

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 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.samhsa.gov/find-help/national-helpline

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://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 towards various evidence-based treatment options.



SUBSTANCE USE TREATMENT

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



SUBSTANCE USE TREATMENT

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2) Los Angeles Addiction 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.prototype.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://lahqpeharbor.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.cdcgov/tobacco/how2quit.htm>

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MENTAL HEALTH SERVICES

- **Medical Services**
- **Group Specific Resources**
- **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 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/>

Search by keyword or location to view clinics in your area.

- **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 lost cost clinics and patient resources.

- **Applying for Medi-Cal**

<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> p

The mission of the Asian Mental Health Collective is to normalize and de-stigmatize 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 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
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/needing 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

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
↑, ↓: 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
↑: C 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
↑: C 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
↑: C 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 a.m. - 7:30 pm
Saturday 8:00 am - 3:00 pm
↑: C 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
↑: A 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
↑: C M S V 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

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

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
↑: 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

Franciscan Clinics Queenscare Family Clinic - Hollywood

4618 Fountain Avenue
Los Angeles CA 90029
(323) 953-7170
PPP, Primary
Monday- Friday 8:30am-6:00pm
↑: S A

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.

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 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

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 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
Dental, Specialty
🇺🇸, 🇰🇷: 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

JWCH Institute Weingart

Medical Clinic

515 East 6th Street
Los Angeles CA 90021
(213) 622-2639
Primary
Monday-Friday 7:30am-4:30pm
🇺🇸, 🇰🇷: S

KHEIR Health Services Center

266 South Harvard Blvd
Los Angeles, CA 90004
(213) 637 - 1070
Primary
Sliding Scale
Monday-Friday 9:00am-5:30pm
🇺🇸, 🇰🇷: S K

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

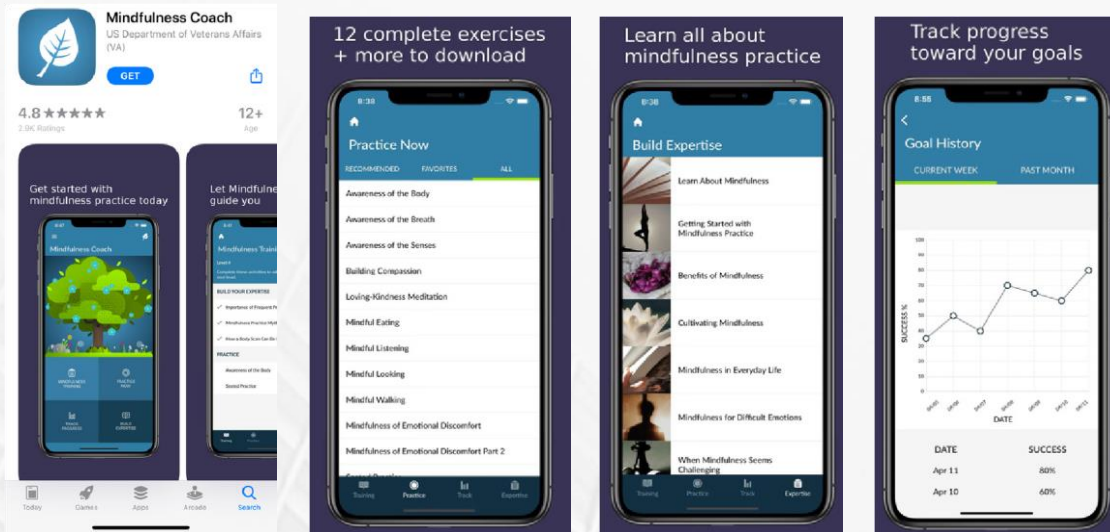
🇺🇸 Interpreters Available

🚑 Urgent Care Available

MOBILE APPLICATIONS

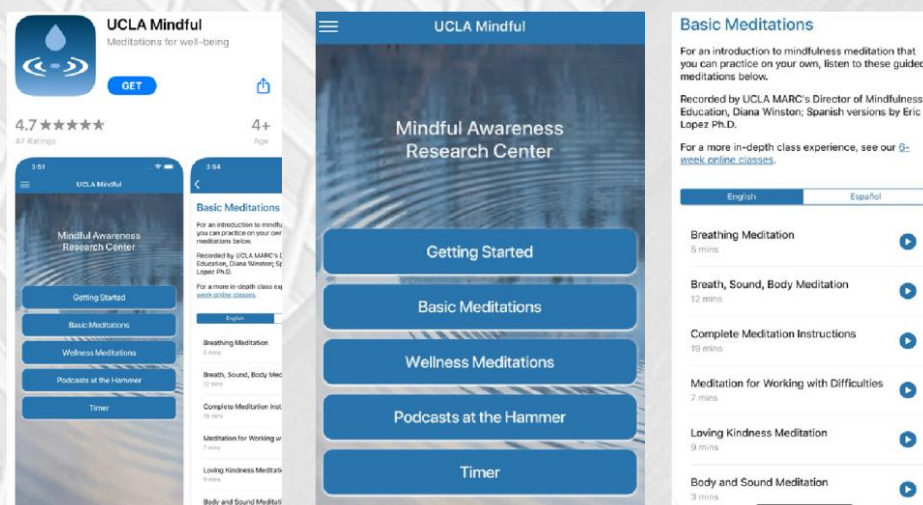
- **Mindfulness Coach App**

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



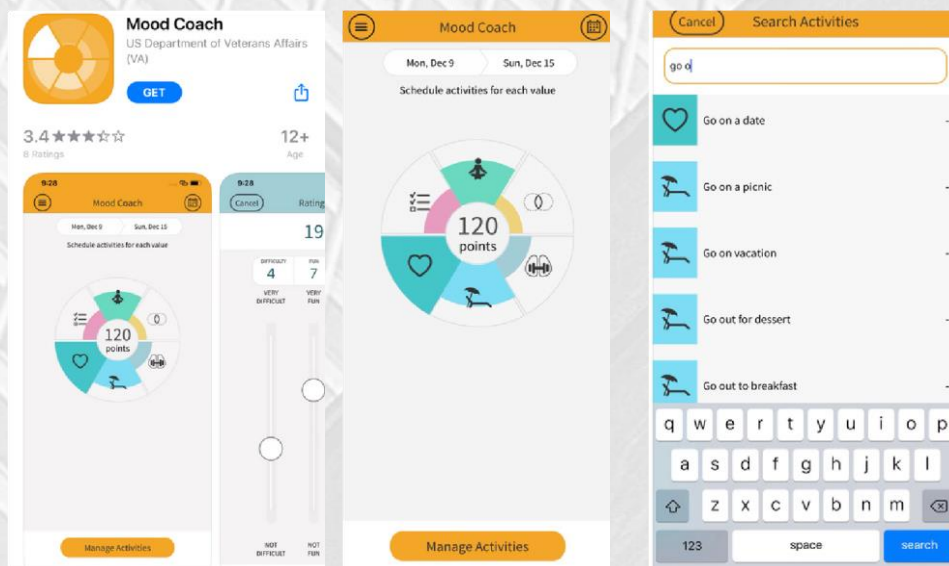
- **UCLA Mindful App**

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/resources>



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**

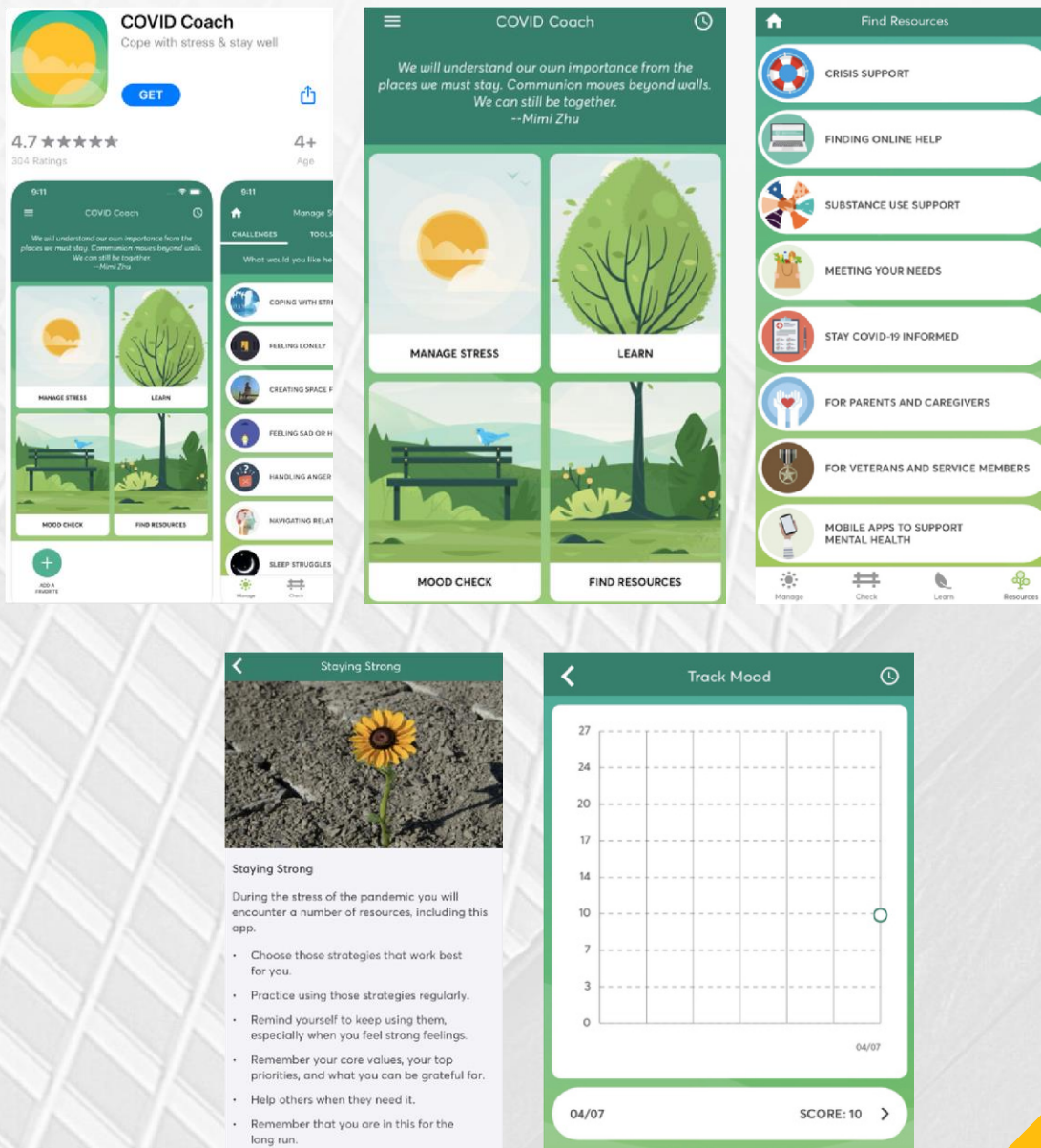
<https://dmh.lacounty.gov/covid-19-information/>

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.



FOOD ASSISTANCE PROGRAMS



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

3) Senior Farmers' Market Nutrition

Program www.fns.usda.gov/sfmnp/senior-farmers-market-nutritionprogram

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

4) WIC Farmers Market Nutrition Program:

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

CalFresh

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:

www.fns.usda.gov/wic/who-gets-wic-and-how-apply

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.

2) WIC Farmers Market Nutrition Program:

www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp

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>

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.