peer Counseling, information, and local resources for youth up to age 25
  3) Trevor Project-Talk Line  
     1 (866) 488-7386  
     24-Hour Crisis Hotline for LGBT & Questioning Youth, toll free
• **Mental Health Hotlines**
  1) Los Angeles County Mental Health/ Crisis Line  
     **1 (800) 854-7771**
  2) NAMI Helpline (National Alliance for the Mentally Ill)  
     **1 (800) 950-NAMI (6264)**
  3) Mental Health America  
     **1 (800) 969-NMHA (6642)**  
     For a referral to specific mental health service or support program in your community

• **General Crisis Support By Text Message**
  1) National and Domestic Violence Hotline  
     [www.thehotline.org](http://www.thehotline.org)  
     **1 (310) 799-SAFE(7233)**
Free or Low-Cost Health Clinics In Los Angeles County

Health Clinics in SPA 4 Serving:
Boyle Heights  Chinatown  Eagle Rock  Echo Park  El Sereno  Glassell Park
Hancock Park  Highland Park  Hollywood Hills  Hollywood Park  Korea Town
La Brea  Monterey Hills  Mount Olympus  Silverlake  Westlake

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

AltaMed Health Services
- Buena Care
1701 Zonal Avenue
Los Angeles CA 90033
(323) 223-6146
PPP, Primary Care
Hours: M, T, Th, F 12-6pm
M, S

Arroyo Vista Family Health Foundation - Lincoln Heights
2411 N Broadway
Los Angeles, CA 90031
(323) 254-5291
PPP, Primary Care
Monday-Friday 8:30-5:00
M, V, S

Arroyo Vista Family Health Foundation - El Sereno
4815 E. Valley Blvd, Unit C
Los Angeles CA 90032
(323) 222-1134
PPP, Primary Care
Monday-Friday 8:30-5:00
M, V, S

Arroyo Vista Family Health Foundation - Highland Park
6000 North Figueroa Street
Los Angeles CA 90042
(323) 254-5221
Primary, PPP
Monday-Friday 8:30-5:00
M, V, S

Asian Pacific Health Care Venture
1530 Hillhurst Ave., Suite 200
Los Angeles CA 90027
(323) 644-3888
PPP
Monday, Tuesday - 9:00 am - 7:30 pm
Wednesday, Thursday
Friday 8:00 am - 7:30 pm
Saturday 8:00 am - 3:00 pm
M, V, S, J, T, O

California Family Care - Grand Ave
1400 S Grand Ave #800
Los Angeles CA 90015
(213) 742-6200
Monday-Saturday 8:00am-5:00pm
S

Central Health Center
241 North Figueroa Street
Los Angeles CA 90012
(213) 240-8203
Public Health Center
Monday - Friday 8:00am – 4:00pm
M, T, C, S, V

Chinatown Service Center
767 North Hill Street, Suite 200
Los Angeles CA 90012
(213) 808-1700
PPP
Monday-Friday 8:30am-5:00pm
M, V, S, O

Clinica Medica Jose Carlos – East LA Health Task Force
2120 East 6th Street
Los Angeles CA 90023
(323) 881-1112
Monday, Wednesday 10:00am - 7:00pm
Thursday, Friday 9:00am - 6:00pm
Saturday 8:30am - 5:30pm
S

Clinica Msr. Oscar A. Romero
123 S. Alvarado Street
Los Angeles CA 90057
(213) 989-7700
Dental, General Medicine
Monday - Thursday 7:00am - 7:00pm
Friday/Saturday 7:00am - 12:00pm
S, O

Eisner Pediatric and Family Medical Clinic
1530 South Olive Street
Los Angeles CA 90015
(213) 747-5542
PPP
Monday-Saturday 8:00am-4:30pm
M, T, S

Franciscan Clinics Queenscare
Family Clinic - Eagle Rock
4448 York Blvd.
Los Angeles CA 90041
(323) 344-5233
Primary, PPP
Monday-Friday 8:30-6:00
S

Franciscan Clinics Queenscare
Family Clinic - Echo Park
150 N. Reno Street
Los Angeles CA 90026
(213) 380-7298
Dental
Monday- Friday 8:00am-5:30pm
S, A

Legend
X Not accepting new patients at this time
Other Languages Spoken
S: Spanish
M: Mandarin
C: Cantonese
V: Vietnamese
K: Korean
T: Tagalog
A: Armenian
Q: Other
Interpreters Available
U Urgent Care Available
Free or Low-Cost Health Clinics In Los Angeles County


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

Franciscan Clinics Queenscare Family Clinic - Wilshire Center
3242 West 8th Street
Los Angeles CA 90005
(213) 368-9779
Primary, PPP
Monday-Friday 9:00am-6:00pm
✓, ✗, ◀, S, K

Koryo Health Foundation Community Clinic
1058 South Vermont Avenue
Los Angeles CA 90006
(213) 380-8833
PPP
Monday-Friday 8:30am-5:00pm
✓, S, K

Los Angeles Medical Center
1200 N. State Street
Los Angeles, CA 90033
(323) 226-2622
Hospital
24-hrs

Los Angeles Free Clinic - Beverly
8405 Beverly Boulevard
Los Angeles CA 90048
(323) 653-1990
PPP, Emergency
✗, ✗, T, S

Hollywood-Wilshire Health Center
5205 Melrose Avenue
Los Angeles CA 90038
(323) 769-7800
Public Health Center
Monday, Wednesday, Friday 7:30-4:00
Tuesday 7:30-5:00 Thursday 7:30-2:00
✓, ✗, V, K, S, O

Los Angeles Free Clinic
6043 Hollywood Boulevard
Hollywood CA 90028
(323) 462-4158
PPP
Medical services for adolescents ages 12-24 years
Tuesday, Thursday 1:00pm-6:00pm
✗, ✗, T, S

JWCH Institute Safe Harbor
721 East 5th Street
Los Angeles CA 90013
(213) 622-4073
PPP
Tuesday, Wednesday, Friday 8:00am-4:30pm
✓, S

Los Angeles Free Clinic - Beverly
515 East 6th Street
Los Angeles CA 90021
(213) 622-2639
Primary
Monday-Friday 7:30am-4:30pm
✓, S

JWCH Institute Weingart Medical Clinic
266 South Harvard Blvd
Los Angeles, CA 90004
(213) 637 - 1070
Primary
Sliding Scale
Monday-Friday 9:00am-5:30pm
✓, ✗, S, K

KHEIR Health Services Center
1801 South Vermont Avenue
Los Angeles, CA 90006
(323) 226-2622
Hospital
24-hrs

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
**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 getting started (in both English and Spanish), wellness 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.
COVID-RELATED RESOURCES

• Los Angeles Resources
• Technology Resources
LOS ANGELES RESOURCES

• **Los Angeles Resources**
  [https://corona-virus.la/resource](https://corona-virus.la/resource)
  This website contains updated resources to help provide support during the COVID-19 crisis. These resources topics include: students and education, immigrants, safety and support, testing and health, food and supplies, and more.

• **COVID-19 + Mental Health Resources**
  [https://dmh.lacounty.gov/covid-19-information/](https://dmh.lacounty.gov/covid-19-information/)
  The Los Angeles County Department of Mental Health (LACDMH) aims to support the wellbeing of county residents and the community. This online resource includes a wide-range of materials relevant to mental and physical health, which were created by LACDMH, the National Alliance on Mental Illness (NAMI), and other local and national organizations.
TECHNOLOGY RESOURCES

• COVID COACH APPLICATION

A Free mobile application designed to help you build resilience, manage stress, and increase your well-being during this pandemic. You can track your mood, visualize your progress, and find resources to seek additional help and support.

During the stress of the pandemic you will encounter a number of resources, including this app.
- Choose those strategies that work best for you.
- Practice using those strategies regularly.
- Remind yourself to keep using them, especially when you feel strong feelings.
- Remember your core values, your top priorities, and what you can be grateful for.
- Help others when they need it.
- Remember that you are in this for the long run.
FEDERAL FOOD
ASSISTANCE RESOURCES

• For Everyone

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.

- English: 1-866-3-HUNGRY (1-866-348-6479)
- Spanish: 1-877-8-HAMBRE (1-877-842-6273)
  Text: #97779

• 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 temporary hard times. SNAP benefits are delivered monthly 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 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.

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


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**


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


   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, 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**

Visit [https://www.fns.usda.gov/sfsp/summer-food-service-program](https://www.fns.usda.gov/sfsp/summer-food-service-program)

OR

Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273)
Free and reduced-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.