



# FFHI Resource List

The Filipino Family Health Initiative (FFHI) aims to provide a long-lasting and sustainable impact and support system with this comprehensive resource list. This resource list consists of a wide array of mental health resources such as accessible psychiatric clinics, community mental health centers, hotlines, support groups, educational resources, and more across different areas in California and nationwide. Also included in this resource list are accessibility resources in Los Angeles county such as food, housing, and immigration services. Identifying the important role culture plays in one's mental health, we have also included resources that help Filipino children and families celebrate Filipino culture. With the recent rise of racial injustice issues such as anti-Asian violence, this resource list also consists of resources to heal from, educate about, and prevent racial injustice.

## FILIPINO FAMILY HEALTH INITIATIVE

Website: <https://filipinofamilyhealth.com/>

Visit the FFHI website for information on parenting workshops, educational webinars, and more information on how to promote the social and academic success of Filipino children.

Facebook Page: <https://www.facebook.com/filipinofamilyhealthLA>

Visit the FFHI Facebook page for additional resources and articles about pertinent issues related to COVID-19, Asian American health, Filipino culture, family and child health, and more.

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# Mental Health Resources

## Sacramento Area

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
ACCESS Mental Health Sacramento	Child and Family Mental Health Services	The entry point for all county operated and contracted child and family planned mental health services. Types of services: Outpatient, School Based Mental Health Services, Psychological Services, In-Home <i>Sacramento mental health counselor</i> , Home Visitation Programs, Therapeutic Behavioral Services and much more		3331 Power Inn Road, Suite 170, Sacramento, CA 95826
Alternative Family Services	Child welfare services	Offers foster services, adoption services, and mental health services for families.	English	Sacramento Office: 8795 Folsom Boulevard Suite 101, Sacramento, CA 95826
Asian Pacific Community Counseling	Mental Health / Community Services	A community-based non-profit that provides culturally and linguistically relevant outreach, prevention, education, therapy, counseling, and recovery in order to address the gap in mental health services for the Asian American community.	English	<a href="http://apccounseling.org/services/">http://apccounseling.org/services/</a>  7273 14th Avenue #120B Sacramento, CA 95820  916-383-6783
BHC Heritage Oaks Hospital	Psychiatric hospital	Psychiatric hospital for all ages	English	4250 Auburn Boulevard, Sacramento, CA 95841 916-489-3336 <a href="http://www.heritageoakshospital.com">www.heritageoakshospital.com</a>
BHC Sierra Vista Hospital	Psychiatric hospital	Psychiatric hospital for all ages	English	8001 Bruceville Road, Sacramento, CA 95823

				916-423-2000 <a href="http://www.sierrsvistahospital.com">www.sierrsvistahospital.com</a>
Dignity Health Medical Foundation Children's Center	Health Center	Provides psychiatric counseling therapy, support groups, mentoring, and family advocacy to children and families.	English	Children's Center, Rancho Cordova: 9837 Folsom Blvd., Suite F Sacramento, CA 95287 916-450-2600  Children's Center, South: 6615 Valley Hi Drive, Suite A Sacramento, CA 95823 916-725-4664
The Effort	Mental Health Services	Psychiatric evaluation, medication management, and professional counseling for couples, individuals, families, children and adolescents.	English	1820 J Street, Sacramento, CA 95811  8233 E. Stockton Boulevard, Suite D, Sacramento, CA 95828  (916) 737-5555 M-TH 9am-8pm; F 9am-5pm
La Familia Counseling Center	Counseling Center	Provides counseling and sport programs for youth and their families.	English	Counseling Center: 5523 34 Street, Sacramento, CA 95820 916-452-3601  Maple Neighborhood Center: 3301 37 Avenue, Sacramento, CA 95824 (Ages 0 – 21) 916-210-8773 <a href="https://lafcc.org/">https://lafcc.org/</a>
Mental Health 24-Hour Crisis Line	Hotline	A mental health crisis line for Sacramento County.	English	888-881-4881  916-875-1055

Minor Emergency Response Team (MERT)	Crisis Intervention	A crisis intervention and stabilization unit for children and youth ages 0-18 years who are experiencing a psychiatric emergency.	English	2150 Stockton Boulevard, Sacramento, CA 95817 (916) 875-1113 or (916) 875-1114 Call 7 days a week 10am-7pm
Mountain Valley Child and Family Services, Inc.	Mental Health Services	Provides outpatient mental health services and full-day Day Treatment for children and youth.	English	7818 Bar Du Lane, Sacramento, CA 95829 530-265-9057 <a href="http://www.mountainvalleyfamily.org">www.mountainvalleyfamily.org</a>
Mountain Valley Child and Family Services, Inc.	Mental Health Services	Provides outpatient mental health services and full-day Day Treatment for children and youth.	English	6171 Bradshaw Rd, Sacramento, CA 95829 530-265-9057 <a href="http://www.mountainvalleyfamily.org">www.mountainvalleyfamily.org</a>
Mountain Valley Child and Family Services, Inc.	Mental Health Services	Provides outpatient mental health services and full-day Day Treatment for children and youth.	English	9211 Gerber Rd, Sacramento, CA 95829 530-265-9057 <a href="http://www.mountainvalleyfamily.org">www.mountainvalleyfamily.org</a>
National Alliance on Mental Illness (NAMI) Sacramento	Mental Health and Community services	NAMI Sacramento is a grassroots organization that provides a community of support, education, resources and outreach activities to families, friends and persons with mental illness so as to improve their general welfare, and to reduce the stigma of mental illness.	English	Office: 916-890-5467 Crisis Line: 800-950-NAMI office@namisacramento.org
OCD Kids Sacramento	Anxiety Treatment Center	Provides services to those with anxiety disorders and related conditions.	English	10419 Old Placerville Road, Suite 258, Sacramento, CA 95827  916-855-0750

River Oak Center for Children	Community-based services	Outpatient child and family behavioral health center. People are encouraged to call if a child, youth, or teen's behavior is impairing how he or she functions at home, school, or in the community.	English	5445 Laurel Hills Drive, Sacramento, CA 95841 (916) 609-5100  Reading List and Resources on Various Anxiety Disorders: <a href="http://anxietytreatmentexperts.com/resources/">http://anxietytreatmentexperts.com/resources/</a>
Sacramento Children's Home (SCH) Counseling Center	Mental Health Services	The SCH Counseling Center is an innovative, community-based program which offers a full array of mental health services to MediCal eligible children and young adults aged two to 21. Our services promote mental health wellness, recovery, and safety and help clients develop the skills and abilities necessary to be successful.	English	2750 Sutterville Road Sacramento, CA 95820 916-452-3981  <a href="https://www.kidshome.org/">https://www.kidshome.org/</a>
Sacramento County Access	Mental Health Hotline	Mental health plan information for Medi-cal and Medicare eligible individuals	English	916-875-1055
Suicide Prevention Crisis Hotline in Sacramento County	Hotline	On-call 24/7	English	916-368-3111
Sutter Center for Psychiatry	Psychiatric hospital	Psychiatric hospital for all ages	English	7700 Folsom Boulevard, Sacramento, CA, 95826 916-388-3045 <a href="http://www.suttermedicalcenter.org">www.suttermedicalcenter.org</a>
Tatiana Caoagdan	Marriage & Family Therapist	Focuses on the adult and adolescent population. Specializes in depression, domestic violence, and relationship issues.	English, <b>Tagalog</b>	Email:  Phone: 916-252-5029  Location: Elk Grove, CA

Terkensha Associates North Area Mental Health Clinic	Mental Health Clinic	Provides mental health services to children and young adults ages 3 - 21.	English	811 Grand Avenue, Suite D, Sacramento, CA 95838  (916) 383-6783
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## Bay Area

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
<b>East Bay</b>				
Alameda Family Services	Family and mental health services	Provides behavioral health care services, school-linked services, heart start/early head start services and family support services.	English	2325 Clement Avenue Suite A, Alameda, CA 94501 510-629-6300 <a href="mailto:info@alamedafs.org">info@alamedafs.org</a>
Alternative Family Services	Child welfare services	Offers foster services, adoption services, and mental health services for families.	English	Oakland Office: 401 Roland Way Suite 150, Oakland, CA 94621 510-839-3800  The Gathering Place Oakland: 401 Roland Way Suite 100, Oakland, CA 94621 510-746-2800  The Gathering Place Pleasanton: 5167 Johnson Drive, Pleasanton, CA 94588



				925-474-2154
Asian Community Mental Health Services	Community mental health services	ACMHS is a non-profit community based organization that provides culturally relevant family, youth, disability, employment, and behavioral healthcare services to Asian Pacific Islanders communities in the East Bay.	English, Tagalog	301 8th Street Suite 201, Oakland, CA 94607 510-451-6729 <a href="mailto:info@acmhs.org">info@acmhs.org</a>
Community Health for Asian Americans	Community Health Services	Community Health for Asian Americans (CHAA) is a non-profit organization committed to improving the quality of life for marginalized communities with special focus on Asian and Pacific Islander (API) communities in the Bay Area. CHAA provides behavioral health, community engagement, youth programs, and culturally relevant services.	English	Alameda Location: 1141 Harbor Bay Parkway, Alameda, CA 94502 510-835-2777  Antioch Location: 3727 Sunset Lane Suite 110, Antioch, CA 94509 925-778-1667  Richmond Location: 207 37th Street, Richmond, CA 94805 510-233-7555
First Hope	Outpatient psychosis treatment	<b>First Hope</b> is an outpatient treatment program for young people and their families, experiencing early symptoms of psychosis or a recent psychotic episode.	English	391 Taylor Boulevard, Suite 100 Pleasant Hill, CA 94523 925-608-6550
Fred Finch Youth Center	Mental Health Services	Provides outpatient mental health services for children and youth	English	3800 Coolidge Avenue, Oakland, CA 94602 510-482-2244 <a href="http://www.fredfinch.org">www.fredfinch.org</a>
John Muir Behavioral Health	Psychiatric hospital	Psychiatric hospital for all ages	English	2740 Grant Street, Concord, CA 94520 925-680-6500 <a href="http://www.johnmuirhealth.com">www.johnmuirhealth.com</a>

Speciality Mental Health Clinic of Asian Health Services	Mental Health Clinic	Provides culturally relevant mental health services to children, youth, and adults in the Asian American community in the East Bay. Services include assessment, therapy, medication, case management, crisis intervention, hotline response, prevention and education, advocacy, and support and referral services	English, <b>Tagalog</b> , Burmese, Cantonese, Japanese, Karen, Khmer, Korean, Mandarin, Mien, Vietnamese	Oakland Center: 310 8th Street, Suite 201, Oakland, CA 94607 510-735-3900 <a href="https://asianhealthservices.org/specialty-mental-health-clinic/">https://asianhealthservices.org/specialty-mental-health-clinic/</a>
<b>North Bay</b>				
Alternative Family Services	Child welfare services	Offers foster services, adoption services, and mental health services for families.	English	San Rafael Office: 361 Third Street Suite G, San Rafael, CA 914901  Santa Rosa Office: 1421 Guerneville Road Suite 218, Santa Rosa, CA 95403  Vallejo Office: 160 Glen Cove Marina Road Suite 102, Vallejo, CA 94591
County of Marin's Mobile Response Team	Suicide hotline	Hotline for those experiencing a mental or behavioral crisis. Available for those in Marin County.	English	415-473-6392
County of Sonoma Access Team	Mental health services.	Provides services for seriously emotionally disturbed (SED) children and youth up to age 18. Services include wrap-around service (5-12 y.o.), assessment, case management, crisis intervention, psychiatric evaluation, medication monitoring, residential mental health services, therapy, and referrals to residential care.	English	707-565-6900

Lomi Psychotherapy Clinic	Mental Health Clinic	Provides affordable mental health services and counseling to children, couples, and families in Santa Rosa.	English	534 B Street, Santa Rosa, CA 95401 707-579-0465 <a href="http://www.lomi.org/Welcome.html">http://www.lomi.org/Welcome.html</a>
Marin Health and Human Services: Youth and Family Services	Mental health services	Provides outpatient mental health and substance use services to children, youth, and families with Medi-cal coverage. Services include case management, counseling, substance use assessment and referral, family therapy, parenting classes, and medication services.	English	3230 Kerner Boulevard, San Rafael, CA 94903 Access: 888-818-115 Info: 415-473-6724
National Alliance on Mental Illness (NAMI) - Sonoma County	Mental Health Resources	Provides various mental health resources to communities in Sonoma County through education, support, advocacy, and public awareness.	English	866-960-6264 <a href="mailto:info@namisoco.org">info@namisoco.org</a>
St. Helena Hospital Center for Behavioral Health	Psychiatric hospital	Psychiatric hospital for all ages	English	525 Oregon Street, Vallejo, CA 94590 707-648-2200 <a href="http://www.adventisthealth.org">www.adventisthealth.org</a>
<b>Peninsula</b>				
Child Mind Institute	Mental health services	The Child Mind Institute consists of a team of child and adolescent psychiatrists, psychologists, neuropsychologists, and social workers to provide extensive mental health evaluation, treatment, and services to children, youth, and families.	Not specified	2000 Alameda de las Pulgas, Suite 242, San Mateo, California 94403 650-931-6565 <a href="mailto:info@childmind.org">info@childmind.org</a> <a href="https://childmind.org/about-us/our-offices/bay-area/">https://childmind.org/about-us/our-offices/bay-area/</a>
Filipino Mental Health Initiative	Community and mental health	A community health center that primarily serves the Filipino community in San Mateo County by providing culturally relevant mental health and	English, <b>Tagalog</b>	<a href="mailto:FMHISMC@gmail.com">FMHISMC@gmail.com</a>

	center	community resources.		
Margaret Owen-Wilson	Child and Family Psychologist, PsyD, MA	Provides culturally-sensitive psychotherapy and psychological testing to children and families. She specializes in child and adolescent mental and emotional health.	English, <b>Tagalog</b>	840 Hinckley Road Suite 110 Burlingame, CA 94010 650-826-3947
San Mateo County Crisis Line	Suicide Hotline	Crisis hotline for anyone experiencing a mental health or suicide crisis in San Mateo County.	English	650-579-0350
<b>San Francisco</b>				
Alternative Family Services	Child welfare services	Offers foster services, adoption services, and mental health services for families.	English	San Francisco Office: 250 Executive Park Boulevard Suite 4900, San Francisco, CA 94134 415-656-0116
Asian and Pacific Islander Mental Health Collaborative	Mental and community health	Offers culturally relative mental health services for the Asian American community in San Francisco.	English, <b>Tagalog</b>	4020 Balboa Street, San Francisco, CA 94121 415-920-3112, ext. 22
Child Crisis Mobile	Hotline	Child hotline	English	415-970-3800
Edgewood Center for Children and Families	Mental health services	Provides outpatient mental health services for children and youth	English	1801 Vincente Street, San Francisco, 94116 415-681-3211 <a href="http://www.edgewood.org">www.edgewood.org</a>
Filipino American Counseling and Treatment Team	Mental health services	Mental health counseling and wellness support services for the Filipino American community. Primarily serves adults 18 and over.	English, <b>Tagalog</b>	1001 Potrero Avenue, San Francisco, CA 94110 415-421-2926
Filipino Mental Health Initiative of San Francisco	Community and mental health center	A community health center that primarily serves the Filipino community in San Francisco by providing culturally relevant mental health and community resources.	English, <b>Tagalog</b>	1010 Mission Street, Suite B; San Francisco, CA 94103 415-348-8042 <a href="mailto:fmhisf@bayanihancc.org">fmhisf@bayanihancc.org</a>

Huckleberry House: Teen Crisis Hotline	Hotline	Teen crisis hotline	English	415-621-2929
Mabuhay Health Center	Community health center	Provides free health services and mental health education to the underserved Filipino American community in the South of Market (SOMA) district	English, <b>Tagalog</b>	1010 Mission Street, San Francisco, CA 94103 415-633-6421
PRC	Residential Services	This organization provides legal representation, residential mental health services, workforce development, emergency financial assistance, and eligibility and access.	English	170 9th Street, San Francisco, CA 94103 415-777-0333
Safe & Sound: Parent Talk Line	Hotline	Parent hotline	English	415-441-5437
San Francisco Suicide Lifeline	Hotline	A hotline of mental health counselors for those in a crisis and need immediate support.	English	415-781-0500 Text MYLIFE to 741741
Uplift Family Services	Family mental health services	A statewide nonprofit that helps families and children. The agency is one of the largest, most comprehensive mental health treatment programs in California and takes a state-of-the-art approach to children and adolescents with complex behavioral health challenges.	English	408-379-3790 <a href="http://www.upliftfs.org/about/locations/san-mateo-county">www.upliftfs.org/about/locations/san-mateo-county</a>
<b>South Bay</b>				
Alum Rock Counseling Center	Counseling center	ARCC aims to address the academic, social, and mental health needs of the at-risk youth and families living in East San Jose. ARCC provides culturally sensitive counseling, professional support, educational assistance, youth development activities, violence prevention education, and crisis intervention services.	English	1245 East Santa Clara Street, San Jose, CA 95116 408-294-2451 <a href="mailto:info@alumrockcc.org">info@alumrockcc.org</a> <a href="https://alumrockcc.org/">https://alumrockcc.org/</a>

Bill Wilson Center's SOS Crisis Hotline	Crisis hotline	Behavioral crisis hotline that provides community support and services to children and youth who are experiencing an immediate behavioral or mental health crisis.	English	408-278-2585 <a href="http://www.billwilsoncenter.org/services/all/sos-hotline.html">www.billwilsoncenter.org/services/all/sos-hotline.html</a>
Family & Children Las Plumas Behavioral Health Clinic	Behavioral Health Clinic	Provides outpatient services, outreach, therapy, social groups, and referrals to housing for children, youth, and their families.	English, Tagalog	1650-K Las Plumas Avenue, San Jose, CA 95133 408-272-6726 <a href="mailto:peter.antons@hhs.sccgov.org">peter.antons@hhs.sccgov.org</a>
Family & Children Sunnyvale Behavioral Health Clinic	Behavioral Health Clinic	Family & Children Sunnyvale Behavioral Health Clinic provides culturally sensitive behavioral health services such as assessment, therapy, and psychiatric care for children, teens, and families experiencing social, emotional, or behavioral challenges.	English	660 South Fair Oaks Avenue, Sunnyvale, CA 94086 408-885-5000 <a href="mailto:brian.salada@hhs.sccgov.org">brian.salada@hhs.sccgov.org</a> <a href="https://www.scvmc.org/clinics-and-locations/Sunnyvale/Pages/overview.aspx">https://www.scvmc.org/clinics-and-locations/Sunnyvale/Pages/overview.aspx</a>
Rebekah Children's House	Mental health services	Provides outpatient mental health services and full-day Day Treatment	English	290 IOOF Avenue, Gilroy, CA 95020 408-846-2100 <a href="http://www.reskids.org">www.reskids.org</a>

## Stockton Area

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
ASPIRAnet	Therapeutic Behavioral	Provides Therapeutic Behavioral Services (TBS) and crisis stabilization services as an	English	6 S. El Dorado Street, Suite 510

	Services (TBS)	alternative to psychiatric hospitalization.		
Child Abuse Prevention Council	Mental Health Services	Provides outpatient mental health services utilizing strengthening family approach	English	540 N. California Street, Stockton, CA 95202 209-644-5311 <a href="http://www.nochildabuse.org">www.nochildabuse.org</a>
Children and Youth Services -- Stockton Clinic (CYS)	Behavioral Health Services for youth	Comprehensive mental health services for children, youth, and their families living in the Central County area. Services include individual and group therapy, case management, psychiatric assessment, and medication support.	English	1414 N. California Street, Stockton, CA, 95202  209-468-2385 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
Children and Youth Services - Foster Youth Full Service Partnership	Behavioral and Mental Health Services for youth	Mental Health Services Act (MHSA) program focused on children and youth in the Foster Care system	English, <b>Tagalog</b>	1414 N. California Street, Stockton, CA, 95202  209-468-2385 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
Children and Youth Services - Juvenile Justice Full Service Partnership (MHSA)	Behavioral and Mental Health Services for youth	Mental Health Services Act program focused on children and youth in the Juvenile Justice system.	English	1414 N. California Street, Stockton, CA, 95202  209-468-2385 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
Crisis Community Response Team (CCRT)	Hotline/Crisis Response	Mobile multi-disciplinary crisis team for community adult mental health outreach, early intervention and joint field response with law enforcement for crisis 5150 detention evaluations.	English	1212 N. California Street, Stockton, CA 95202  209-468-8686 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
Crisis Intervention Services	Crisis Response	24-Hour evaluation services including assessment for psychiatric emergencies, crisis counseling, outpatient and community referrals	English	1212 N. California Street, Stockton, CA 95202 209-468-8686 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>

Healing Pilipinx Uplifting Self & Others (PUSO)	Mental Health Services	Healing PUSO is a Filipino Mental Health Initiative that has a purpose of uplifting the puso (“heart” in Tagalog) and spirit of our Pilipinx community in Stockton while normalizing mental health through holistic health programs and culturally-rooted healing	English, Tagalog	Holistic Health Director, Hannah Rhea Divino  hannah@littlemanila.org  Instagram: @healingpuso Facebook: @lmhealingpuso
Mary Graham Children’s Center	Outpatient mental health services	Provides outpatient mental health services to residents of Mary Graham Children's Shelter	Not specified	6861 Mary Graham Lane, French Camp, CA 95231 209-468-6966 <a href="https://marygrahamfoundation.org">https://marygrahamfoundation.org</a>
Peterson Hall	Outpatient mental health services	Provides outpatient mental health services to youth detained at Peterson Hall.	English	535 Matthews Road, French Camp, CA 95231 209-468-4200 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
SJS-MHS CYS Katie A Services	Outpatient mental health services	Provides in-home and in-community outpatient mental health services to W&I Code 300 dependent SJC children	English	333 E. Washington Street, Stockton, CA 95202  209-468-1547 <a href="https://www.sjgov.org/mhs">https://www.sjgov.org/mhs</a>
Valley Community Counseling Services (VCCS) (Manteca)	Mental health services	Full range specialty mental health services for children and youth in the South County area.	English	129 E. Center Street, Manteca, CA 95336 209-239-5553 <a href="http://www.communityconnectssjc.org">www.communityconnectssjc.org</a>
Valley Community Counseling Services (VCCS) (School Based Program - Stockton)	Mental health services	Valley Community Counseling Services (VCCS) is a private, non-profit corporation providing a variety of counseling, therapy and educational services to [Stockton] county residents.	English	Phone: 209-956-4240  Website: <a href="https://communityconnectionssjc.org/programs/details/valley_community_counseling_services/">https://communityconnectionssjc.org/programs/details/valley_community_counseling_services/</a>
Women’s Center - Family	Mental health	Outpatient mental health services for	English	729 N. California Street, Stockton,



and Youth Services

services

children and youth

CA 95202  
209-929-6700  
[www.womenscenteryfs.org](http://www.womenscenteryfs.org)

## Los Angeles County

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
<b>For all of LA County</b>				
Directory of Support Groups for Families of People with Developmental Disabilities in LA County	Support Groups	This document provides a list of support groups for parents and family members of people with developmental disabilities who live in Los Angeles County. The support groups are divided by cultural/language-specific groups and disability-specific groups. There are also groups for specific family members and other types of support groups (early start, special education, transition to adulthood, and bereavement).	English, <b>Tagalog</b>	Link to directory: <a href="https://scdd.ca.gov/wp-content/uploads/sites/33/2016/10/Parent-Sibling-Group-Directory-2013-final1.pdf">https://scdd.ca.gov/wp-content/uploads/sites/33/2016/10/Parent-Sibling-Group-Directory-2013-final1.pdf</a>  - Contact information for the Developmental Disabilities Area Board 10 can also be found on the directory
FASGI's LA County Mental Health Provider Directory	Mental Health Agencies Resource List	The Filipino American Service Group, Inc. has a detailed list of mental health agencies in Los Angeles County with details regarding services, languages, telehealth services, age groups served, etc.	English	Link:
Filipino Support Group	Support Group	A support group for Filipino families to share their experiences as parents in the Filipino American community. 6:30-8pm, 3rd Monday of the month Meets online via zoom.	English, <b>Tagalog</b>	Contact Therea Quary at <a href="mailto:theresa.quary@csun.edu">theresa.quary@csun.edu</a> for the zoom information
GENESIS Program	Geriatric Mental Health Services	The GENESIS Program offers Field Capable Clinical Services (FCCS) to Older	English, interpretation	<b>Direct Phone Line:</b> 213-351-7284

		Adults, ages 60 and above. FCCS offers an alternative to traditional mental health services for older adults who may be unable to access services due to impaired mobility, frailty, or other limitations. Older Adults who may be uncomfortable seeking services in a traditional clinic, FCCS may be a welcome alternative. GENESIS serves the homebound and severely ill; clinicians will travel to the clients' home, no telehealth services available, no travelling necessary.	services available	<b>Hours:</b> M-F 7:30AM-5PM <b>ACCESS Line:</b> 1-800-854-7771
Los Angeles County Department of Mental Health	Mental Health Services	Services include the Veteran Line, Emotional Support Warm Line, and the Access Center for service referrals, crisis assessments, and field deployments (available 24/7).	English, Spanish	<b>Helpline:</b> 1-800-854-7771 <b>Hours:</b> helpline is 24/7, entry point for mental health services; Psychiatric Mobile Response Team (PMRT) operates 8AM-2AM; clinics operate 8AM-5PM <b>Website:</b> dmh.lacounty.gov
LA County Human Services Hotline	Hotline	A guide to the services, resources, and information in Los Angeles.	English, Spanish	Dial "211"
<b>Service Area 1 (Antelope Valley)</b>				
Antelope Valley Department of Mental Health	Mental Health Services	Offers CALWORKS, COMMUNITY OUTREACH, CRISIS INTERVENTION, GROUP THERAPY, MEDICATION SUPPORT, <b>MENTAL HEALTH SERVICES* (MHS)</b> , TARGETED CASE MANAGEMENT; serves ages 18 and older <b>COVID:</b> telehealth services provided	English	<b>Address:</b> 349-A East Avenue K-6, Lancaster, CA 93535-4548 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 661-723-4260 <b>Help Line:</b> 800-854-7771 <b>Website:</b> <a href="https://dmh.lacounty.gov/">https://dmh.lacounty.gov/</a>
Antelope Valley Youth and Family Services	Mental health services	We are a nonprofit agency providing information, assessment, and referrals to	English	44815 Fig Avenue Suite 101, Lancaster, CA 93534

		prevention and early intervention programs for at-risk youth and families.		
Children’s Bureau of Southern California	Children and Mental Health Center	OFFERS <b>0-5 MENTAL HEALTH SERVICES</b> , ADOPTION, COMMUNITY OUTREACH, CRISIS INTERVENTION, MEDICATION SUPPORT SERVICES, <b>MENTAL HEALTH SERVICES* (MHS)</b> , TARGETED CASE MANAGEMENT (TCM)	English, Spanish	<b>Address:</b> 1529 E Palmdale Blvd, Palmdale, CA 93550-2034 <b>Hours:</b> M-F 9AM-5PM <b>Phone:</b> 661-272-9996 <b>Website:</b> <a href="http://www.all4kids.org">www.all4kids.org</a>
Children’s Center of Antelope Valley	Mental health center	The Children’s Center of the Antelope Valley is a private, non-profit healthcare organization located in Northern Los Angeles County that provides a continuum of services to child victims of abuse, children at risk of abuse, and their families. Services include clinical therapy, parent child interaction therapy, relative support services, and domestic violence support services.	English, Tagalog	<b>Address:</b> 45111 Fern Avenue, Lancaster, CA 93534 <b>Hours:</b> M-F 8AM-6PM <b>Phone:</b> 661-949-1206 <b>Email:</b> <a href="mailto:administrator@childrenscenterav.org">administrator@childrenscenterav.org</a> <b>Website:</b> <a href="https://ccav.org/">https://ccav.org/</a>
Child and Family Center, Palmdale	Mental health center	We change lives and heal relationships by helping people thrive through education, treatment, prevention and advocacy – strengthening families today for stronger communities tomorrow. Provides mental health, alcohol & drug treatment, and domestic violence services.	English	<b>Address:</b> 38345 30th Street East, C-1&2, Palmdale, CA 93550 <b>Hours:</b> <b>Phone:</b> 661-259-9439 <a href="https://www.childfamilycenter.org/">https://www.childfamilycenter.org/</a>
Mental Health America (MHA) - Antelope Valley	Mental Health Center	Mental Health America of Los Angeles helps individuals with mental health needs, including transition-age youth, Veterans and their families, and those who may be struggling with homelessness.	English, Spanish, Khmer	<b>Address:</b> 506 W. Jackman Street, Lancaster, CA 93534 <b>Hours:</b> M-F 9AM-5PM <b>Phone:</b> 661-726-2850 <b>Email:</b> <a href="mailto:info@mhala.org">info@mhala.org</a>

**Service Area 2 (San Fernando Valley)**

ACT Health and Wellness Outpatient Clinic - Topanga West Residential Center	Mental Health Center	“ACT Health and Wellness Outpatient Clinic empowers individuals ages 18-60 who have been diagnosed with a persistent mental illness. Our clinic supports the road to recovery by offering the resources needed to reach their individualized goals. We focus on the creative abilities and strengths of each person.” <b>NOTE: they are currently at capacity</b>	English	<b>Address:</b> 9003 Reseda Blvd., Suite 100, Northridge, CA 91324 <b>Phone:</b> 818-884-8100
Ascend Healthcare	Residential Treatment	Provides a residential treatment program for teens struggling with mental health and addiction issues.	English	<b>Address:</b> 4346 Empress Avenue, Encino, CA 91436 <b>Phone:</b> 310-361-3140  <b>Address:</b> 17400 Magnolia Boulevard, Encino, CA 91316 <b>Phone:</b> 747-222-8996
Asian Pacific Counseling and Treatment Center	Mental Health Center for the AAPI Community	Provides culturally sensitive mental health services to Asian Pacific immigrants and refugees. Offers services to adults, children, and youth. Services include counseling, case management, medication, and community education workshops.	Cambodian, Chinese (Chiu Chow, Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, <b>Filipino (Tagalog)</b> , Thai and Vietnamese	<b>Address:</b> 15350 Sherman Way, Suite 200, Van Nuys, CA 91406 <b>Phone:</b> 818-267-1100
Child and Family Center, Santa Clarita	Mental Health center	We change lives and heal relationships by helping people thrive through education, treatment, prevention and advocacy – strengthening families today for stronger communities tomorrow. Provides mental health, alcohol & drug treatment, and	English	21545 Centre Pointe Parkway, Santa Clarita, CA 91350 661-259-9439 <a href="https://www.childfamilycenter.org/">https://www.childfamilycenter.org/</a>

		domestic violence services.		
Didi Hirsch Glendale	Mental Health Center	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this center include outpatient therapy for children, teens, young adults, adults, older adults, and families; Psychiatric services, medication support.	English, Spanish	<b>Address:</b> 1540 East Colorado Street, Glendale, CA 91205 <b>Hours (COVID):</b> M, W, F, 10AM - 2PM for emergencies or crises only; telehealth available M-F 8:30AM - 5PM <b>Telehealth Services:</b> 888-807-7250 <b>Location Phone:</b> 818-244-7257
Didi Hirsch Via Avanta	Maternal and Child Residential Treatment	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this center include residential substance use/mental health treatment for women and their children up to age 6, psychiatric services, and medication support	English, Spanish	<b>Address:</b> 11643 Glenoaks Blvd., Pacoima, CA 91331 <b>Hours:</b> operates 24/7 <b>Phone:</b> 818-897-2609
Evolve Treatment Centers - Calabasas	Residential Rehab Services	Residential rehab program for teens struggling with substance abuse, depression, anxiety, suicidal ideation, self-harm, and behavioral issues. Services include personalized treatment, individual and group therapy, counseling, and mindfulness activities.	English	<b>Address:</b> 423 Woodbluff Road, Calabasas, CA 91302 <b>Phone:</b> 818-918-3119 <b>Website:</b> <a href="http://evolvreatment.com">evolvreatment.com</a>
Hillview Mental Health Center Adult Residential	Psychiatric Services	Serving more than 2,000 clients, Hillview Mental Health Center empowers individuals affected by mental illness to flourish and live productive, fulfilling lives. Our staff of psychiatrists, nurses, clinicians, recreational therapists and case managers work collaboratively to provide individually tailored services for our clients.	English, Spanish	<b>Main Center:</b> 12408 Van Nuys Blvd. Bldg C, Pacoima, CA 91331-1313 <b>Outpatient:</b> 12450 Van Nuys Blvd, Pacoima, CA 91331-1391 <b>Hours:</b> M-F 9AM - 5:30PM <b>Phone:</b> 818-896-1161, ext. 200 <b>Email:</b> <a href="mailto:info@hillviewMHC.org">info@hillviewMHC.org</a>

		<p>These services can include medication evaluation and treatment, individual or group therapy, case management, substance abuse treatment and crisis management.</p> <p><b>COVID:</b> telehealth appointments (in-person but in separate room and telehealth for initial appointment)</p>		<b>Website:</b> www.hillviewmhc.org
LAUSD Valley School Mental Health Clinic	Mental health Clinic	Clinic-based integrated care. Provides psychiatric services for students in the LA Unified School District.	English	<b>Address:</b> 6651 Balboa Boulevard, Van Nuys, CA 91406 <b>Phone:</b> 818-758-2300
Pacific Asian Counseling Services	Counseling for the AAPI Community	A non-profit community organization that provides culturally sensitive mental health and counseling services primarily to low-income Asian American and immigrant families. Services include case management, opportunities for housing, shelter, legal services, food, clothing, etc., benefits enrollment, peer support, and referrals.	Chinese (Cantonese, Taiwanese, and Mandarin), English, Japanese, Korean, Khmer, Spanish, <b>Tagalog</b> , Thai, Samoan, Vietnamese	<b>Address:</b> 6931 Van Nuys Boulevard, Suite 200, Van Nuys, CA 91405 <b>Phone:</b> 818-989-9214 <b>Email:</b> info@pacsla.org
Penny Lane Centers	Child Welfare and Mental Health Services	Offers child welfare, mental health, and social services for children and adults in the Los Angeles Area. Services include residential services, foster care/adoption, transitional housing, permanent/affordable housing, intensive services, mental health services, and substance use services.	English, Spanish	<b>Address:</b> 15305 Rayen St., North Hills, CA 91343 <b>Phone:</b> 818-892-3422
Phoenix House California, Lake View Terrace	Mental Health and Addiction Services	We offer a number of services for those seeking help with their alcohol or drug addiction in addition to ongoing care for people who are already in recovery. We	English	<b>Address:</b> 11600 Eldridge Avenue, Lake View Terrace, CA 91342 <b>Hours:</b> M-F 8:30AM - 5PM <b>Phone:</b> 818-686-3000

		also provide school-based mental health, substance abuse, and drug prevention services that seek to alter the future of addiction through education.		<b>Website:</b> <a href="http://www.phoenixhouse.org">www.phoenixhouse.org</a>
San Fernando Mental Health Center	Mental Health Center	Provides mental services to adults, children, and transition aged youth	Arabic, Armenian, English, Greek, Japanese, Russian, Spanish, Vietnamese, <b>Tagalog</b>	<b>Address:</b> 10605 Balboa Blvd, Granada Hills, CA 91344-9998 <b>Hours:</b> M-F 8AM-6PM <b>Phone:</b> 818-832-2400 <b>Website:</b>
San Fernando Valley Community Mental Health Center, Inc.	Mental Health Center	The center provides mental health services, residential mental health services, welfare-to-work support services and shelter for children, age 0 to 15; transitional age youth, age 16 to 25; adults, age 26 to 59; older adults over 60; and families who live in the San Fernando Valley. Services include behavior modification, case management, counseling, mental health services, psychiatric management, and wraparound support. <b>NOTE: currently at capacity</b>	English	<b>Website:</b> 6400 Laurel Canyon Boulevard, Suite 500, North Hollywood, CA 91606 <b>Phone:</b> 818-908-4990 <b>Children's Center Phone:</b> 818-574-7745
The Help Group	Child Welfare Center	"Founded in 1975, the Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the U.S. serving children, adolescents and young adults with special needs related to autism spectrum disorder, learning disabilities, ADHD, developmental delays, abuse and emotional challenges."	English	<b>Address:</b> 13164 Burbank Blvd, Sherman Oaks, CA 91401-6037 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 818-781-0360 <b>Email:</b> <a href="mailto:crivera@thehelpgroup.org">crivera@thehelpgroup.org</a>  <b>Outpatient Clinic:</b> 12450 Van Nuys Blvd., Pacoima, CA 91331-1391



				<b>Hours:</b> M-F 9AM-5:30PM <b>Email:</b> <a href="mailto:info@hillviewmhc.org">info@hillviewmhc.org</a> <b>Website:</b> <a href="http://www.thehelpgroup.org">www.thehelpgroup.org</a>
West Valley MH/Wellness Center	Mental Health / Wellness Center	West Valley Wellness Center is a public rehab located in Chatsworth, California. West Valley Wellness Center specializes in the treatment of mental health, and dual diagnosis.	American Indian / Alaskan Native (AI/AN), Armenian, English, Farsi, Hindi, Russian, Spanish	<b>Address:</b> 7621 Canoga Avenue, Canoga Park, CA 91304-4912 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 818-598-6900
<b>Service Area 3 (San Gabriel Valley)</b>				
Asian Pacific Counseling and Treatment Center	Mental Health Center	Provides culturally sensitive mental health services to Asian Pacific immigrants and refugees. Offers services to adults, children, and youth. Services include counseling, case management, medication, and community education workshops.	Cambodian, Chinese (Chiu Chow, Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, Filipino (Tagalog), Thai and Vietnamese	1635 W. Main Street, Suite 100, Alhambra, CA 91801 626-248-1800 (currently closed but offering remote services)
Center for Integrated Family Health Services	Mental Health Center	The Center for Integrated Family and Health Services (CIFHS), commonly referred to as "The Family Center," is a private non-profit agency with its primary offices located in the San Gabriel Valley area of Los Angeles County. The purpose of the Agency is to deliver high quality, comprehensive, integrated primary, behavioral and mental health services to the community. <b>NOTE: currently at capacity</b>	English	<b>Main Office:</b> 540 S. Eremland Drive, Covina, CA 91723 <b>Phone:</b> 626-966-1577 <b>Covina Office:</b> 536 S. 2nd Avenue, Suite F, Covina, CA 91723 <b>Phone:</b> 626-967-5103 <b>Baldwin Park Office:</b> 14362 Ramona Blvd., Baldwin Park, CA 91706 <b>Phone:</b> 626-966-1577

				<b>Website:</b> <a href="http://www.cifhs.org">www.cifhs.org</a>
Enki Youth & Family Services	Mental health clinic	Enki Health Services provides multicultural & multilingual behavioral health services to SED children and adolescents and severely and persistently mentally ill adults throughout Los Angeles. Services include case management, outpatient services, school-based services, medication, CalWORKs services, and wellness services.	English	<p><b>El Monte Clinic:</b> 3208 Rosemead Blvd, 1st Floor, El Monte, CA 91371 626-227-7001</p> <p><b>La Puente Clinic:</b> 160 S. Seventh Ave., La Puente, CA 91744 <b>Phone:</b> 626-961-8971</p> <p><b>West Covina Clinic:</b> 1215 W. West Covina Parkway, West Covina, CA 91790 <b>Phone:</b> 626-974-0770</p>
Hillsides	Family Resource Center	Hillsides is a premier provider dedicated to healing children and young adults, strengthening families, and transforming communities through quality comprehensive services and advocacy. We envision a world in which children and young adults, families, and communities are able to heal, grow, and thrive. Our values are quality care, respect, integrity, transparency, compassion, collaboration, and innovation.	English	<p><b>Main Campus:</b> 940 Avenue 64, Pasadena, CA 91105 <b>Phone:</b> 323-254-2274</p>
Institute for Redesign Learning: Almansor Education Center	Early Childhood Education and Mental Health Center	“As a team of a committed students/clients, parents and caregivers, professional and support staff, board members and community supporters, we work together in a profound endeavor that has supported the success of thousands of individuals of all abilities throughout the course of over four decades—a mission we look forward to continuing for decades to come.”	English	<p><b>Almansor Academy and Early Childhood Education Services:</b> 1955 Fremont Ave., South Pasadena, CA 91030 <b>Phone:</b> 323-257-3006</p> <p><b>Clinical Services:</b> 205 Pasadena Ave., South Pasadena, CA 91030 <b>Phone:</b> 323-344-5536 <b>Website:</b></p>

				<a href="https://www.redesignlearning.org/">https://www.redesignlearning.org/</a>
National Alliance on Mental Illness (NAMI) San Gabriel Valley	Mental Health and Community services	NAMI San Gabriel Valley is a grassroots organization that provides a community of support, education, resources and outreach activities to families, friends and persons with mental illness so as to improve their general welfare, and to reduce the stigma of mental illness.	Not specified	2550 E Foothill Blvd #135, Pasadena, CA 91107 626-577-6697 <b>Email:</b> <a href="mailto:sgynami@pacificclinics.org">sgynami@pacificclinics.org</a> <b>Website:</b> <a href="https://namisangabrielvalley.org/">https://namisangabrielvalley.org/</a>
Pacific Clinics - Asian Pacific Family Center	Mental Health and Family Services	Provides culturally relevant mental health and welfare-to-work support services for all ages in the Asian/Pacific Islander community. Services include child and family counseling, mental health education, crisis intervention, parenting classes, case management, medication monitoring, and resocialization. <b>NOTE: currently not accepting new clients</b>	Cambodian, Cantonese, Mandarin, Chiu Chow, English, Toi San, Taiwanese, Korean, Spanish, and Vietnamese	<b>Rosemead Location:</b> 9353 East Valley Boulevard, Rosemead, CA 91770 <b>Hours:</b> M-F 9AM-5PM <b>Phone:</b> 626-287-2988  <b>El Monte Location:</b> 9864 Baldwin Place, El Monte, CA 91731-2202 <b>Phone:</b> 626-962-6061 <b>Helpline/Intake:</b> 1-877-722-2737
San Gabriel Children's Center Outpatient	Mental Health Services	Provides outpatient mental health services for children and youth	Not specified	4740 N. Grand Avenue, Covina, CA 91724 626-859-2089 <a href="http://www.sangabrielchild.com">www.sangabrielchild.com</a>
Serene Pathways	Counseling	Offers telehealth counseling for a wide array of behavioral and mental health issues. Offers services to all ages.	English, Filipino, Spanish, and Mandarin	12598 Central Avenue, Suite 205, Chino, CA 91710 (currently remote) 909-378-9082
<b>Service Area 4 (Metro)</b>				
Anne Sippi Clinic Adult Community Services		Our recovery oriented mental health facilities create dynamic living environments which are at the forefront of the recovery movement. Our supportive	English	<b>Address:</b> 2457 Endicott, Los Angeles, CA 90032 <b>Phone:</b> 323-227-5252 <b>Email:</b> <a href="mailto:info@annesippiclinic.com">info@annesippiclinic.com</a>

		treatment services teams provide effective interventions within our therapeutic communities. ASC offers a full continuum of care with programs in Southern California and Kern County.		<b>Website:</b> <a href="http://annesippiclinic.com/">http://annesippiclinic.com/</a>
Asian American Drug Abuse Program - Youth Facility/Olympia Academy	Substance Abuse Treatment Center	Residential substance abuse treatment, cognitive/behavioral therapy, dialectical behavioral therapy, substance abuse counseling, and trauma-related counseling	English, Spanish	5825 West Olympic Boulevard, Los Angeles, CA 90036
Asian Foster Family Initiative - Korean American Family Services	Foster Care	An Asian Pacific Islander (API)-focused foster family agency. The Asian Foster Family Initiative (AFFI) recruits and trans API resource foster families to provide culturally sensitive homes to API foster children.	English, Korean, Mandarin, Cantonese, and Tagalog	3727 West 6th Street, Suite 320, Los Angeles, CA 90020 (currently remote only) <b>Phone:</b> 213-389-6755 <b>Hotline:</b> 888-979-3800 <b>Email:</b> admin@kfamla.org
Asian Pacific Counseling and Treatment Center	Mental Health Center	Provides culturally sensitive mental health services to Asian Pacific immigrants and refugees. Offers services to adults, children, and youth. Services include counseling, case management, medication, and community education workshops.	Cambodian, Chinese (Chiu Chow, Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, <b>Filipino (Tagalog)</b> , Thai and Vietnamese	<b>Main Center:</b> 520 South Lafayette Park Place, Suite 300, Los Angeles, CA 90057 <b>Phone:</b> 213-252-2100 <b>Wilshire Center:</b> 1310 Wilshire Boulevard, Los Angeles, CA 90017 <b>Phone:</b> 213-483-3000 <b>Website:</b> <a href="http://www.apctc.org">www.apctc.org</a>
Boone Fetter Clinic	Behavioral Health Clinic	The Boone Fetter Clinic offers comprehensive diagnostic services and follow-up care for children and adolescents who have concerns in the areas of neurodevelopment, behavior, attention, sensory processing, feeding difficulties and social-emotional	English	1300 N. Vermont Ave. #905, Los Angeles, CA 90027  <b>Warmline:</b> 323-361-6102  <b>Website:</b> <a href="https://www.chla.org/boone-fetter-">https://www.chla.org/boone-fetter-</a>

		development. A multidisciplinary team comprised of developmental behavioral pediatricians, psychologists, speech/language pathologists and occupational therapists deliver services within a single setting.		<a href="#">clinic</a>
Children’s Bureau of Southern California	Mental Health Center	Provides mental health, prevention, and foster care services to children and their families. They also provide training and coaching workshops for community organizations.	English	3910 Oakwood Avenue, Los Angeles, CA 90004 323-953-7350 all4kids.org
Didi Hirsch Metro Center	Mental Health Services	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this location include outpatient therapy for children and families, psychiatric services, and medication support.	English, Spanish	<b>Address:</b> 672 South La Fayette Park Pl. Suite 6, Los Angeles, CA 90057 <b>Hours:</b> CLOSED during the pandemic, offers telehealth M-F 8:30AM - 5PM <b>Telehealth Services:</b> 888-807-7250 <b>Location Phone:</b> 213-381-3626
El Centro Del Pueblo, Inc.	Gang Prevention	El Centro del Pueblo was established in 1974 as a non-profit community service agency for the purpose of alleviating and mitigating the negative affects of gang violence. We are dedicated to improve the quality of life for children, youth and families through prevention, intervention, and education through a coordinated range of services in Central, Northeast and South Los Angeles. El Centro provides services for families in a culturally, ethnically and linguistically competent basis. We draw from our collaborative partners with Korean, Pilipino	English, Korean, <b>Pilipino</b>	<b>Address:</b> 1157 Lemoyne Street, Los Angeles, CA 90026 <b>Hours:</b> M-F 9AM-7:30PM <b>Phone:</b> 213-483-6335 <b>Website:</b> <a href="https://ecdpla.org/">https://ecdpla.org/</a>

		Chinese, and Central American and African-American families to provide services.		
Exodus Recovery	Mental Health and Substance Use Treatment	Since 1989, Exodus Recovery, Inc. (Exodus) has been providing quality psychiatric and chemical dependency treatment services to Southern California communities. Beginning with the management of hospital-based inpatient and outpatient programs, Exodus eventually expanded into the operation of mental health intensive outpatient clinics as a contractor with both the Los Angeles and San Diego County Departments of Mental Health. In the last twenty years, Exodus has developed and established several hospital-based inpatient and outpatient programs, a psychiatric and internal medicine provider group, and a behavioral health managed care company.	English	<b>Marengo:</b> 1902 Marengo St., Los Angeles, CA 90033 <b>Phone:</b> 323-276-6470
Hillsides	Family Resource Center	Hillsides is a premier provider dedicated to healing children and young adults, strengthening families, and transforming communities through quality comprehensive services and advocacy. We envision a world in which children and young adults, families, and communities are able to heal, grow, and thrive. Our values are quality care, respect, integrity, transparency, compassion, collaboration, and innovation.	English	<b>Los Angeles Office:</b> 815 Colorado Blvd., Los Angeles, CA 90041 <b>Phone:</b> 323-543-2800
Northeast Mental Health Center	Mental Health Center	Located in Northeast Los Angeles, the Northeast Mental Health Center offers crisis intervention, life support, medication	English, interpreter services	<b>Address:</b> 5321 Via Marisol, Los Angeles, CA 90042 <b>Hours:</b> M-F 8AM-5PM

		support, mental health services (MHS), psychological testing, specialized foster care, and targeted case management. <b>COVID:</b> telehealth services offered	available for <b>Tagalog</b>	<b>Phone:</b> 323-478-8200
Special Service for Groups, Inc. Alliance	Health and Human Service Organization	Special Service for Groups, Inc. – better known as SSG – is a non-profit health and human service organization dedicated to building and sustaining community-based programs that address the needs of vulnerable communities. <b>NOTE: not accepting new clients at the moment</b>	English, Chinese, Vietnamese, <b>Tagalog</b>	<b>Main Location:</b> 905 E. 8th Street, Los Angeles, CA 90021 <b>Phone:</b> 213-553-1800  <b>Older Adults Division:</b> 515 Columbia Ave., Los Angeles, CA 90017 <b>Phone:</b> 213-249-9388  <b>Metro Center:</b> 600 St. Paul Ave., Suite 101, Los Angeles, CA 90017 <b>Phone:</b> 626-248-1800 <b>Koreatown Phone:</b> 213-252-2100 <b>Website:</b> <a href="http://www.ssg.org">www.ssg.org</a>
USC University Center of Excellence in Developmental Disabilities at Children’s Hospital Los Angeles (UCEDD)	Clinical and community mental health services	The USC UCEDD embraces the philosophy that services for children with special health care needs should be provided in an interdisciplinary, coordinated, comprehensive, culturally-appropriate, child-centered manner, with caregivers and children participating to the fullest extent possible as team members. We provides services through on-site training clinics, hospital-based clinics and in the community linked with public health and education programs.	English	3250 Wilshire Blvd, Suite 500, Los Angeles, CA 90010  <b>Website:</b> <a href="http://www.uscucedd.org/">http://www.uscucedd.org/</a>

**Service Area 5 (West)**

Didi Hirsch Jump Street	Residential Treatment	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this location include crisis residential treatment for adults, psychiatric services, and medication support	English, Spanish	<b>Address:</b> 1233 S. La Cienega Blvd., Los Angeles, CA 90035 <b>Hours:</b> operates 24/7 <b>Phone:</b> 310-855-0031 <b>Website:</b> <a href="https://didihirsch.org/">https://didihirsch.org/</a>
Didi Hirsch Sepulveda	Mental Health Services	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this center include outpatient therapy for teens, young adults, adults, and older adults; Substance use program for adolescents; Psychiatric services, medication support. <b>COVID:</b> teletherapy and telepsychiatry offered, sites open for limited hours for emergencies and crises only	English, Spanish	<b>Address:</b> 4760 S. Sepulveda Blvd., Culver City, CA 90230 <b>Hours (during COVID):</b> M, W, F 10Am - 2PM for emergency or crisis situations; telehealth M-F 8:30AM - 5PM <b>Phone:</b> 310-390-6612 <b>Website:</b> <a href="https://didihirsch.org/">https://didihirsch.org/</a>
Didi Hirsch Suicide Prevention Center	Suicide Prevention	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this center include outpatient therapy for children, teens, adults, older adults, and families; Bereavement groups; Suicide attempt support groups; Crisis services. <b>COVID:</b> teletherapy and telepsychiatry offered, sites open for limited hours for emergencies and crises only	English, Spanish	<b>Address:</b> 10277 West Olympic Blvd., Los Angeles, CA 90067 <b>Phone:</b> 424-362-2900 <b>Website:</b> <a href="https://didihirsch.org/">https://didihirsch.org/</a>
Exodus Recovery	Mental Health and Substance Use Treatment	Since 1989, Exodus Recovery, Inc. (Exodus) has been providing quality psychiatric and chemical dependency treatment services to Southern California communities. Beginning with the	English	<b>Crisis Residential Treatment Program - CRTP:</b> 3754 Overland Ave., Los Angeles, CA 90034 <b>Phone:</b> 424-384-6130



		management of hospital-based inpatient and outpatient programs, Exodus eventually expanded into the operation of mental health intensive outpatient clinics as a contractor with both the Los Angeles and San Diego County Departments of Mental Health. In the last twenty years, Exodus has developed and established several hospital-based inpatient and outpatient programs, a psychiatric and internal medicine provider group, and a behavioral health managed care company.		
Shields for Families	Youth Mental Health Services	Youth Mental Program provides counseling and treatment for youth and adolescents ages 6-18. Services include psychosocial assessments, individual, group, and family therapy, medication support services, psychiatric services, comprehensive case management, educational and vocational services, life skills classes, and drug and alcohol education.	Not specified	<a href="mailto:info@shieldsforfamilies.org">info@shieldsforfamilies.org</a> 11601 S. Western, Los Angeles, CA 90047 323-242-5000
<b>Service Area 6 (South)</b>				
Bayfront Youth and Family Services	Behavioral and Mental Health Services	Bayfront Youth & Family Services is a quality provider of behavioral and mental health treatment services for children, adolescents, and their caregivers. Our mission is to provide a comprehensive support system that promotes safe and nurturing environments. Support the family, support the child. Services include mental health services for youth and children; wraparound, therapeutic behavioral services (TBS), school link	English	<b>Outpatient Program SPA 6:</b> 16444 Paramount Blvd. Suite 203 Paramount, CA 90723 <b>Phone:</b> 562-788-7252

		programs with Paramount and Compton, IFCCS - intensive field capable clinical services; prevention and early intervention (PEI) for children and their caregivers.		
Didi Hirsch S. Mark Taper Foundation Center	Mental Health Center	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Services at this center include outpatient therapy for children, teens, young adults, and families, psychiatric services, and medication support.	English, Spanish	<b>Address:</b> 1328 West Manchester Ave., Los Angeles, CA 90044 <b>Hours:</b> CLOSED for the pandemic, offering telehealth services through 888-807-7250 M-F 8:30AM - 5PM <b>Location Phone:</b> 323-778-9593
El Centro Del Pueblo, Inc.	Gang Prevention	El Centro del Pueblo was established in 1974 as a non-profit community service agency for the purpose of alleviating and mitigating the negative affects of gang violence. We are dedicated to improve the quality of life for children, youth and families through prevention, intervention, and education through a coordinated range of services in Central, Northeast and South Los Angeles. El Centro provides services for families in a culturally, ethnically and linguistically competent basis. We draw from our collaborative partners with Korean, Pilipino Chinese, and Central American and African-American families to provide services.	English, Korean, Pilipino	<b>Address:</b> 3731 Stocker Street Suite 105, Los Angeles, CA 90008 <b>Hours:</b> M-F 9AM-5:30PM <b>Phone:</b> 323-296-2446 <b>Website:</b> <a href="https://ecdpla.org/">https://ecdpla.org/</a>
Shields for Families: College Bridge Academy	Educational and Behavioral Health Services	The College Bridge Academy is a charter high school for high-risk youth who are involved in SHIELDS and/or our partner agencies. SHIELDS utilizes a “community ecosystems” research-based approach to	English, Spanish	<b>Address:</b> 15116 S. Gibson Ave., Compton, CA 90221 <b>Phone:</b> 323-242-5000

		education, which emphasizes problems as a function of the larger whole rather than as pieces existing in isolation. To this end, our youth programs develop a detailed service plan to monitor youth progress and development and provide comprehensive educational and behavioral health services to meet students' needs.		
St. Francis Medical Center	Medical Center	St. Francis Medical Center is a hospital that offers a wide array of medical services. St. Francis Medical Center also offers in-patient psychiatric services. Services include full service partnership (FSP), medication support, mental health services (MHS), prevention & early intervention (PEI), psychological testing, targeted case management.	English	<b>Address:</b> East Imperial Highway, Lynwood, CA 90262 <b>Phone:</b> 310-900-8900 <b>Website:</b> <a href="https://www.stfrancismedicalcenter.com/">https://www.stfrancismedicalcenter.com/</a>
Tessie Cleveland Community Services	Community and Behavioral Health Services	Tessie Cleveland Community Services offers therapeutic behavioral services, wraparound services, senior wellness, day treatment intensive services, evidence-based practices, outpatient services, multi-disc assessments, full-service partnership (FSP), and substance abuse treatment.	English	<b>Address:</b> 8019 S. Compton Ave., Los Angeles, CA 90001 <b>Phone:</b> 323-586-7333 <b>Email:</b> <a href="mailto:info@tccsc.org">info@tccsc.org</a>
<b>Service Area 7 (East)</b>				
American Indian Counseling Center	Mental Health Services	The American Indian Counseling Center provider culturally centered mental health services, assessments based on needs, medicine, and therapy primarily to the Native American community. <b>COVID: offering telehealth and over-the-phone services</b>	English, Native American	<b>Address:</b> 17707 S Studebaker Road, Cerritos, CA 90703 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 562-402-0677

Asian Pacific Counseling and Treatment Center	Mental Health Center	Provides culturally sensitive mental health services to Asian Pacific immigrants and refugees. Offers services to adults, children, and youth. Services include counseling, case management, medication, and community education workshops.	Cambodian, Chinese (Chiu Chow, Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, <b>Filipino (Tagalog)</b> , Thai and Vietnamese	<b>Address:</b> 11050 East Artesia Boulevard, Suite F, Cerritos, CA 90703 <b>Phone:</b> 562-860-8838
Community Family Guidance Center	Family and Mental Health Center	We are a 501(c)(3) non-profit agency serving the Southeast area of Los Angeles County. Each year, Community Family Guidance Center (CFGC) provides high-quality counseling services to more than 1,400 children in need, plus contact with family members and teachers. Services include community outreach services, crisis intervention, field capable clinical services (FCCS), full service partnership (FSP), medication support, mental health services (MHS), PEI, and targeted case management.	English	<b>Cerritos Location:</b> 10929 South Street Suite 208, 204, 104, Cerritos, CA 90703 <b>Hours:</b> M-TH 8AM-6:30PM, F 8AM-4:30PM <b>Downey Location:</b> 8320 Iowa Street, Downey, CA 90241  <b>Intake Number:</b> 855-329-8080 <b>Website:</b> <a href="https://www.cfgcenter.com/">https://www.cfgcenter.com/</a>
Enki ELAMHS Commerce	Mental health clinic	Enki Health ELAMHS Commerce offers a full range of adult and older adult outpatient mental health services and education including co-occurring disorders and a wellness center. Services include community outreach services, crisis intervention, field capable clinical services (FCCS), full service partnership (FSP), medication support, mental health services (MHS), prevention and early intervention, and targeted case	English	<b>Commerce Address:</b> 1436 Goodrich, Blvd., Commerce, CA 90022 <b>Hours:</b> M, W, TH, F 8AM-5PM; T 9AM-6PM <b>Commerce Number:</b> 323-725-1337  <b>Call Center:</b> 866-227-1302 <b>Website:</b> <a href="http://www.ehrs.com">www.ehrs.com</a>

		management.		
Penny Lane Centers	Child Welfare and Mental Health Services	Offers child welfare, mental health, and social services for children and adults in the Los Angeles Area. Services include residential services, foster care/adoption, transitional housing, permanent/affordable housing, intensive services, mental health services, and substance use services.	English, Spanish	<b>Commerce Location:</b> 5628 E Slauson Ave., Commerce, CA 90040-2922 <b>Hours:</b> M-F 8AM-6PM <b>Phone:</b> 323-318-9960 <b>Website:</b> <a href="http://www.pennylane.org">www.pennylane.org</a>
Rio Hondo Community Mental Health Center	Mental Health Center	Rio Hondo Community Mental Health Center offers crisis intervention, dual diagnosis, field capable clinical services (FCCS), group counseling, medication support, mental health services (MHS), prevention & early intervention (PEI), specialized foster care, and targeted case management.	English, Tagalog-speaking providers available, interpretive services available	<b>Address:</b> 17707 S Studebaker Road, Cerritos, CA 90703 <b>Hours:</b> M-F 8AM-5:30PM <b>Phone:</b> 562-402-0688 <b>ACCESS Line:</b> 1-800-854-7771
Southeast Region Met	Mental Health Services	Services include targeted case management (TCM), mental health services (MHS), crisis intervention, community outreach services, and the psychiatric mobile response team (PMRT).	English	<b>Address:</b> 4305 S Santa FE Ave., Vernon, CA 90058-1714 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 213-738-3440
<b>Service Area 8 (South Bay)</b>				
Bayfront Youth and Family Services	Behavioral and Mental Health Services	Bayfront Youth & Family Services is a quality provider of behavioral and mental health treatment services for children, adolescents, and their caregivers. Our mission is to provide a comprehensive support system that promotes safe and nurturing environments. Support the family, support the child. Services include mental health services for youth and children; wraparound, therapeutic	English	<b>Outpatient Program SPA 8:</b> 900 E. Wardlow Rd., Long Beach, CA 90807 <b>Hours:</b> M-F 8:30AM-5PM <b>Phone:</b> 562-595-4525

		behavioral services (TBS), school link programs with Paramount and Compton, IFCCS - intensive field capable clinical services; prevention and early intervention (PEI) for children and their caregivers.		
Coastal API Family MHC	Mental Health Center	Services include medication support, mental health services (MHS), targeted case management (TCM), health navigation, child wellbeing services, community outreach services.	English, has staff member who speaks Tagalog	<b>Address:</b> 14112 S Kingsley Dr., Gardena, CA 90249 <b>Hours:</b> M-F 8AM-5PM
Department of Mental Health DHS Collaboration - Long Beach	Mental Health Services	Services include mental health services (MHS), crisis intervention, and targeted case management	English	<b>Address:</b> 1333 Chestnut Ave., Long Beach, CA 90813 <b>Hours:</b> M-F 8AM-5PM <b>Phone:</b> 562-595-4525
Didi Hirsch Excelsior House	Residential Services	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. This location offers crisis residential treatment for adults, psychiatric services, medication and support.	English, Spanish	<b>Address:</b> 1007 Myrtle Avenue, Inglewood, CA 90301 <b>Hours:</b> operates 24/7 <b>Phone:</b> 310-412-4191
Didi Hirsch Inglewood	Mental Health Services	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. This location offers outpatient therapy for children, teens, young adults, adults, older adults, and families; Psychiatric services, medication support.	English, Spanish	<b>Address:</b> 323 North Prairie Avenue, Inglewood, CA 90301 <b>Hours (COVID):</b> M, W, F, 10AM - 2PM for emergencies and crises only; telehealth available M-F 8:30AM - 5PM <b>Phone:</b> 310-677-7808
El Dorado Community Service Center - Inglewood	Community Clinic	El Dorado Community Service Center is a network of community clinics serving San Diego, Los Angeles, Kern, and San	English, Spanish	<b>Inglewood Location:</b> 4450 West Century Blvd., Inglewood, CA 90304

		Francisco counties. ECSC provides co-located integrated medical and addiction disorder treatment services through various government programs and contracts with Independent Practice Associations (IPA). Services include primary and preventative health care; family practice, pediatrics, and immunization; diagnosis and treatment of medical conditions such as hypertension, diabetes, etc.; gynecology; family planning and birth control; HIV/AIDS and STD testing; specialty services such as gastroenterology, pain management; substance use treatment; evidence-based, individual, and group counseling services.		<b>Hours:</b> clinic substance abuse M-F 6AM-2:30PM, SA&SU 8:30AM-9:30AM; counseling M-F 6AM-2:30PM; dosing M-F 6AM-1:30PM; SA&SU 8:30AM-9:30AM <b>Phone:</b> 310-671-9294
For the Child	Child Welfare Services	We offer professional prevention, education and treatment services for child sexual, physical, and emotional abuse, severe neglect, the impact of witnessing domestic or community violence, the victimization of human trafficking and other adverse childhood experiences. We provide court-based childcare, a 24/7 Child Abuse Response Team, help meet emergency needs and improve the daily lives of at-risk and abused low-income children and vulnerable families.	English	<b>Address:</b> 4001 Long Beach Blvd., Long Beach, CA 90807-2616 <b>Phone:</b> 562-427-7671 <b>Website:</b> <a href="http://www.forthchild.org">www.forthchild.org</a>
Olive Crest	Child and Family Services	Olive Crest's proven model helps prevent abuse and neglect, stops the cycle of child abuse, and enables children and families to become healthy productive citizens. Services include mental health services (MHS), wraparound, DVS, PPT, Psychiatry, and PHT for transitional youth.	English	<b>Address:</b> 4510 E Pacific Coast Highway Suite 450 Long Beach, CA 90804 <b>Hours:</b> M-F 8:30AM-5PM <b>Phone:</b> 562-8841

		Referral from the county preferred.		
Pacific Asian Counseling Services	Counseling	A non-profit community organization that provides culturally sensitive mental health and counseling services primarily to low-income Asian American and immigrant families. Services include case management, opportunities for housing, shelter, legal services, food, clothing, etc., benefits enrollment, peer support, and referrals.	Chinese (Cantonese, Taiwanese, and Mandarin), English, Japanese, Korean, Khmer, Spanish, <b>Tagalog</b> , Thai, Samoan, Vietnamese	<p><b>Main Office:</b> 8616 LA Tijera Boulevard, Suite 200, Los Angeles, CA 90045 310-337-1550</p> <p><b>Long Beach Office:</b> 3530 Atlantic Avenue, Suite 210, Long Beach, CA 90807 562-424-1886 (currently closed but offering remote services)</p> <p><b>Email:</b> info@pacsla.org</p>
South Bay Children's Health Center	Dental and Mental Health Center	Provides dental and mental health services for low-income, at-risk, and underserved youth in the South Bay. Services include an oral health outreach program, a guidance clinic with outpatient and in-home mental health services, therapy, parenting support, and psychiatric services, and a South Bay Youth Project that provides counseling, tutoring, and drug/alcohol prevention.	English	<p><b>Office:</b> 410 Camino Real, Redondo Beach, CA 90277 310-316-1212 <a href="mailto:info@sbchc.com">info@sbchc.com</a></p> <p><b>Guidance Clinic:</b> 1617 Cravens Avenue, Torrance, CA 90501 310-328-0855</p> <p><b>Dental Clinic:</b> 14722 Hawthorne Blvd., Suite A, Lawndale, CA 90260 310-973-5437</p> <p><b>Youth Project:</b> 410 Camino Real, Redondo Beach, CA 90277 310-316-0183</p>
Stars Behavioral Health Group	Mental Health Center	A comprehensive mental health treatment program for children experiencing emotional challenges or a psychiatric crisis. Star View provides residential and	English	<p><a href="https://www.starsinc.com/">https://www.starsinc.com/</a></p> <p><b>Urgent Care Center:</b> 3210 Long Beach Boulevard, Long Beach, CA 90807</p>



educational services. Star View consists of a team of psychiatrists, psychologists, medical doctors, social workers, nurses, rehab therapists, counselors, teachers, and other professionals.

562-548-6565

**Community Services**

3200 Long Beach Boulevard,  
Long Beach, CA 90807

562-548-6500

**Adolescent Center:**

4025 W. 226th Street, Torrance,  
CA 90505

310-373-4556

## Orange County

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
<b>County Wide</b>				
Mental Health Association of Orange County	Mental Health Services	The Mental Health Association of Orange County is dedicated to improving the quality of life of Orange County residents impacted by mental illness through direct service, advocacy, education and information dissemination. MHA is a non-profit 501(c)3 tax-exempt Orange County, CA based social services organization. All our programs serve adults with severe and persistent psychiatric disorders.	English	<b>Address:</b> 1971 East 4th Street, Suite 130A Santa Ana, CA 92705 <b>Phone:</b> 714-547-7559 <b>Email:</b> <a href="mailto:mhainfo@mhaoc.org">mhainfo@mhaoc.org</a> <b>Website:</b> <a href="https://mhaoc.org/">https://mhaoc.org/</a>
National Alliance of Mental Illness (NAMI) Orange County	Mental Health Resources	NAMI Orange County is a grassroots organization that provides a community of support, education, resources and outreach activities to families, friends and persons with mental illness so as to improve their general welfare, and to reduce the stigma of mental illness.	English, Spanish	<b>Website:</b> <a href="https://www.namioc.org/">https://www.namioc.org/</a> <b>Warmline:</b> 7149916412 <b>Phone:</b> 714-544-8488 <b>Address:</b> <b>Email:</b> <a href="mailto:info@namioc.org">info@namioc.org</a>
Stigma Free Orange County	Educational Campaign and Resources	Stigma Free OC is a county-wide movement which aims to clear the stigma associated with mental illness and addiction. Stigma can make it difficult to see people for who they really are beyond the conditions they are living with. The campaign is dedicated to raising	English, Spanish, Vietnamese, Korean, Farsi, Arabic, Mandarin, Cantonese	<b>Website:</b> <a href="https://www.stigmafreeoc.com/">https://www.stigmafreeoc.com/</a>

		awareness of these illnesses by creating an environment where people are seen and supported in their efforts to achieve wellness and recovery.		
<b>North Region</b>				
Adult Anaheim Recovery Center	Mental Health Recovery Center	Recovery oriented services for Medi-Cal eligible adults (18 and over) with a serious and persistent mental illness living in Orange County. Consumers are referred through the Orange County Health Care Agency. The Recovery Center provides Evaluation & Assessment Services, Psychiatric Treatment Planning, Psychiatric Follow-Up Care, Individual & Group Therapy, Crisis Intervention, Intensive Case Management, Medication Support, Family Support & Education, Recreational & Clubhouse Activities, Vocational & Educational Support, Referrals to Community Resources, and Weekly Consumer Advisory Board Meetings.	English	<b>Address:</b> 511 N. Brookhurst St. Suite 200, Anaheim, CA 92801 <b>Phone:</b> 714-780-0750
CalWORKs North	Employment Assistance	CalWORKs helps participants remove behavioral health and/or substance abuse barriers to employment to aid the progress of moving from welfare to active participation in employment activities. Clinics in Anaheim, Santa Ana and Westminster offer services to Orange County residents at multiple locations. Participants must be California Welfare recipients with behavioral health and/or substance abuse challenges and enrolled in CalWORKs or Cal-Learn programs.	English	<b>Address:</b> 501 North Brookhurst St., Suite 320, Anaheim, CA 92801 <b>Phone:</b> 714-4490-7711

		CCS-CalWORKs provides Evaluation & Assessment Services, Individual & Group Therapy, Crisis Intervention, Case Management, Family Support & Education and Referrals to Community Resources. CCS-CW Evidenced Based Practice (EBP) Services offered: EMDR, Seeking Safety and Active Parenting.		
Mental Health Association of Orange County - West Region Recovery Center and Clubhouse	Outpatient Mental Health Center	Mental health professionals provide primary mental health assessment, diagnosis and treatment, medication services, individual and group therapy, crisis intervention and case management, support and encouragement to individuals struggling with chronic and persistent mental illness. All clients are referred by the County of Orange Health Care Agency. Clubhouses compliment the Outpatient Recovery Centers. The Clubhouse is member driven, designed and operated solely by mental health clients. The Clubhouse provides a supportive environment, a self-help and empowering setting, which focuses on the strength of individuals with social, recreational activities, education and programs which help to realize each member's potential.	English	<b>Address:</b> 3055 West Orange Ave. Suite 105, Anaheim, CA 92804 <b>Phone:</b> 714-638-8277 <b>Contact:</b> Sherri Abbassi - <a href="mailto:abbassi@mhaoc.org">abbassi@mhaoc.org</a>
Pathways: Older Adult Support and Intervention System (OASIS)	Behavioral and Mental Health Program	Older Adult Support and Intervention System (OASIS) is a Recovery Oriented older adult behavioral health program providing intensive field- and clinic-based Wrap Around outpatient services for individuals ages 60 and over diagnosed with severe and persistent mental illness	English	<b>Address:</b> 1855 West Katella Avenue, Suite 150, Orange, CA 92867 <b>Phone:</b> 714-399-3480

		<p>resulting in significant functional challenges in daily living and that are currently homeless or at risk of homelessness. Services include outreach and engagement, personalized goal setting, multidisciplinary team care, intensive case management, co-occurring substance abuse and mental health treatment, psychotherapy, family support, skills-development groups, medication management, benefits and vocational assistance, crisis intervention, and short-term temporary housing support. Primarily Medi-Cal, Medicare, and unfunded.</p>		
<p>Pathways: Project RENEW</p>	<p>Child Welfare Services</p>	<p>Project RENEW provides personalized, Recovery Oriented Wrap Around, field- and clinic-based, intensive behavioral health services to Medi-Cal and indigent children and adolescents (up to 18 years of age) diagnosed with severe and persistent mental illness, who are homeless or at risk of homelessness. Working with a multidisciplinary team; children, adolescents and family members receive personalized goal setting, intensive case management, temporary assistance with housing, educational services, employment services, substance abuse services, skills-development groups, medication management, crisis intervention, and community based activities.</p>	<p>English</p>	<p>Address: 1360 S. Anaheim Blvd.</p>
<p><b>Central Region</b></p>				

CalWORKs East	Employment Assistance for those with behavioral health or substance abuse barriers	CalWORKs helps participants remove behavioral health and/or substance abuse barriers to employment to aid the progress of moving from welfare to active participation in employment activities. Clinics in Anaheim, Santa Ana and Westminster offer services to Orange County residents at multiple locations. Participants must be California Welfare recipients with behavioral health and/or substance abuse challenges and enrolled in CalWORKs or Cal-Learn programs. CCS-CalWORKs provides Evaluation & Assessment Services, Individual & Group Therapy, Crisis Intervention, Case Management, Family Support & Education and Referrals to Community Resources. CCS-CW Evidenced Based Practice (EBP) Services offered: EMDR, Seeking Safety and Active Parenting.	English	<b>Address:</b> 2001 E. 4th Street, Suite 116, Santa Ana, CA 92705 <b>Phone:</b> 714-824-8150
CalWORKs West	Employment Assistance for those with behavioral health or substance abuse barriers	CalWORKs helps participants remove behavioral health and/or substance abuse barriers to employment to aid the progress of moving from welfare to active participation in employment activities. Clinics in Anaheim, Santa Ana and Westminster offer services to Orange County residents at multiple locations. Participants must be California Welfare recipients with behavioral health and/or substance abuse challenges and enrolled in CalWORKs or Cal-Learn programs. CCS-CalWORKs provides Evaluation & Assessment Services, Individual & Group Therapy, Crisis Intervention, Case Management, Family Support & Education	English	<b>Address:</b> 13950 Milton Ave., Suite 306 Westminster, CA 92683 <b>Phone:</b> 714-793-1290

		and Referrals to Community Resources. CCS-CW Evidenced Based Practice (EBP) Services offered: EMDR, Seeking Safety and Active Parenting.		
Camino Nuevo Recovery Center	Mental Health Services	Recovery Oriented services for Medi-Cal eligible adults (18 and over) with a serious and persistent mental illness living in Orange County, specializing in providing services to the Latino community and are referred through the Orange County Health Care Agency. Camino Nuevo provides all services in Spanish and English and all staff are bicultural/bilingual. Camino Nuevo provides Evaluation & Assessment Services, Psychiatric Treatment Planning, Psychiatric Follow-Up Care, Individual & Group Therapy, Crisis Intervention, Intensive Case Management, Medication Support, Family Support & Education, Recreational & Clubhouse Activities, Vocational & Educational Support, Referrals to Community Resources, and Weekly Consumer Advisory Board Meetings.	English, Spanish	<b>Address:</b> 2001 E. 4th St., Suite 200, Santa Ana, CA 92705 <b>Phone:</b> 714-824-8140
Didi Hirsch Orange County	Mental Health Services	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. This location offers outpatient therapy for teens, adults, and families, bereavement groups, suicide attempt support groups, outreach, and training.	English, Spanish	<b>Address:</b> 2000 East 4th Street, Ste 201, Santa Ana, CA 92705 <b>Hours:</b> CLOSED for the pandemic, offering telehealth services through 888-807-7250 M-F 8:30AM - 5PM
Mental Health	Outpatient	Mental health professionals provide	English	<b>Address:</b> 3540 Howard Way,

<p>Association of Orange County - Costa Mesa Outpatient Recovery Center and Clubhouse</p>	<p>Mental Health Center</p>	<p>primary mental health assessment, diagnosis and treatment, medication services, individual and group therapy, crisis intervention and case management, support and encouragement to individuals struggling with chronic and persistent mental illness. All clients are referred by the County of Orange Health Care Agency. Clubhouses compliment the Outpatient Recovery Centers. The Clubhouse is member driven, designed and operated solely by mental health clients. The Clubhouse provides a supportive environment, a self-help and empowering setting, which focuses on the strength of individuals with social, recreational activities, education and programs which help to realize each member's potential.</p>		<p>Suite 150, Costa Mesa, CA 92626  <b>Phone:</b> 949-646-9227  <b>Contact:</b> Kayla Walkemeyer - <a href="mailto:kwalkemeyer@mhaoc.org">kwalkemeyer@mhaoc.org</a></p>
<p>Mental Health Association of Orange County - Homeless Multi-Service Center</p>	<p>Mental Health Services for the Homeless</p>	<p>The Homeless Multi-Service Center is open 365 days a year, 6am – 6pm serving meals, providing showers, laundry, access to county mental health clinics as well as telephone and address contact to persons who are homeless and have a severe and persistent mental illness. Student nurses from 5 nursing colleges rotate through the multi-service center providing health education, hypertension and blood sugar testing and first aid, to fulfill community nursing curriculum requirements. Supportive services; back to work, housing assistance, substance abuse counseling and SSI benefits assistance are provided.</p>	<p>English</p>	<p><b>Address:</b> 2416 S. Main St., Santa Ana, CA 92707  <b>Phone:</b> 714-668-1530  <b>Email:</b> Carmen Balandran - <a href="mailto:balandran@mhaoc.org">balandran@mhaoc.org</a></p>



<p>Mental Health Association of Orange County - Project Together Mentor/Life Coaching Program</p>	<p>Mentoring Services</p>	<p>Provides mentoring services for children, youth and families that are receiving mental health treatment through the County of Orange Health Care Agency, Children &amp; Youth Services (CYS) and CYS contracted programs. Mentors are matched with children and youth receiving mental health treatment from the County of Orange Health Care Agency, Children and Youth Services and its contract agencies. Project Together provides a safe, ethical and professional mentor program for the minor client, and their parents/caregivers.</p>	<p>English</p>	<p><b>Address:</b> 1971 E. 4th Street, Suite 130B, Santa Ana, CA 92705  <b>Phone:</b> 714-836-0355  <b>Contact:</b> Xochilt Marchena - <a href="mailto:figeuroa@mhaoc.org">figeuroa@mhaoc.org</a></p>
<p>Mental Health Association of Orange County - Wellness Center West</p>	<p>Wellness Center</p>	<p>Our regional Wellness Center in Garden Grove provides a safe and nurturing environment for each individual to achieve his/her vision of recovery from mental illness while promoting acceptance, dignity, and social inclusion. The program provides peer-to-peer support and community integration, offering an array of groups and resources to increase the wellness of the community of Orange County. Activities include art, cooking, gardening, and life skills classes. Services offered include housing, employment, and peer mentoring.</p>	<p>English, Vietnamese</p>	<p><b>Address:</b> 11277 Garden Grove Blvd., Suite 101A, Garden Grove, CA 92843  <b>Phone:</b> 657-667-6455  <b>Contact:</b> Tuyen Phung - <a href="mailto:phung@mhaoc.org">phung@mhaoc.org</a></p>
<p>Pathways: Opportunity Knocks</p>	<p>Adult Behavioral Health Program</p>	<p>Opportunity Knocks is a Recovery Oriented adult behavioral health program providing intensive field- and clinic-based Wrap Around outpatient services for individuals from 18 years old, up to the age of 60, diagnosed with severe and persistent mental illness. Life challenges</p>	<p>English</p>	<p><b>Address:</b> 11277 Garden Blvd., Suite 100, Garden Grove, CA 92843  <b>Phone:</b> 714-620-8131</p>

		due to mental illness have led to incarceration, psychiatric hospitalization, and homelessness. Services include outreach and engagement, personalized goal setting, multidisciplinary team care, intensive case management, co-occurring substance abuse and mental health treatment, psychotherapy, family support, skills-development groups, medication management, benefits and vocational assistance, crisis intervention, and temporary housing support.		
Pathways: STAY Process	Services for Transitional Youth	STAY Process provides personalized, Recovery Oriented Wrap Around, field and clinic-based, intensive behavioral health services to Medi-Cal and unfunded Transitional Aged Youth (16-25 years of age) diagnosed with severe and persistent mental illness, who are homeless or at risk of homelessness. Working with a multidisciplinary team, youth receive personalized goal setting, intensive case management, psychotherapy, medication management, temporary assistance with housing, educational services, employment services, co-occurring substance abuse and mental health services, skill-development groups, crisis intervention, and community based activities and family support.	English	<b>Address:</b> 1401 North Tustin Ave., Suite 225, Santa Ana, CA 92705 <b>Phone:</b> 714-221-6400
Peer Mentoring Program (adults 18 and over)	Mentorship	Peer-run Recovery oriented program that assists consumers with serious and persistent mental illnesses (SPMI) to pursue recovery goals. This program is designed to assist people at various levels	English	<b>Address:</b> 801 N. Parkcenter #235, Santa Ana, CA 92705 <b>Phone:</b> 714-948-7970

		<p>of recovery: Track 1 – Assists adults with SPMI linked with county and county-contracted behavioral health clinics with recovery goals, such as reintegrating into the community, increasing self-reliance by building a healthy network of support, linking to community-based service, utilizing public transportation, or assisting clients with applications for driver’s license or ID cards. Track 2 – Assists adults with SPMI pending discharge from psychiatric care received by the County Crisis Stabilization Unit and hospital emergency departments, with linkage to behavioral health services to pursue their recovery goals. Peer Mentors provide linkages, education, coaching life skills, case management, role modeling, advocating, etc.</p>		
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**South Region**

<p>Mental Health Association of Orange County - Lake Forest Recovery Center and Clubhouse</p>	<p>Outpatient Mental Health Center</p>	<p>Mental health professionals provide primary mental health assessment, diagnosis and treatment, medication services, individual and group therapy, crisis intervention and case management, support and encouragement to individuals struggling with chronic and persistent mental illness. All clients are referred by the County of Orange Health Care Agency. Clubhouses compliment the Outpatient Recovery Centers. The Clubhouse is member driven, designed and operated solely by mental health clients. The Clubhouse provides a supportive environment, a self-help and</p>	<p>English</p>	<p><b>Address:</b> 22471 Aspan, Suite 103, Lake Forest, CA 92630  <b>Phone:</b> 949-458-2715  <b>Contact:</b> Dora Garcia-Shelton - <a href="mailto:dgarciashelton@mhaoc.org">dgarciashelton@mhaoc.org</a></p>
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		empowering setting, which focuses on the strength of individuals with social, recreational activities, education and programs which help to realize each member's potential.		
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## San Diego Area

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
National Alliance on Mental Illness (NAMI) North Coastal	Mental Health and Community services	This organization supports communities in the north coastal region of San Diego County, from Del Mar to Oceanside and east to Vista and Rancho Santa Fe. Provides information, advocacy and support for people affected by serious mental illnesses. Offers educational meetings and support groups. NAMI CARE are peer-based support groups that occur each week; other support groups are open to all.	English	Phone: 1-760-722-3754 Helpline: 1-760-722-3754
National Alliance on Mental Illness (NAMI) San Diego	Mental Health and Community services	NAMI San Diego offers a Helpline, support groups, educational meetings, newsletters, a lending library and a number of classes on mental illness held at various locations throughout San Diego County. The helpline provides non-crisis phone support and referrals and increases knowledge of mental illness, resources and related issues.	English	Phone: 1-619-543-1434 Helpline: 1-800-523-5933
San Diego Crisis Line	Hotline	Provides support, referrals, and crisis intervention for anyone experiencing a suicidal or mental health crisis. Available 24/7	English	1-888-724-7240
San Diego Youth Services	Mental Health Services	"San Diego Youth Services offers a continuum of care for children and youth	English	Website: <a href="https://sdyouthservices.org/">https://sdyouthservices.org/</a>

		from infancy to age 25. We aim to meet the basic needs of youth, create positive connections, help develop life skills, and promote overall health and well-being.”		Phone: 619-221-8600
Union of an Asian Communities: Counseling & Treatment Center	Mental Health Center	Counseling and Treatment Center (CTC) provides supportive services in a safe and culturally sensitive environment for individuals who are experiencing emotional distress. Services are culturally and linguistically appropriate in order to meet the unique needs that are connected to the tradition and culture of an individual.	English, Vietnamese, Cambodian, Laotian, <b>Tagalog</b> , Chinese, Karen, Burmese, Japanese, Korean, and other Asian Pacific Islander languages	5348 University Avenue, Suite #101 & 120 San Diego, CA 92105 Tel: (619) 229-2999  Website: <a href="https://www.upacsd.com/program/s/ctc/">https://www.upacsd.com/program/s/ctc/</a>

## Helping Survivors of Suicide

Name of Service/Provider	Type of Service	Description	Languages	Contact Info
Children, Teens, and Suicide Loss	Handbook	Provided by the American Foundation for Suicide Prevention, this handbook guidance, tips, and resources for survivors of suicide.	English	Link to handbook: <a href="https://tinyurl.com/helpforsuicidesurvivors">tinyurl.com/helpforsuicidesurvivors</a>
Didi Hirsch Mental health Services: Suicide Prevention, Therapy and Support	Suicide Therapy and Support Groups	Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Didi Hirsch offers award-winning mental health services and a ground-breaking suicide therapy and support group program. <b>COVID:</b> teletherapy and telepsychiatry offered, sites open for limited hours for emergencies and crises only	English, Spanish	<b>Website:</b> <a href="http://www.didihirsch.org">www.didihirsch.org</a> <b>Hours:</b> M-F 8:30 AM - 5 PM <b>Crisis Line:</b> 800-273-8255
Suicide Awareness Voices of Education: Grief Support for Suicide Loss Survivors	Resources and Education for Suicide Loss Survivors	Suicide Awareness Voice of Education offers various resources for coping with the loss of a loved one from suicide. Resources include education and guidance for immediate grief, suicide survivors' stories, access to support groups, the Named Memorial Program to create a fund for your loved one, and the Annual Suicide Awareness Memorial Event.	English	Link to website: <a href="https://save.org/what-we-do/grief-support/">https://save.org/what-we-do/grief-support/</a>
Suicide Prevention Lifeline: Loss Survivors	Education and Resources	Suicide Prevention Lifeline provides resources and guidance for survivors of	English	Link to website: <a href="https://suicidepreventionlifeline.org">https://suicidepreventionlifeline.org</a>

		suicide loss.		<a href="https://emmresourcecenter.org/help-yourself/loss-survivors/">g/help-yourself/loss-survivors/</a>
<i>Know the Signs:</i> Targeted Suicide Prevention Materials for the Filipino community	Suicide Prevention Materials	The Know the Signs suicide prevention social marketing campaign prepares Californian's to prevent suicide by encouraging them to know the signs, find the words to offer support to someone they are concerned about and reach out to local resources. Members for the materials in Tagalog workgroup guided the development of a poster and brochure through their collaboration and participation in a webinar (October 16th) as well as periodic discussion posts on the Your Voice Counts website.	English, <b>Tagalog</b>	Link to resource: <a href="https://emmresourcecenter.org/system/files/2017-04/Filipino%20Workgroup%20Report_FINAL.pdf">https://emmresourcecenter.org/system/files/2017-04/Filipino%20Workgroup%20Report_FINAL.pdf</a>



## Grief Resources for Children

Name of Service/Provider	Type of Service	Description	Languages	Contact Info
Helping Grieving Children and Teenagers	Educational Resource	Experts from Cancer.net provide readers an understanding of how children and teens view death and how to help them cope with loss.	English	Link: <a href="https://www.cancer.net/coping-with-cancer/managing-emotions/grief-and-loss/helping-grieving-children-and-teenagers">https://www.cancer.net/coping-with-cancer/managing-emotions/grief-and-loss/helping-grieving-children-and-teenagers</a>
Supporting the Grieving Child and Family	Educational Resource	“This clinical report offers practical suggestions on how to talk with grieving children to help them better understand what has happened and its implications and to address any misinformation, misinterpretations, or misconceptions.”	English	Link: <a href="https://pediatrics.aappublications.org/content/138/3/e20162147">https://pediatrics.aappublications.org/content/138/3/e20162147</a>

## National Mental Health Services

Name of Service / Provider	Type of Service	Description	Languages	Contact Info
Asian Mental Health Collective	Mental Health Campaign	The Asian Mental Health Collective aims to bridge the generational and cultural rift and destigmatize mental health in the Asian American community with a collective of therapists, mental health professionals, and passionate community members. AMHC provides a community blog, mental health campaigns, an interview series, and other projects	English	Visit <a href="https://www.asianmhc.org/">https://www.asianmhc.org/</a> for more information
Coalition to Support Grieving Students	Grief Support	The Coalition to Support Grieving Students is a unique collaboration of the leading professional organizations representing school professionals who have come together with a common conviction: grieving students need the support and care of the school community. Services include free guidance materials, modules, and educational resources.	English	Website: <a href="https://grievingstudents.org/">https://grievingstudents.org/</a>
Crisis Counselor	Hotline	A live, trained crisis counselor receives the text and can help with any crisis.	English	Text HOME to 741741
National Suicide Prevention Lifeline	Hotline	Hotline for anyone experiencing a mental health or suicide crisis. The lifeline also connects callers with local crisis centers and provides various services and resources.	English	1-800-273-8255  Website: <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>

Suicide Awareness Voices of Education (SAVE)	Resources, Education, and Awareness	<i>Suicide Awareness Voices of Education</i> (SAVE) is a nationwide organization that is committed to suicide prevention through public awareness, community education, and guidance to those experiencing depression and grieving the loss of a loved one from suicide.	English	Website: <a href="https://save.org/">https://save.org/</a>  Phone: 952-946-7998 (8-5pm CST)
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## Mental Health Books

Author	Title	Focus	Description	Target Audience
King, Zach and Kimberly	<i>I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private</i>	Abuse	This clever book helps kids understand boundaries, using “red flag” and “green flag” terminology. “It reviews a lot of classic scenarios in simple language,” says an expert from the Child Mind Institute.	Children (4-8 y.o.)
Kraus, Jennifer	<i>Cory Stories: A Kid’s Book About Living With ADHD</i>	ADHD	A story about a kid named Cory living with ADHD. A story of perseverance, friendship, and discovering one’s own unique talents.	Children (6-11 y.o.)
Pollack, Pam & Belviso	<i>I Can’t Sit Still! Living With ADHD</i>	ADHD	“It provides a clear explanation of common symptoms and interventions [of ADHD] in kid-friendly terms,” says an expert from the Child Mind Institute. You’ll also appreciate the parent’s guide at the end of the book.	Children (5-9 y.o.)
Tunis, Sandra L.	<i>Why Can’t Jimmy Sit Still?</i>	ADHD	Seven-year-old Jimmy shouts out answers at school, gets carried away at recess, and is distracted when he’s doing homework. He doesn’t understand why he can’t settle down until his parents take him to the doctor and he finds out he has ADHD. This book is written by a psychologist who discusses common symptoms in an age-appropriate way and makes it clear that ADHD isn’t a child’s fault.	Children (4-8 y.o.)
Green, Andi	<i>Don’t Feed the WorryBug</i>	Anxiety	In this whimsical rhyming book, Wince, the monster of worries, learns that the more he worries, the more the pesky WorryBug grows. Eventually the WorryBug grows so big that it	Children (ages 3-8)

			can't be ignored, and Wince knows he needs to do something. The book does a good job of illustrating how anxiety can become overwhelming and teaches kids how they can take charge of their anxiety.	
Kear, Nicole C.	<i>The Fix-It Friends: Have No Fear!</i>	Anxiety	Seven-year-old Veronica wants to help her classmate Maya conquer her fear of bugs, which is preventing her from playing at recess. Veronica comes up with a step-by-step plan that starts with drawing a spider. "Showing gradual exposure to anxieties is a great approach," says an expert at the Child Mind Institute.	Children (ages 7-10)
Rooks, Jo	<i>Hector's Favorite Place</i>	Anxiety	A cute hedgehog turns down ice-skating and playing in the snow with his animal friends because of his worries. "What if he had forgotten how to skate? He could fall and hurt himself." When Hector receives a fun invitation to the Winter Forest Party, he hesitates for a while, and then realizes that he has to be brave. "It's an adorable story," says an expert at the Child Mind Institute. "I like that Hector does a little more, and then a little more, and so on."	Children (ages 4-8)
Sanders, Jayneen	<i>How Big Are Your Worries Little Bear?</i>	Anxiety	A story about a bear who worries but his worries disappear after his mom encourages to share his thoughts with her. This book also suggests questions that parents can ask their child when they read together.	Children (ages 6-10) and parents
Sanchez, Victoria M.	<i>Pilar's Worries</i>	Anxiety	Pilar, a ballerina, overcomes her nerves and fears before a ballet performance by thinking positively and talking with her friends.	Children (ages 4-8)
Huebner, Dawn	<i>What to Do When You Worry Too Much: A Kid's Guide to</i>	Anxiety	Designed for kids and parents to read together, this nine-chapter behavior therapy workbook	Children (ages 6-12) and

	<i>Overcoming Anxiety</i>		covers topics like “How Do Worries Get Started?” and “Keeping Worries Away.” Suggestions include relaxation exercises and setting up a designated “Worry Time.”	parents
Carlson, Nancy	<i>Armond Goes to a Party: A Book About Asperger’s and Friendship</i>	Autism	Co-written by a boy with Asperger’s, this picture book “gives a simple understanding of why children with Asperger’s struggle to attend parties, and talks about the importance of learning flexibility,” says an expert at the Child Mind Institute.	Children (ages 4-8)
Arnold, Elana K.	<i>A Boy Called Bat</i>	Autism	This book explains the day-to-day experiences of high-functioning children with ASD through the story of Bat.	Children (ages 6-10)
Bildner, Phil	<i>A Whole New Ballgame: A Rip and Red Book</i>	Autism	A fun, lighthearted story about two best friends Rip and Red, who has autism, who both love basketball.	Children (ages 8-12)
Gilchrist, Hope	<i>Am I a Bully?</i>	Bullying	This independently published paperback helps children recognize when teasing crosses the line into bullying.	Children (ages 6-9)
Henkes, Kevin	<i>Chrysanthemum</i>	Bullying	This sweet story prepares kids for how short-lived teasing can be.	Children (ages 4-8)
Yee, Lisa	<i>Warp Speed</i>	Bullying	A fast-paced chapter book that children who feel like outsiders can relate to.	Children (ages 4-8)
Palacio, R.J.	<i>Wonder</i>	Bullying	In this popular chapter book that spurred the “Choose Kind” movement in classrooms, a boy with a facial deformity switches to a mainstream school for the fifth grade and is bullied. “But he has a strong network of family and friends to help him overcome bullying,” says an expert at the Child Mind Institute. “Ultimately, the readers	Children 8+ and parents

			will see how differences should be celebrated.”	
Centre for Addiction and Mental Health	<i>Can I catch it like a cold? Coping with a parent’s depression</i>	Depression	Alex and Anna start to feel depressed after finding out that their parents have depression. This book emphasizes the importance and benefits of therapy for the entire family.	Children (ages 7-12)
Guerrero, Diane & Moroz, Erica	<i>My Family Divided: One Girl’s Journey of Home, Loss, and Hope</i>	Depression	Dianne Guerrero shares her personal battle depression and suicidal thoughts, hoping to inspire others who are experiencing the same thing to seek help from professionals and loved ones.	Ages 12+
Zasio, Robin	<i>THE HOARDER IN YOU: How to Live a Happier, Healthier, Uncluttered Life</i>	Hoarding	<i>The Hoarder In You</i> provides practical advice for decluttering and organizing, including how to tame the emotional pull of acquiring additional things, make order out of chaos by getting a handle on clutter, and create an organizational system that reduces stress and anxiety.	
Stras, Susan Farber	<i>Somebody Case: A Guide for Kids Who Have Experienced Neglect</i>	Neglect	This book puts into words a lot of what kids who experienced neglect feel but have a hard time expressing. A particularly poignant passage: “I tried to be strong and brave, but often I was worried and scared. I tried to do the best with what I had, but sometimes I needed more.” Eventually, a social worker and therapist intervene, and the story ends sweetly.	Children ages 6-12
B., John	<i>The Boy Who Finally Stopped Washing</i>	OCD	This book illustrates one man’s struggles with obsessive-compulsive disorder (OCD) for more than 25 years.	
Bear, Lee	<i>The Imp of the Mind: The Silent Epidemic of Obsessive Bad Thoughts</i>	OCD	Dr. Lee Baer provides his expertise and explores the epidemic of OCD in America	

Bell, Jeff	<i>Rewind, Replay, Repeat</i>	OCD	The revealing story of one man's struggle with obsessive-compulsive disorder (OCD) and his hard-won recovery	
Ciarrochi, Joseph	<i>The Doubting Disease: Help for Scrupulosity and Religious Compulsions</i>	OCD	The author brings to the fore the most current information available today on religion and scruples, scrupulosity, and obsessive-compulsive disorders (OCD). In this book he helps us clearly appreciate the interior anguish suffered by thousands of people of faith who have this symptomatology and what we can do about it.	
Chansky, Tamar E.	<i>Freeing Your Child from Obsessive-Compulsive Disorder</i>	OCD	Dr. Tamar E. Chansky creates a clear road map for parents to understand and overcome their children's OCD based on her successful practice treating hundreds of children and teenagers with this disorder.	Parents
March, John S. & Mulle Friesen, Karen	<i>OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual</i>	OCD	This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes.	
Moritz, E. Katia & Jablonsky, Jennifer	<i>Blink Blink, Clip Clop: Why do we do things we can't stop?</i>	OCD	A children's storybook that describes the mechanisms of OCD using animals as the main characters.	Children (5-12)
Niner, Holly L.	<i>Mr. Worry. A Story About OCD.</i>	OCD	A story about 8-year-old Kevin who has OCD. Includes a note for parents and teachers explaining OCD.	Children and Parents
Osborn, Ian	<i>Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive Compulsive Disorder.</i>	OCD	A comprehensive book on the experience, diagnosis, and treatment of OCD	



Penzel, Fred	<i>Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well.</i>	OCD	Dr. Penzel discusses the entire spectrum of OCD and provides the reader with the most effective behavioral therapies, detailing how progress is made and how to avoid relapse.	
Talley, Leslie	<i>A Thought Is Just A Thought: A Story of Living with OCD.</i>	OCD	A compelling, sympathetic story of Jenny, who suffers from OCD. The story describes her OCD and her journey to overcome it with the help of her mother and her doctor.	Children and Parents
Wagner, Aureen Pinto	<i>Up and Down The Worry Hill: A Children's Book about Obsessive Compulsive Disorder and it's Treatment</i>	OCD	In this uniquely creative and heart-warming book, Dr. Wagner, an internationally recognized expert in the treatment of childhood OCD, uses the powerful real-life metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child.	Children and Parents
Nolan, Allia Zobel	<i>What I Like About Me!</i>	Self-Esteem	In this simple book for young children, students at school celebrate their diversity — from braces to glasses, curly hair to big feet. “It provides a very positive message about the benefit of those differences,” says an expert at the Child Mind Institute.	Children ages 3-7
Antony, Martin M.	<i>The Shyness &amp; Social Anxiety Workbook.</i>	Social Anxiety	A workbook that helps you self-evaluate, examine your fears, create a personalized plan for change, and make goals in order to overcome social anxiety disorder.	
Markway, Barbara G. & Markway, Gregory P.	<i>Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life.</i>	Social Anxiety	Drs. Barbara and Greg Markway, psychologists and experts in the field, coach you every step of the way in this warm, easy-to-read, and inspiring book. You'll learn how social anxiety disorder develops, how it affects all aspects of your life, and most importantly, how to chart your course to recovery.	



## Other Clinical-Related Resources

<b>Child Development Resources</b>				
<b>Resource</b>	<b>Type</b>	<b>Description</b>	<b>Languages</b>	<b>Contact/Access</b>
Center for Disease Control and Prevention’s (CDC)’s Milestone Tracker App	Mobile App	This FREE app allows you to “track your child’s milestones from age 2 months to 5 years with the CDC’s easy-to-use illustrated checklists; get tips from the CDC for encouraging your child’s development; and find out what to do if you are ever concerned about how your child is developing. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!	English and Spanish	Information: <a href="https://www.cdc.gov/ncbddd/actearly/milestones-app.html">https://www.cdc.gov/ncbddd/actearly/milestones-app.html</a> Information in Spanish: <a href="https://www.cdc.gov/ncbddd/spanish/actearly/spanish-milestones-app.html">https://www.cdc.gov/ncbddd/spanish/actearly/spanish-milestones-app.html</a>  Download link for iOS: <a href="https://apps.apple.com/us/app/cdcs-milestone-tracker/id1232718688">https://apps.apple.com/us/app/cdcs-milestone-tracker/id1232718688</a> Download link for Android: <a href="https://play.google.com/store/apps/details?id=gov.cdc.ncbddd.actearly.milestones">https://play.google.com/store/apps/details?id=gov.cdc.ncbddd.actearly.milestones</a>

## Child Safety Resources

Resource	Type	Description	Languages	Contact/Access
Injury Prevention Program at Children’s Hospital Los Angeles	Education and Accessibility	The Injury Prevention Program at Children’s Hospital is a nationally recognized program. Prevention is the key to breaking the cycle of unintentional injury. Through collaboration with community partners, evidenced based strategies and innovative technologies, the Prevention team is reaching more families with injury prevention education than ever before. The Injury Prevention Program offers passenger safety classes and consultations, a car seat loaner program, and bedside consultations on various safety topics such as passenger safety, home safety, water safety, etc.	English, Spanish, Vietnamese	<p><b>Website:</b>  <a href="https://www.chla.org/injury-prevention-program">https://www.chla.org/injury-prevention-program</a></p> <p><b>Phone:</b> 323-203-7688</p>

# Cultural Resources

## Promoting Racial Justice

Resource	Type	Description	Available in Tagalog	Contact
<b>Anti-Asian Racism Resources during COVID-19</b>				
Anti-Asian Violence Resources	Resource List	Anti-Asian racism has greatly increased since the pandemic began. This list is composed of resources to help individuals educate others, take action, donate, etc. to take a stand against anti-Asian violence.	English	Link: <a href="https://anti-asianviolenceresources.carrd.co/">https://anti-asianviolenceresources.carrd.co/</a>
Anti-Racism Resources for the AAPI Community	Resource List	Provided by Cornell University, this is a resource list of anti-racism resources for the Asian American and Pacific Islander Community. Resources include educational resource lists, COVID-19 information, advocacy opportunities, and self-care resources.	English	Website: <a href="https://asianamericanstudies.cornell.edu/anti-racism-resources-aapi-community">https://asianamericanstudies.cornell.edu/anti-racism-resources-aapi-community</a>
Asian Americans Advancing Justice	Advocacy Organization	Advancing Justice   AAJC is the voice for the Asian American community – the fastest-growing population in the U.S. – fighting for our civil rights through education, litigation, and public policy advocacy. AAJC serves to empower our	English	Website: <a href="https://www.advancingjustice-aajc.org/">https://www.advancingjustice-aajc.org/</a>

		communities by bringing local and national constituencies together and ensuring Asian Americans are able to participate fully in our democracy.		
Asian American Racial Justice Toolkit	Educational Resources	This toolkit represents the work and thinking of 15 grassroots organizations with Asian American bases living in the most precarious margins of power: low-income tenants, youth, undocumented immigrants, low-wage workers, refugees, women and girls, and queer and trans people. This is an intervention by today's Asian American activists to restore our collective humanity across our differences through a practice of deep democracy, by looking first to history and then to one another to build a vigilant and expansive love for the people.	English	Website: <a href="https://www.asianamtoolkit.org/">https://www.asianamtoolkit.org/</a>
Asian & Pacific Islander American Health Forum (APIAHF)	Online Health Forum	APIAHF is the oldest and largest health advocacy organization working with AA and NHPI communities across the nation, in the US Territories, and with the US-affiliated Pacific jurisdictions. By providing policy and political analysis, research and data support, and effective communications strategies, APIAHF supports local AA and NHPI communities to have an influence on local, state, and national policy. By providing grants, training, technical assistance, and	English	<p><b>Website:</b> <a href="https://www.apiahf.org/">https://www.apiahf.org/</a>  <b>Email:</b> <a href="mailto:info@apiahf.org">info@apiahf.org</a>  <b>Oakland Office:</b>  One Kaiser Plaza, Suite 850  Oakland, CA 94612  Phone: (415) 954-9988  Fax: (510) 419-0263</p> <p><b>Washington, D.C. Office:</b>  1629 K Street NW, Suite 400  Washington, DC 20006  Phone: (202) 466-7772  Fax: (202) 296-0610</p>

		consulting, APIAHF is a source of key resources so that communities can mobilize and grow stronger in their coalitions and organizational structures.		
“How to support Asian American colleagues amid the recent wave of anti-Asian violence.” <i>CNBC</i> .	Allyship and Educational Resource	This article outlines tips for professional leaders and workers to provide efficient and meaningful support to their Asian American colleagues amidst the rise in anti-Asian violence.	English	Link: <a href="https://www.cnbc.com/2021/02/19/how-to-support-asian-american-colleagues-amid-anti-asian-violence.html">https://www.cnbc.com/2021/02/19/how-to-support-asian-american-colleagues-amid-anti-asian-violence.html</a>
Human Rights Watch: COVID AAPI Racism	Educational Resource	This article lists cases of anti-asian racism and violence and xenophobia. These cases call for action against racism and xenophobia and urge readers to educate themselves and take action.	English	Link: <a href="https://www.hrw.org/news/2020/05/12/covid-19-fueling-anti-asian-racism-and-xenophobia-worldwide">https://www.hrw.org/news/2020/05/12/covid-19-fueling-anti-asian-racism-and-xenophobia-worldwide</a>
National Asian Pacific American Bar Association (NAPABA)	Hate Crime Resources	NAPABA has established pro bono legal resources to ensure that local communities have legal resources to address the most egregious hate-fueled attacks against our community. Led by our Hate Crimes Task Force, NAPABA’s pro bono legal resources build upon our expanded <a href="#">Hate Crimes Resource Center</a> .	English	Website: <a href="https://www.napaba.org/">https://www.napaba.org/</a> Email: <a href="mailto:standagainsthate@napaba.org">standagainsthate@napaba.org</a>
National Asian Pacific American Women’s Forum (NAPAWF)	Online Forum	NAPAWF is the only organization focused on building power with AAPI women and girls to influence critical decisions that affect our lives, our families and our communities. Using a reproductive justice framework, we elevate AAPI women and girls to impact policy and drive systemic	English	Website: <a href="https://www.napawf.org/">https://www.napawf.org/</a>

		change in the United States. NAPAWF's work focuses on policy change, civic engagement, and legal advocacy. They also use the reproductive justice lens to address reproductive rights, economic justice, and racial justice.		
National Council of Asian Pacific Americans (NCAPA)	Advocacy	The National Council of Asian Pacific Americans (NCAPA), founded in 1996, is a coalition of 37 national Asian Pacific American organizations around the country. Based in Washington D.C., NCAPA serves to represent the interests of the greater Asian American (AA) and Native Hawaiian Pacific Islander (NHPI) communities and to provide a national voice for AA and NHPI issues.	English	<p>Link: <a href="https://www.ncapaonline.org/">https://www.ncapaonline.org/</a></p> <p>Phone: 202-706-6768</p> <p>Email: <a href="mailto:info@ncapaonline.org">info@ncapaonline.org</a></p>
Stop AAPI Hate	Take Action	In response to the alarming escalation in xenophobia and bigotry resulting from the COVID-19 pandemic, the Asian Pacific Planning and Policy Council (A3PCON), Chinese for Affirmative Action (CAA), and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate reporting center on March 19, 2020. The center tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the United States.	English	<p>Link: <a href="https://stopaapihate.org/">https://stopaapihate.org/</a></p> <p>Email: <a href="mailto:community@stopaapihate.org">community@stopaapihate.org</a></p>



Supporting Asian/Asian American children and youth during the COVID-19 pandemic.	Educational Video	This 60-minute webinar, co-sponsored by SRCD's Asian Caucus, gave parents, caregivers, and educators a chance to ask child development experts, Charissa S. L. Cheah (University of Maryland, Baltimore County), Yoonsun Choi (University of Chicago), Richard M. Lee (University of Minnesota, Twin Cities), Rashmita S. Mistry (University of California, Los Angeles), Kaveri Subrahmanyam (California State University, Los Angeles), and Tiffany Yip (Fordham University), pressing questions on how to support Asian and Asian American Pacific Islander (AAPI) children during the coronavirus pandemic.	English	Link: <a href="https://www.youtube.com/watch?v=AMxF1r9jBkE">https://www.youtube.com/watch?v=AMxF1r9jBkE</a>
"We Need to Talk about Anti-Asian Hate"	Educational Video	This hour-long video gives a summary of the history of the Asian American experience and Asian-American hate in America. This video goes over the current landscape, immigration patterns, history of the model minority myth, and the complex relationships between Asian and Black communities. The video strives to educate viewers about the Asian American experience and urge viewers to take action against the spreading hate in America.	English	Link: <a href="https://youtu.be/14WUuya94QE">https://youtu.be/14WUuya94QE</a>

**Anti-Racism / Becoming an Active Ally**

Anti-Racism Resources	Resource List	This document is intended to serve as a resource for people to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now. This resource list contains articles, videos, books, and other resources to learn more about the Black experience. Feel free to circulate this document on social media and with your friends, family, and colleagues.	English	<a href="#">Link to resource list</a>  Shorter link: <a href="https://bit.ly/ANTIRACISMRESOURCES">bit.ly/ANTIRACISMRESOURCES</a>
Filipinx for #BlackLivesMatter: Fighting Anti-Blackness in Our Own Community	Educational Article and Resource List	This article goes into the colonial history of Filipino Americans and why it is necessary for Filipino Americans to stand in solidarity for black lives. Resources for educating about Filipino colonial history, the Black experience, and ways to become an active ally are provided at this link.	English, some resources are provided in Tagalog	Link to website: <a href="https://justineabigail.medium.com/filipinx-for-blacklivesmatter-fighting-anti-blackness-in-our-own-community-a78565bca421">https://justineabigail.medium.com/filipinx-for-blacklivesmatter-fighting-anti-blackness-in-our-own-community-a78565bca421</a>
National Alliance Against Racist & Political Repression	Action-Based	Organized action against unjust treatment of individuals because of race or political beliefs. Offers updates, resources, and donation campaigns	English	Website: <a href="https://naarpr.org/">https://naarpr.org/</a>  Instagram: @nationalaarpr
Not In Our Town: Take Action Now to Stop Hate	Resources and Action	"Not In Our Town is a movement to stop hate, address bullying, and build safe, inclusive communities for all. With film, social media, and organizing tools, Not In Our Town helps local leaders build vibrant diverse cities and towns, where everyone is encouraged to participate."	English	Website: <a href="https://www.niot.org/">https://www.niot.org/</a>

### Talking to Kids about Racism

Looking for Excellent “Diverse” Books for Children? Start here!	Resource List	This article provides resources for finding diverse books for children.	English	Link: <a href="https://www.embracerace.org/resources/where-to-find-diverse-childrens-books">https://www.embracerace.org/resources/where-to-find-diverse-childrens-books</a>
“How to Talk Honestly with Children About Racism”	Educational Article with Resources	Dr. Aisha White, Director of the PRIDE Program within the office of Child Development at University of Pittsburgh, provides 7 tips on how parents can start the conversation about racism with their children. This article also provides additional resources that can help educating to kids about racism.	English	Link: <a href="https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism">https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism</a>
“I’m Helping My Korean-American Daughter Embrace Her Identity to Counter Racism.” <i>The New York Times</i> .	Educational Resource	This article gives parents of Asian-American children tips to talking to their children about the anti-Asian racism and how embracing their ethnic identities can help to combat this racism.	English	Link: <a href="https://www.nytimes.com/2021/03/19/well/family/Talking-to-children-anti-Asian-bias.html">https://www.nytimes.com/2021/03/19/well/family/Talking-to-children-anti-Asian-bias.html</a>
RESilience	Advocacy Organization	The <u>RESilience Initiative</u> , created by the American Psychology Association, provides resources to parents and others to assist them in promoting strength, health and well-being among youth of color. Positive racial identities serve as protective factors and bolster resilience.	English	Website: <a href="https://www.apa.org/res">https://www.apa.org/res</a>
Resources for parents: Talking with children about race and racism	Resource List	A list of resources for talking about race and racism with children in an age-appropriate way.	English	Link: <a href="https://www.chnola.org/our-services/the-parenting-center/parenting-resources/talking-about-race-racism/">chnola.org/our-services/the-parenting-center/parenting-resources/talking-about-race-racism/</a>
The Conscious Kid	Educational Resource	A guide to how to talk to kids about race. The Conscious Kid is an education, research, and policy organization	English	Website Link: <a href="https://www.theconsciouskid.org/how-to-talk-to-kids-about-race">https://www.theconsciouskid.org/how-to-talk-to-kids-about-race</a>

		dedicated to equity and promoting healthy racial identity development in youth. They support organizations, families, and educators in taking action to disrupt racism in young children.		
"These Books Can Help You Explain Racism and Protest to Your Kids"	Article with resources	This article urges parents to discuss the BLM protests and racism with their children so they are aware of the world around them and grow up anti-racist. This article also provides effective and age-appropriate resources to do so.	English	Link: <a href="https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html?smid=fb-share">https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html?smid=fb-share</a>
<i>Young, Proud, Sung-Jee: A Children's Book on Fighting Anti-Asian Racism During COVID-19</i> By Joyce Y. Lee and Emily Ku Illustrations by Maggie Chen	Educational Book with Resources	This is a children's book on fighting anti-Asian racism during COVID-19. The purpose of this book is to provide an educational resource to help generate meaningful discussions between adults and children about anti-Asian racism. An incident involving anti-Asian racism is directly introduced in the story. Additional resources for parents and caregivers, as well as a list of child-friendly definitions of some "big words" are provided at the end of the book.	English	Link to book: <a href="https://issuu.com/joyceylee/docs/yps2020">https://issuu.com/joyceylee/docs/yps2020</a>

## Filipino Cultural Pride Reinforcement

Organization	Type of Service	Description	Languages	Contact Info
Bulosan Center for Filipino Studies at UC Davis	Educational and Research Institution	Bulosan Center for Filipino Studies at UC Davis is a community of undergraduate, graduate, community-based, and professional scholars that strives to uplift the voices of the Filipino American community through community-engaged research and education.	English, Tagalog	<b>Website:</b> <a href="https://bulosancenter.ucdavis.edu/">https://bulosancenter.ucdavis.edu/</a> <b>Phone:</b> 530-752-2069 <b>Email:</b> <a href="mailto:bulosancenter@ucdavis.edu">bulosancenter@ucdavis.edu</a>
Fil-Am Learners	Fil-Am Education for Children	At Fil-Am Learners, we create and share digital and physical products to teach basic Tagalog to children and families. Whether you understand Tagalog or know zero Tagalog, you can share the language with your child. Our tagline is: "A Taglish discovery of our cultural roots." Therefore, our resources are primarily written in English, with Tagalog embedded throughout to introduce basic vocabulary and phrases. Fil-Am Learners offers free Tagalog educational resources on their website.	English, Tagalog	<b>Website:</b> <a href="https://filamlearners.com/">https://filamlearners.com/</a>

## Books that celebrate Filipino culture

Author	Title	Focus	Description	Target Audience
A Hiligaynon Lullaby	<i>Pagtulog na, Nene</i>	Filipino Lullaby	A gentle Hiligaynon Lullaby to help transport little ones off to the land of sleep.	Ages 0-5 y.o. Written in Tagalog
Astudillo Gilles, Almira	<i>Willie Wins</i>	A Filipino American story	The story of a Filipino American boy who overcomes peer pressure and learns about family love and heritage from his father.	Ages 5-8 y.o. Written in English
De la Paz, Myrna J.	<i>Abadeha: The Philippine Cinderella</i>	Indigenous Filipino culture	Set in the exotic islands of the Philippines, this Cinderella retelling tale captures the mystical charm of the indigenous culture of the Filipinos.	Ages 6-9 y.o. Written in English
Francisco, Jocelyn	<i>Isa, Dalawa, Tatlo... Ito Ay Obalo!: Numbers and Shapes in Filipino</i>	Teaching young kids Filipino	<i>Isa, Dalawa, Tatlo... Ito Ay Obalo!</i> is part of a series that will introduce the Filipino language to keep the Filipino culture and language alive and reinforce a sense of identity. It's important that children learn that we're all different and that differences must not only be accepted but also celebrated; their culture and language is something they can be proud of.	Ages 1-8 y.o. Written in English and Tagalog/Filipino
Francisco, Jocelyn	<i>Oh My Kulay! Colors, Fruits, &amp; Veggies in Filipino</i>	Teaching young kids Filipino	Children typically have no difficulty learning English and adapting to the culture of the country they live in because they are immersed in it. Oh My Kulay will introduce and help children acquire their colors using vegetables and fruits in Tagalog/Filipino – the official language of The Philippines.	Ages 1-7 y.o. Written in English and Tagalog/Filipino
Fullerton, Alma	<i>Hand Over Hand</i>	Filipino fishing culture	Nina can't convince her <i>lolo</i> to take her fishing on the old banca boat with him. Lolo's reply is the same as always: "A boat is no place for a girl." When Nina promises to bait her own hook and remove her own catch, her grandfather finally	Ages 5-6 y.o. Written in English

			relents, “just for today.” Much to the amusement of the other fishermen in their Filipino village, Lolo shows Nina how to jig the lines, set the hook and pull in a fish hand over hand. But no one is laughing when Nina brings in the biggest fish of the day!	
Gilmore, Dorina K. Lazo	<i>Cora Cooks Pancit</i>	Filipino heritage and food	Dorina Lazo Gilmore's text delightfully captures the warmth between mother and daughter as they share a piece of their Filipino heritage. With bright and charming illustrations by Kristi Valiant, Cora's family comes alive as Cora herself becomes the family's newest little chef.	Ages 5-7 y.o.  Written in English
Krasno, Rena	<i>Kneeling Carabao &amp; Dancing Giants: Celebrating Filipino Festivals</i>	Filipino festivals	You can watch a parade of flower-wreathed water buffaloes, listen to the sonorous music of the kulingtang, feast on tropical fruits and flavors, dance the tinikling, or carry a sparkling bamboo lantern in a Christmas procession. There's always something to celebrate, somewhere, in the Philippines. For thousands of years people from Asia, the Middle East, and Europe came here, bringing their ideas, ways, and celebrations. In the Philippines all these people have created their own history, and their own unique stories and customs. Come learn about the special Philippine holidays in this festive book!	Ages 9-12 y.o.  Written in English
Mabalon, Dawn B., Romasanta, Gayle	<i>Journey for Justice: The life of Larry Itliong</i>	Filipino American History	This book tells the story of labor leader and co-founder of the United Farm Workers Larry Itliong's lifelong fight for a farmworkers union, and the birth of one of the most significant American social movements of all time, the farmworker's struggle, and its most enduring union, the United Farm Workers.	Ages 8 and up  Written in English
Olizon-Chiliamco, Norma	<i>Pan de Sal Saves the Day</i>	Filipino children story	For anyone who has ever felt like an outsider or experienced adversity, <i>Pan de Sal Saves the Day</i> is an award-winning, inspiring tale that teaches children to see the unique qualities in everything and everyone, even themselves.	Ages 4-12 y.o.  Written in English
Romulo, Liana	<i>Filipino</i>	Filipino	From these pages, children will learn the history of each	Ages 5-10 y.o.

	<i>Celebrations: A Treasury of Feasts and Festivals</i>	holidays and food	holiday, its cultural influences, the varied ways in which people celebrate in different regions of the Philippines, special customs and food, key words and phrases (in English and Tagalog), and more. Games, songs, and other activities invite young readers to join in the fun. New and familiar holidays take on a special flavor as children learn about the diverse cultures that make up this wonderful island nation. Perfect for Filipino-American families looking to share the unique culture of the Philippines, educators interested in promoting multiculturalism in the classroom, or anyone interested in the country, <i>Filipino Celebrations</i> will encourage children ages five to ten to participate and learn while having fun.	Written in English (with some Tagalog phrases)
Romulo, Liana Elena & de Leon, Joanne	<i>Filipino Children's Favorite Stories</i>	Filipino children stories	<i>Filipino Children's Favorite Stories</i> presents thirteen well-loved myths and tales from the Philippines. These stories will enchant 5 to 14-year-old readers around the world with their wit and charm. Many of the tales have been transmitted from mother to child over centuries, and cover classic childhood themes—such as the forces of good triumphing over evil, children rebelling against evil adults and the weak prevailing over the strong. They make perfect new additions for story time or bedtime reading.	Ages 5-14 y.o. Written in English
Romulo, Liana	<i>Filipino Friends</i>	Filipino culture	A delightful book about Filipino-American boy visiting the Philippines for the very first time.	Ages 6-9 y.o. Written in English
<b>Websites with Lists of Filipino Children's Books</b>				
Francisco, Jocelyn, PhD	<i>Little Yellow Jeepney</i> Link: <a href="http://www.littleyellowjeepney.com/">http://www.littleyellowjeepney.com/</a>	Website	Dr. Jocelyn Francisco, a clinical psychologist, created <i>Little Yellow Jeepney</i> to encourage children to appreciate and communicate with other cultures while also preserving and celebrating their own culture.	Ages 1-7 y.o. Written in English and Tagalog/Filipino



## Services for the Filipino Community

All organizations offer services in Tagalog

Organization	Type of Service	Description	Contact Info
Council of the Philippine American Organizations of San Diego	Community Service Group	The Council of the Philippine American Organizations of San Diego aims to enhance the social, educational, economic and civic empowerment of the community through collaboration of organizations and individuals.	Website: <a href="https://copao-sd.weebly.com/">https://copao-sd.weebly.com/</a>
Filipino American Service Group, Inc. (FASGI)	Community Service Group	The Filipino American Service Group, Inc. (FASGI) is a 501(c)(3) neighborhood-based direct service provider incorporated in 1981. We provide a variety of services for the residents of Los Angeles through programs that include mental health outreach and education, naturalization application assistance, immigration referral, culinary arts, arts incubation, business promotion, WWII memorabilia museum, and other community and social services.	FASGI Bayanihan Center 135 North Park View St. Los Angeles, CA 90026 213-908-5050 admin@fasgi.org
Filipino Migrant Center	Community Service Group	The Filipino-American Agenda aims to gather and unite Filipino-Americans to push for change around immediate and long-time concerns of the Filipino-American community.	<b>Office:</b> 2125 Santa Fe Avenue Long Beach, CA 90810 (562) 676-4414 info@filipinomigrantcenter.org <b>Hotline:</b> 562-302-1968
Tayo Help	Online informational service for Filipinos	Tayo is an online platform that provides vital information to underserved communities. Each article is regularly reviewed by a panel of subject-matter experts. Tayo Help Desk provides vital, trustworthy, and culturally relevant information to help Filipinos navigate the COVID-19 pandemic. Users can ask any question about health, transportation, culture, etc. and be helped by our wide array of health and community professionals.	<b>Website:</b> <a href="https://www.tayohelp.com/hc/en-us">https://www.tayohelp.com/hc/en-us</a>

## Accessibility Resources

<b>Los Angeles County Resources</b>				
Resource	Type of Resource	Description	Languages	Contact
<b>General Accessibility Resources</b>				
<a href="#">County of Los Angeles Public Health: Los Angeles County Resources</a>	Resource List	The County of Los Angeles’s Public Health Department’s list of county resources. Resources include food, health, financial, and other resources such as shelters, housing assistance, social services, childcare, hotlines, and additional online resources.	English	Link to resource list: <a href="http://www.publichealth.lacounty.gov/media/Coronavirus/resources.htm">http://www.publichealth.lacounty.gov/media/Coronavirus/resources.htm</a>
<a href="#">Pilipinos for Community Health Non-clinical Resource List</a>	Resource List	Pilipinos for Community Health’s Health Fairs Team created a list of accessible non-clinical resources in Los Angeles County. The resource list includes emergency preparedness, homelessness, housing and rent, food security, job search and unemployment, and immigrant and undocumented resources.	English, the list indicates services available in Spanish or Tagalog	Link to the resource list: <a href="https://pchhealthfairs.wixsite.com/communityhealthfair/non-health-related">https://pchhealthfairs.wixsite.com/communityhealthfair/non-health-related</a>
<b>COVID-19 Information and Resources</b>				
CDC COVID-19 Communication Resources	Education & Communication	The CDC provides resources such as videos and toolkits for understanding COVID-19, the COVID-19 vaccine, and more.	English	Website: <a href="https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html">https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html</a>
<b>Food Security</b>				

Cal-Fresh	Non-profit food accessibility	CalFresh is a non-profit organization that aims to address food insecurity in California. CalFresh offers services to people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.	English, Spanish  Info Line: above plus Cantonese, Vietnamese, Korean, and Russian	Website: <a href="https://www.cdss.ca.gov/food-nutrition/calfresh">https://www.cdss.ca.gov/food-nutrition/calfresh</a>
Food Roots	Food accessibility	Food Roots' mission is to connect local and sustainably grown Asian specialty foods to communities and businesses in the greater Los Angeles area while supporting Asian American small farms and other farmers of color in California.	English	<b>Website:</b> <a href="https://www.foodroots.co/">https://www.foodroots.co/</a>  <b>Address:</b> 905 East 8th Street, Los Angeles, CA 90021  <b>Phone:</b> (213) 553-1800
FreeFood.org	Resource List	FreeFood.org provides a list of free food resources available across the nation. Resources include food pantries, food coupon resources, and food banks. You can search up resources by location.	English	<b>Website:</b> <a href="https://www.freefood.org">https://www.freefood.org</a>
Los Angeles Food Policy Council	Food Sustainability	The Los Angeles Food Policy Council serves as the backbone organization for a network of over 400 organizations and agencies working for healthy, sustainable and fair food. Growing from the collective impact model, we are making transformative change in three primary ways: cultivate, align, make impact.	English	<b>Website:</b> <a href="https://www.goodfoodla.org/">https://www.goodfoodla.org/</a>
Los Angeles Regional Food Bank	Food Bank	The Food Bank collects food from hundreds of resources and distributes them to those in need through charitable agencies or directly through programs.	English	<b>Website:</b> <a href="https://www.lafoodbank.org/">https://www.lafoodbank.org/</a> <b>Address:</b> 1734 East 41st Street, Los Angeles, CA 90058

				<b>Phone:</b> 323-234-3030
<b>Resources for the Homeless</b>				
Los Angeles Homeless Services Authority	Homeless Services	LAHSA is the lead agency in the Los Angeles Continuum of Care, which is the regional planning body that coordinates housing and services for homeless families and individuals in Los Angeles County. LAHSA coordinates and manages over \$800 million annually in federal, state, county, and city funds for programs that provide shelter, housing, and services to people experiencing homelessness.	English, Spanish	<b>Website:</b> 707 Wilshire Blvd, 10th Floor, Los Angeles, CA 90017 <b>Hours:</b> M-F 7:30AM - 4:30PM <b>Phone:</b> 213-683-3333 <b>Hotline:</b> 213-225-6581
<b>Housing and Rent</b>				
Housing Authority of the City of Los Angeles	Housing Programs	HACLA has grown to become one of the nation's largest and leading public housing authorities, providing the largest supply of quality affordable housing to residents of the City of Los Angeles. HACLA offers a range of programs specifically for low income, homeless, disabled, children and seniors such as: Family Self-Sufficiency Program (FSS), Homeless Program, Homeownership Program, Housing Opportunities for Persons with Aids (HOPWA), and more.	English	<b>Website:</b> <a href="http://home.hacla.org/">http://home.hacla.org/</a> <b>Hours:</b> M-F 8AM-4PM <b>Address:</b> 2600 Wilshire Blvd. Los Angeles, CA 90057 <b>Phone:</b> 213-252-2500
List of Affordable Rental Housing in the City of Los Angeles	Housing List	The U.S. Department of Housing and Urban Development's list of affordable rental housing in the city of Los Angeles.	English	<a href="https://www.hud.gov/program_of_fices/fair_housing_equal_opp/la">https://www.hud.gov/program_of_fices/fair_housing_equal_opp/la</a>
Los Angeles County Housing Resource Center	Housing Resource Center	Since 2007, this community resource has helped people list and locate housing in the County of Los Angeles, including	English, Spanish	<b>Website:</b> <a href="https://housing.lacounty.gov/">https://housing.lacounty.gov/</a>

		affordable, special needs, emergency housing, and more. Listing and searches are free.		
<b>Immigration and Resources for the Undocumented</b>				
DACA Updates	Informational	Provides recent news about DACA and information about applying for a DACA grant and seeking qualified legal advice.	English	Website: <a href="https://www.immigrantguide.ca.gov/en/daca">https://www.immigrantguide.ca.gov/en/daca</a>
<b>Job Search and Unemployment</b>				
Los Angeles Workforce Development	Job Support	Resources for the unemployed such as job centers, job search support, and financial support services.	English	Website: <a href="https://workforce.lacounty.gov/">https://workforce.lacounty.gov/</a>