

# Mental Health Programs & Resources in L.A County

## **Chinatown Service Center**

Nonprofit providing trauma counseling to community members in Mandarin, Cantonese, and Vietnamese.

(213) 808-1720, 8am-5pm;<https://www.cscla.org/>

## **Asian Pacific Counseling and Treatment Centers**

Mental health center in LA County meeting the needs of Asian Pacific immigrants and refugees. Services available in Mandarin, Cantonese, Vietnamese, Korean, Tagalog, Thai, and Spanish. Behavioral health and outpatient clinical services provided at Alhambra location: 1635 West Main St., Suite 100, Alhambra, CA 91801.

(626) 248-1800, M-F 8:30am-5:00pm;<https://www.apctc.org/>

## **Pacific Asian Counseling Services**

PACS provides culturally sensitive and language specific mental health and other services, with expertise in immigrant Asian Pacific Islander populations. Their mental health program, Renewal Spaces, offer listening sessions after traumatic events and are led by trained API co-facilitators. Renewal Spaces is offered in Mandarin, Cantonese, Korean, Japanese, Khmer, Vietnamese, and Tagalog.

(310) 259-7604;<https://pacsla.org/>

## **Special Services for Groups**

Non-profit organization serving Asian-American community through mental health services.<https://www.ssg.org/>

●SSG SILVERworks with older adults by providing mentalhealth services and case management. (213) 553-1884;<https://www.ssg.org/divisions/silver/>

●Allianceprovides 24/7 integrated community-basedbehavioral health services to adults and older adults with severe and persistent mental illness, including those transitioning out of jails and state prisons. In Cantonese, Vietnamese, Korean, and Spanish. (213) 249-9388;<https://www.ssg.org/divisions/alliance/>

## **St. Mary Medical Center - Families in Good Health**

FiGH builds capacity within the community to enable informed and knowledgeable choices, in order to prevent and/or delay the onset of disease and/or social dysfunction; to access needed health and social services; and to improve quality of life. Service included: mental health, education, home visitation, case management, and support groups. Service in English, Spanish, and Khmer.

(562) 491-9100; <https://www.dignityhealth.org/socal/locations/stmarymedical/about-us/community-benefit-s/families-in-good-health>

### **Search to Involve Pilipino Americans**

SIPA is a nonprofit organization serving Historic Filipinotown and other neighborhoods throughout Greater LA County. Offers mental health services including 1:1/family counseling, support groups, community training, and wellness workshops for those impacted by trauma, hate incidence, and/or violence. Services offered in Filipino (Tagalog), Spanish, and English.

Inquiry form:<http://bit.ly/helloSIPA>; Email:[info@sipacares.org](mailto:info@sipacares.org)

### **South Asian Network**

SAN is a community based organization providing health care and mental and emotional health services in Hindi, Pashto, and English.

(630) 696-1412;<https://southasiannetwork.org/>

### **Pacific Clinics**

California's largest community-based nonprofit provider of behavioral and mental health services and supports.

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

●Asian Pacific Family Center: Provides culturally sensitive and language specific mental health across the lifespan (children and youth, adult and older adult) within the San Gabriel Valley area. In Cantonese, Mandarin, Vietnamese, and Spanish. (626) 287-2988 (Rosemead location)

●APFC-East/Multicultural Family Center: Multicultural Family Center providing linguistic and culturally responsive prevention and clinical services to children, youth, parents/caregivers, and families in the San Gabriel Valley. In English, Mandarin, Korean, and Spanish. (626) 839-0300 (City of Industry location)

### **Asian Mental Health Collective**

If you have been directly affected by the shootings and are in need of emotional support, please reach out to [therapy@asianmhc.org](mailto:therapy@asianmhc.org) so AMHC may connect you with a mental health provider. If you are an Asian mental health provider interested in offering your support to those impacted, please contact AMHC at [therapy@asianmhc.org](mailto:therapy@asianmhc.org) for more info on how to help.

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

### **Los Angeles County Department of Mental Health**

LACDMH supports the wellbeing of county residents and communities through crisis services, mental health referrals, and emotional support.

(800) 854-7771;<https://dmh.lacounty.gov/covid-19-information/>

increased funding for research, and advocates for adequate health insurance, housing rehabilitation, and jobs for people with serious psychiatric illnesses in communities of color.  
(323) 294-7814;<https://www.namiurbanla.org/resources>

### **Garfield Health Center**

Located in Monterey Park, GHC Mental Health department will provide instant consultation and support for all victims and their families who need mental health assistance. If you need or know anyone in need of someone to talk to about this tragedy or anxiety, please call us at (626)300-9980.

仁濟社區醫療中心是一家位於蒙特利公園市的非營利機構，多年來一直堅持在聖蓋博地區提供優質醫療服務。仁濟心理輔導科將為所有需要心理協助的受害者及其家屬提供即時諮詢和支持。如需幫助，請致電626-300-9980。

### **Herald Christian Health Center**

Federally-qualified health center serving the Asian community. Cantonese and Mandarin speaking counselors are trained in trauma-informed care or trauma therapy. 923 S. San Gabriel Blvd., San Gabriel, CA.  
(626)286-8700;<https://hchcla.org/>

### **Yellow Chair Collective**

Offers 6 trauma-informed therapy sessions at no cost to those who have been directly affected by the tragedy in Monterey Park. Available in English and Mandarin Chinese. Fill out the form at <https://yellowchaircollective.com/contact/>.

### **Asian Mental Health Collective**

Searchable directory of AAPI therapists in US & Canada.  
<https://www.asianmhc.org/>

### **Open Path Collective**

Nonprofit network of mental health professionals providing in-office and online mental health care.  
<https://openpathcollective.org/>

### **Suicide & Crisis Lifeline**

Provides 24/7, free and confidential support for people in distress and prevention and crisis resources.  
Dial 988 or chat online at <https://988lifeline.org/chat/>