

BURBANK REGIONAL CAMPUS

4001 W Alameda Avenue Suite 300 Burbank, CA 91505

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a provider to utilize.

24-HOURS HOTLINE CRISIS NUMBERS

Suicide Prevention Lifeline

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Contact: 800-273-8255

National Domestic Violence Hotline

Everyone deserves relationships free from domestic violence. When you are ready, they are here to listen with confidential support.

Contact: 800-273-8255

National Sexual Assault 24-Hour Hotline

The National Sexual Assault Hotline is a safe, confidential service. A trained staff member will provide support through listening and sharing resources.

Contact: 800-273-8255

SAMHSA's National Helpline

The helpline provides 24-hour free and confidential treatment, referrals and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Contact: 1-800-662-4357

Crisis Text Line

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

Contact: 1-800-662-4357

Veterans Crisis Line

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Contact: 1-800-273-8255 Press 1

Vets4Warriors

Vets4Warriors provides confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

Contact: 1-855-838-8255

Trans Lifeline

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Contact: 877-565-8860

MENTAL HEALTH SERVICES

Family Service Agency of Burbank- <https://familyserviceagencyofburbank.org/>

The Family Service Agency of Burbank has been treating the mental and emotional well-being of children, adults and families suffering silently through counseling, preventing, educating and advocating since 1953.

Contact: (818) 845-7671

Location: 2721 W Burbank Blvd, Burbank CA 91505

Specialty: Anger Management, Art, Play and Sound Therapy, Batterer's Intervention Program, Coming Home Military Outreach Program, Counseling for Individuals (Youth, Teen & Adults), Couples, Couples Domestic Violence Counseling, Family Violence Program to Survivors, Monitored Visitation & Safe Exchange, Transitional Housing

Rates/Insurance: Please call to verify

Southern California Counseling Center- <https://sccc-la.org/>

Southern California Counseling Center (SCCC) believes that mental health care is a right, not a privilege. They work to provide affordable, sliding scale counseling to people in need for as long as they need care.

Contact: (323) 937-1344

Location: 5615 West Pico Blvd., Los Angeles, CA 90019 (other locations available)

Specialty: Individual, couple, group and family counseling services address the full range of mental health issues, including trauma, loss and grief, family conflict, parent/child problems, domestic violence, work difficulties, and disorders such as depression, anxiety and PTSD among many others

Rates/Insurance: Fees for a counseling session slide on a scale between \$16 and \$91

Didi Hirsch Mental Health Services- <https://didihirsch.org/>

Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Dedicated to serving communities where stigma or poverty limits access, Didi Hirsch helps more than 150,000 children and adults from 10 locations and 100 schools throughout Los Angeles and Orange counties each year.

Contact: (818) 244-7257

Location: 1540 East Colorado Street Glendale 91205

Locations Served: Culver City, Inglewood, Glendale, Los Angeles, Santa Ana, Pacoima

Specialty: 24-hour suicide crisis line, counseling for families that find themselves in emotional trouble, help for individuals with long-term psychiatric conditions to improve their quality of life, substance abuse and prevention counseling for both teenagers and adults with drug and alcohol related problems, community outreach programs that provide crisis counseling and support for those affected by a traumatic event.

Rates/Insurance: Please call to verify

NAMI Glendale- <https://namiglendale.org/>

NAMI Glendale is a chapter of NAMI Greater Los Angeles County, and a full affiliate of the National Alliance on Mental Illness. They offer support groups, education classes, advocacy, resources, and help & hope to those living with a mental illness, as well as their families, partners/spouses, and friends.

Contact: (213) 797-0494 (call or text)

Location: 1540 East Colorado Street Glendale 91205

Locations Served: Glendale, Burbank, Atwater Village, Toluca Lake, Hollywood, Echo Park, Los Feliz, Silver Lake, Eagle Rock, Highland Park, Lincoln Heights, Glassell Park, El Sereno, Montecito Heights, La Crescenta-Montrose, Sunland, Tujunga

Rates/Insurance: Free

Didi Hirsch- <https://didihirsch.org/>

Didi Hirsch is a leading provider of mental health, substance use and suicide prevention services. They offer low-income children and adults excellent mental health and substance use services throughout Los Angeles County.

Contact: 888-807-7250/ Crisis line 800-273-8255

Location: 1540 East Colorado Street Glendale 91205

Specialty: 24/1 bilingual crisis line, crisis chat, therapy (outpatient, intensive, school-based), crisis residential treatment centers, substance use services (prevention, assessment, outpatient treatment, mother/child residential treatment).

Rates/Insurance: Please call to verify

DOMESTIC VIOLENCE & SEXUAL ASSAULT

YWCA Glendale- <https://www.glendaleywca.org/>

YWCA provides resources and support to survivors of domestic violence and their children and through their education and prevention efforts they empower women, girls and families to build healthy relationships, achieve self-sufficiency, and live free from violence.

Contact: (818) 242-4155/ 24/7 Hotline 1-888-999-7511

Location: 735 East Lexington Drive Glendale 91206

Specialty: 24/7 crisis hotline, 16-bed domestic violence emergency shelter, a Domestic Violence Community Services Center that provides case management, legal services, adult and child counseling, trauma informed childcare, and housing navigation support, and a Violence Prevention Education and Outreach Program.

Rates/Insurance: Please call to verify

RESOURCES FOR VETERANS

Ascencia- <https://www.ascenciaca.org/>

Ascencia's mission is to lift people out of homelessness. They envision a community where people in need can find services, resources, and safe, affordable housing. If you are a US Veteran who is homeless/in danger of becoming homeless/in need of assistance obtaining your benefits, please call their Access Center.

Contact: 818-246-7900

Location: 1851 Tyburn Street, Glendale 91204

Specialty: Housing search and placement assistance, linking to mainstream financial resources, access to Veteran's health care services, educational and employment programs and training services, and vocational and rehabilitation counseling.

Rates/Insurance: Please call to verify

LEGAL RESOURCES

Neighborhood Legal Services of Los Angeles County- <https://nlsla.org/>

NLSLA provides free legal assistance to more than 150,000 individuals and families throughout Los Angeles County every year. Their advocates specialize in areas of the law that disproportionately impact people living in poverty, including affordable housing and eviction defense, access to public benefits, support for domestic violence survivors and their children, access to healthcare, and worker and consumer rights, as well as employment and training.

Contact: 800-433-6251

Location: 1103 East Chevy Chase Dr Glendale, CA 91205

Rates/Insurance: Varies (low fees)

Legal Aid Foundation of Los Angeles- <https://lafla.org/>

LAFLA seeks to achieve equal justice for people living in poverty across Greater Los Angeles. They assist individuals with income less than 125% of the federal poverty guidelines (however, there are exceptions to this). LAFLA helps with landlord/tenant, government benefits, family law, immigration, employment, and consumer. They do not help with criminal cases.

Contact: 800-399-4529

Location: 1550 W. 8th Street Los Angeles, CA 90017

Rates/Insurance: Varies (low fees)

HOUSING

Ascencia- <https://www.ascenciaca.org/>

Ascencia's mission is to lift people out of homelessness. They envision a community where people in need can find services, resources, and safe, affordable housing. If you are homeless, need employment assistance, mental health services, substance abuse recovery support, are in imminent danger of becoming homeless or a US Veteran who is homeless/in danger of becoming homeless/in need of assistance obtaining your benefits, please call their Access Center.

Contact: 818-246-7900

Location: 1851 Tyburn Street, Glendale 91204

Rates/Insurance: Please call to verify

LA Family Housing- <https://lafh.org/>

Through their outreach and engagement process, LAFH connects participants with housing placement combined with supportive services to help thousands of people transition out of homelessness and retain long-term housing stability.

Contact: 818-255-2766 or referrals@lafh.org (email preferred)

Location: Family Solution Center- 7817 Lankershim Blvd North Hollywood

Individual Solution Center- 7843 Lankershim Blvd North Hollywood

Rates/Insurance: Please call to verify

Hope of the Valley- <https://www.hopeofthevalley.org/>

Their mission is to prevent, reduce and eliminate poverty, hunger and homelessness. They do this by offering immediate assistance and long-term solutions. **They are a faith-based nonprofit** that does not discriminate based on gender, age, ethnicity, sexual orientation, religious affiliation or lack thereof.

Contact: 818-392-0020

Location: 18167 Chatsworth St. Granada Hills 91344

Rates/Insurance: Please call to verify

Specialty: Distributing food to the hungry, providing emergency/transitional shelter to the situational and chronically homeless, providing resources for basic human needs, and proven programs that lead to wholeness and self-sufficiency.

BASIC NEEDS

The Salvation Army Glendale- <https://glendale-ca.salvationarmy.org/glendale-ca/>

The Salvation Army in Glendale offers the following services: after-school programs, food assistance, utility assistance, transitional housing, youth hotline, referrals, weekly meals, life skills classes, youth programs, ministry, homeless assistance, Meals on Wheels. **This provider is religious based.**

Contact: (818) 246-5586

Location: 320 W. Windsor Road Glendale, CA 91204

Rates/Insurance: Free

The Salvation Army Van Nuys-

https://sanfernandovalley.salvationarmy.org/san_fernando_valley_corps/

The Salvation Army in Van Nuys offers the following services: after-school programs, music and arts programs, homework assistance and counseling for children, shelters, food assistance, utility assistance, and employment assistance. **This provider is religious based.**

Contact: (818) 781-5739

Location: 14917 Victory Blvd, Van Nuys 91411

Rates/Insurance: Free

Burbank Temporary Aid Center- <https://www.burbanktemporaryaidcenter.org/>

The Burbank Temporary Aid Center (BTAC) is dedicated to helping meet the short-term needs for food and basic services necessary to live with dignity. They strive to help create a community where the poor, working poor, and homeless are able to access the resources they need to become as self-sufficient as possible. The BTAC provides the following programs: groceries, daily sack lunches for the homeless, assistance with utility bills, transportation assistance, ID/license replacement, limited medical assistance, limited emergency shelter, shower and laundry facilities.

Contact: (818) 848-2822

Location: 1304 W. Burbank Blvd. Burbank, CA 91506

Rates/Insurance: Free

First Lutheran Church Glendale

The First Lutheran Church of Glendale provides emergency food, ongoing food assistance, hot meals, and referrals for other social services within their service area.

Contact: 818-240-9000

Location: 1300 East Colorado Street Glendale, CA 91205

Locations Served: Glendale and the Los Angeles zip codes: 90041, 90042, 90065

Rates/Insurance: Free

Glendale Community Services Center- <https://catholiccharitiesla.org/>

The Catholic Charities of Los Angeles' Glendale Community Services Center offers rental and utility assistance, case management and food pantry services.

Contact: (213) 318-5707

Location: 4322 San Fernando Road, Glendale 91204

Rates/Insurance: Free

MEND Poverty- <https://mendpoverty.org/>

MEND provides food, clothing, one-on-one case management and support services to low-income individuals and families.

Contact: (818) 897-2443 or (818) 896-0246

Location: 10641 N. San Fernando Rd, Pacoima 91331

Locations Served: Arleta, Lake View Terrace, Mission Hills, North Hills, Pacoima, Panorama City, San Fernando, Sun Valley and Sylmar

Rates/Insurance: Please call to verify

SUBSTANCE ABUSE/CHEMICAL DEPENDENCY

San Fernando Valley Rescue Mission- <https://sfvrescuemission.org/renewed-hope/>

The San Fernando Valley Rescue Mission offers The Renewed Hope Men's Life Recovery Program. This is a free, ten-month, residential, Christian, recovery program that provides Biblically-based structure and applied discipline for living an overcoming life.

Contact: (818)-960-0408

Location: 5061 Sunset Blvd. Los Angeles, CA 90027

Rates/Insurance: Free

Los Angeles County Substance use Treatment Services-

<http://publichealth.lacounty.gov/sapc/PatientPublic/Flyer.pdf>

If you, or someone you care for, has or is developing a substance abuse problem, please review the information in the link above to learn more about county programs and eligibility.

Contact: 1-844-804-7500

Specialty: Brief Outpatient for At-Risk Youth and Young Adults, Outpatient Treatment, Intensive Outpatient Treatment, Short-Term Residential Treatment, Withdrawal Management, Medication-Assisted Treatment/Opioid Treatment Program, Recovery Support Services, Recovery Bridge Housing.

Rates/Insurance: Free for Medi-Cal, My Health LA, and other County-Funded Eligible Youth and Adults

Prototypes- <https://www.prototypes.org/>

Prototypes is a lifeline to women who are struggling with addiction and other serious issues such as domestic violence and mental illness.

Contact: 213-542-3838

Location: 1000 North Alameda Street Ste 390, Los Angeles 90012

Specialty: Detoxification, residential treatment, community-based programs, assessment and referral, domestic violence resource centers, substance use disorders, mental health, housing and case management.

Rates/Insurance: Prototypes works closely with each potential client and their family to make treatment affordable and accessible whether through health insurance, self-payment, government funding, other resources or a combination. Assistance is available. No client in need is ever turned away because of financial considerations. There Intake Specialists will meet with you to discuss your particular financial situation and come up with a plan based on your individual circumstances.

SELF HELP RESOURCES

Alcoholics Anonymous San Fernando Valley Central Office- <http://www.sfvaa.org/Sun.html>

Alcoholics Anonymous San Fernando Valley Central Office compiled their daily AA meeting schedule at the above link.

Rates/Insurance: Free

Al-Anon and Alateen- <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.

Rates/Insurance: Free

Narcotics Anonymous San Fernando Valley- <https://nasfv.com/bmlt-tabbed/>

Narcotics Anonymous (or NA) is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Rates/Insurance: Free

Mental Health America Support Groups Resources- <https://mhanational.org/find-support-groups>

Mental Health America compiled a list of resources including specialized support groups.

Grief.com- <https://grief.com/>

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.