



**National Alliance on Mental Illness
San Fernando Valley**

RESOURCES – It is our hope that these organizations may provide the help you and your loved ones need in the San Fernando and Santa Clarita Valleys. If you would like to add names, phone numbers or web contact information, or have corrections, please let us know. Contact NAMI SFV 818-994-6747 or by email mail@namisfv.org

Adult Protective Services

- Van Nuys Regional Services 818.901.3981

AIDS Concerns

- AIDS Project Los Angeles 213.201.1621 <http://www.apla.org/>
- AID For AIDS (323) 656-1107 <http://www.aidforaids.net>

Area NAMI Affiliates

- Antelope Valley 661.945.8018
- Glendale 310.663.3844
- Los Angeles 310.478-8761
- Other Los Angeles County areas 213.632.0782
- San Gabriel Valley 626.577.6697
- San Fernando Valley 818.994.6747 www.namisfv.org
- Santa Clarita Valley Family Group (Zee Dankworth 661.360.8002 or 818.371.9381)
- Spanish Language 818.383.3716
- Simi Valley 805.526.0766
- Thousand Oaks 805.495.5031
- Ventura country 805/641.2426
- NAMI's Nationwide 800.950.6264
- NAMI California 916.587.0163 namicalifornia.org
1010 Hurley Way #195, Sacramento, CA 95825
- National Alliance on Mental Illness 703.524.7600
Colonial Place Three, 2107 Wilson Blvd. #300, Arlington VA, 22201 www.nami.org
- State Hospital NAMI's
Metropolitan State Hospital NAMI 323.721.5114. Meets second Saturday of the month
Patton State Hospital NAMI 902.425.0000. Meets 3rd Sat of Month 11:45 am – 1:15 pm

Benefits

- Help with SSI/SSDI Problems:
Mental Health Advocacy Services 213.389.2077. Ask for Sherrill Martin www.mhas-la.org
- MediCal Helpline (toll free) 877.597.4777
- MediCare Fraud Hotline 800.447.8477
- Social Security Application for SSI/SSDI
Questions of address of closest office 800.772.1213 www.ssa.gov
- Welfare (Dept. Public Social Services) All-Area Helpline 877.481.1044
- Mental Health Hook Up
<http://www.mentalhealthhookup.com/> Live 24 hour service "Your Mental Health Concierge"
[1\(877\) 572-0955](tel:18775720955) 23638 Lyons Ave Newhall, CA Connects consumer and families to SSI benefits, housing referrals, therapy etc.

Borderline Personality Disorder

- National Education Alliance for BPD 914.385.901_ www.borderlinepersonalitydisorder.com
- BPD Resource Center 888.694.2273 www.bpdresourcecenter.org

Case Management

- Call your area Mental Health Center as shown on the last page of this newsletter
- PLAN Private case management 888.574.1258 www.proxyparentfoundation

Charities for Mental Illness

- NAMI SFV Tribute Cards 994.6747 Leave name and number.
- NARSAD, the National Mental Health Research Association, 60 Cutter Mill Road, Great Neck, NY 11021
- NARSAD Greeting Card Catalog 800.607.2599

Children and Adolescents (Up to Age 18)

- ADD/ADHD 800.233.4058 www.chadd.org Local Chapter: San Fernando Valley CHADD P.O. Box 572799 Tarzana, CA 91357 772.242.3301
- Autism Society of America 800.328.8476 www.autism-society.org
- Local Chapter: Autism Society L.A. Chapter 8939 Sepulveda Blvd. Suite 110-778 Los Angeles, CA 90045 562.804.5556
- AVIVA (Adolescent Girls) Assessment/Shelter 7120 Franklin Ave. Los Angeles, CA 90046. 323.876.0550 www.avivacenter.org
- Center for Hope and Health (Psychotherapy) 7334 Topanga Canyon Blvd # 213 Canoga Park, CA 91303 818.704.8541
- Child and Family [Guidance Center Community Resource Services](http://www.guidancecenter.org) 9836 White Oak Ave., Suite 201, Northridge, Phone (818)739-5178
- San Fernando Valley Community Mental Health Center 818.832.2400
- L.A. County Child Protection Hotline 800.540.4000

- Psychotherapy (To Age 21) Center for Hope and Health, Inc. MediCal 818-704.8541
- Child and Family Program San Fernando Mental Health Center 818-832.2400
- Child Protection 24/7 Hot Line 800.540.4000
- Child Adolescent Bipolar Foundation 847.256.8525
- DMH Valley Coordinated Children's Services: Crisis Intervention/Assessment; Telephone Triage; Psychiatric Hospitalization (located in Reseda) 818-708.4500
- Housing: Families with Children: Beyond Shelter 213.252.0772 www.beyondshelter.org (Have to be in transitional housing and referred by case manager)
- Housing: Youth (18 to 21) Hillview Mental Health Center, Pacoima 896.1161 extension 275 Maria Stone www.hillviewmhc.org/
- Healthy Families MediCal Information Line [English] 888.747.1222 (Spanish) 888.777.1212 www.healthyfamilies.gov
- Learning Disabilities Association 888.300.6710
- Low Cost/Free Child Health Insurance 877.543.7669
- National Center for Learning Disabilities 888.575.7373 www.ld.org
- National Center Parents with Disabilities, Through the Looking Glass 800.644.2666
- Santa Clarita Child and Family Guidance Center 661.259.9439 www.childguidance.org/
- San Fernando Valley Child and Family Guidance Center 818-739-5250 www.childguidance.org
- San Fernando Valley Community Mental Health Center 6842 Van Nuys Blvd., 6th Floor, Van Nuys, CA 91405 818-901-4830 www.movinglivesforward.org
- Youth (18 to 20) Day Treatment and Transitional Housing Program San Fernando Valley Community Mental Health Center (818) 901-4930 www.movinglivesforward.org
- MediCal Information **1-800-541-5555**
- Special Education Information Line 800.434.2465
- Teen Line 310.855.HOPE 6 pm to 10 pm

Client Groups

- Friendship "Warm" Chat Line 888.448.777_
- Los Angeles County Department of Mental Health Client Coalition 213.637.2371
- **"Project Return: The Next Step Up"** (sponsored by Mental Health Association Los Angeles) meets at **6 pm, Wednesdays at Center for Family Living** 14545 Sherman Circle, Van Nuys, *Support Group for people living in recovery with mental illness* <http://www.mhala.org/project-return.htm>
- **Project Return Friendship Line** 888-448-9777

- **DBSA** Depression, Bipolar Support Alliance, a peer to peer support group. Two meetings per week Wednesday and Friday night's from 7-9pm Northridge Hospital Community Center www.dbsanorthridge.org.
- Mental Health and AIDS Support Groups 213.201.1621
- **Victory Wellness Center Moving Lives Forward** 14411 Vanowen St. Van Nuys, 91405. 818-989-7475 San Fernando Valley CMHC. <http://www.movinglivesforward.org/programs/victory-wellness-center>

Clubhouses for Clients

- Victory Wellness 14411 Vanowen St Van Nuys, 91405 (1/2 bl E of Van Nuys Bl) Ph 818-989-7475 <http://www.movinglivesforward.org/programs/victory-wellness-center>
- Arden House, Glendale 818-244.7257
- Daniel's Place, Santa Monica, Free Help and Referrals for ages 18 to 30 Experiencing First Break. Family Included 310.392.5855

Conservatorship

- Conservatorship Booklet NAMI SFV Library
- Conservatorship Mentor, Gail Evangelidi 310-288-9749 / 337-781-7609 gail4dine@gmail.com
- Katharine Van Dyke, Family Liaison 213.974.0509
- Public Guardian Office 213.974.0515 (After Hours Emergency 213.974.1234)
- Superior Court Dept. 95 (Mental Illness Court)
- Superior Court Dept. 95 (Mental Illness Court) Richard C. Luckham 323.226.2913

Crisis Emergency

- Los Angeles County Dept Mental Health Urgent Care Center 818-485-0888 14659 Olive View Dr Sylmar, CA 91342
- LA County Department of Mental Health: Multilingual Crisis Line 800.854.7771 Emergency Outreach Bureau 213.738.3433
- LAPD/LA County Department of Mental Health Assists Officers 213.485.4188
- Private Crisis Teams (Must have MediCal, Medicare or Private Insurance): All Care Behavioral Health 888.425.5227
- Hollywood Community Hospital Panorama City 800.608.4824. Northridge Hospital 800.345.2747 Sun Valley Pacifica Hospital 800.522.1154
- **Suicide Hotline: 877.727.4747 24 Hours**
- Teen Line: 310.855.HOPE 6pm to 10 pm
- Threat Management Unit LAPD: 213.485.4188

Dental

- Dentists Who Accept Medical: 800.322.6384
- Valley Medical Dentists:

DEPRESSION & BIPOLAR DISORDERS

- Lithium Information Center mim@miminc.org (608) 827-2470 www.miminc.org
- **DBSA** Depression Bipolar Support Alliance (Los Angeles Area)
Northridge info@dbsanorthridge.org (818) 850-3272
Glendale dbsaglendale@gmail.com (818) 352-4346 www.dbsanorthridge.org
DBSA Peer Support Group California dbsatoday@yahoo.com (800) 826-3632
www.dbsalliance.org www.dbsatoday.com
- National Foundation for Depressive Illness, Inc P.O Box 2257
New York, NY 10116 (800) 239-1264 www.depression.org
- Postpartum Support International support@postpartum.net (800) 944-4773 www.postpartum.net

DEVELOPMENTAL DISABILITIES

- Los Angeles County Regional Center 15400 Sherman Way #170 Van Nuys, CA 91406 (818) 7781900 www.nlacrc.org

- Bridges Inc. P.O. Box 263 Jamestown, RI 02835 lrafferty@bridgesinc.com (401) 423-1153 www.bridgesinc.com

DUAL DIAGNOSIS- MENTAL ILLNESS & SUBSTANCE ABUSE

- San Fernando Valley Community Center for Family Living
14545 Sherman Circle Van Nuys, CA 91405 jnovosel@dhs.lacounty.gov
(818) 908-4995 www.sfmhc.org
- Victory Wellness Center San Fernando Valley CMHC
14411 Vanowen St. Van Nuys, CA 91405 jflynn@storyactics.com
(818) 989-7475 www.wcrc.pbworks.com
- Los Angeles County Department of Mental Health pio@dmh.lacounty.gov
(800) 854-7771 www.dmh.laco.gov

SFVCMHC - System Of Care

6842 Van Nuys Blvd.
Van Nuys, CA 91405 (818) 909-5870

Sterling Behavior Health Institute

6931 Van Nuys Blvd. #102
Van Nuys, CA 91405 (818) 376-0134

SFVCMHC - Wraparound

6842 Van Nuys Blvd. Floor #2
Van Nuys, CA 91405 (818) 901-6376

Mission Community Hospital

14850 Roscoe Blvd.
Panorama, CA 91402 info@mchonline.org
(818) 787-2222 www.mchonline.org

Santa Clarita Valley Mental Health Center

23501 Cinema Dr. # 210
Valencia, CA 91355
(661) 288-4800 www.dmh.lacounty.gov

Portals Dual Recovery Residential

679 S. New Hampshire Ave. 5th floor
Los Angeles, CA 90005 (213) 639-2500 www.portalshouse.org

River Community Residential Treatment

23701 East Fork Road
Azusa, CA 91702 assess@socialmodel.com
(626) 910-1202 www.socialmodelrecovery.org

Tarzana Treatment Center

18646 Oxnard St.
Tarzana, CA 91356 treatment@tarzanatc.org
(800) 996-1051 www.tarzanatc.org

Didi Hirsch Community Health Center Glendale Center

1540 East Colorado St.
Glendale, CA 91205 info@didihirsch.org
(818) 244-7257 www.didihirsch.org

Twin Peaks Dual Recovery Anonymous

255 S. Mariposa St.
Los Angeles, CA (213) 639-2686

EATING DISORDERS

- National Association of Anorexia Nervosa and Associated Disorders
P.O. Box 640 Naperville, IL 60566 anadhelp@anad.org
(630) 577-1333 www.anad.org
- National Eating Disorders Association 603 Stewart St. #803
Seattle, WA 98101 info@nationaleatingdisorders.org (800) 931-2237 www.edap.org

ESTATE PLANNING & MENTAL DISORDERS

- Elder Law Estate Planning Referral Panel - NAMI Legal Center
legal@nami.org (800) 950-6264 www.nami.org
- Planned Lifetime Assistance Network
npa@nycap.rr.com (518) 587-3372 www.nationalplanalliance.org
- Administration & Case Management Program 8555 16th St. #805
Silver Spring, MD 20910 admin@planofmd-dc.org
(301) 518-7815 www.planofmd-dc.org
- *Marc Shulman*, **Special Needs Trusts** National Center on Life Planning
19029 Nordhoff St., Suite 204
Northridge, CA 91324-4804
[888-881-8113](tel:888-881-8113) mshulman_nclp@yahoo.com
- Jacob Yashar, **Financial Planning, Special Needs Trusts**
1990 Westwood Blvd Suite Ph2 jacob.yashar@prudential.com
Los Angeles, CA, 90025 310-234-8444

FAMILY TO FAMILY and other NAMI SFV COURSES

FREE Classes - Call Milton Decker (818) 704-5643 / (818) 994-6747

mail@namisfv.org www.namisfv.org

GROUPS

- Alzheimer's Greater San Fernando Valley Regional Office
16399 Parthenia St. # 200 Northridge, CA 91343
(818) 830-8590 (800) 272-3900 www.alz.org
- Brain Injury - L.A. Caregiver Resource Center 3120 N. Clybourn Ave.
Burbank, CA 91505 lacrc@picf.org (800) 540-4442 www.losangelescrc.org
- Co-Dependents Anon - Meetings on Tuesday at 7:30 p.m. Van Nuys Seventh
Adventist Church 14615 Sherman Way Van Nuys, CA 91405 outreach@coda.org
www.coda.org

Advocacy

- **NAMI California** www.namica.org
- **Mental Health America - Los Angeles** 100 West Broadway #5010 Long Beach, CA
90802 info@mhala.org (888) 242-2522 www.nmha.org

Gambling

- California Council on Problem Gambling 800 S. Harbor Blvd. #255 Anaheim, CA 92805
info@calproblemgambling.org (800) GAMBLER www.calproblemgambling.org/

Spanish Language

NAMI SFV Spanish@namisfv.org 818-994-6747

Stuttering

- National Stuttering Association San Fernando Valley Meeting Location Cal State
University Northridge South Campus - North Hall
9125 Zelzah Ave. Northridge, CA lasanmartin2@gmail.com (800) 937-8888
www.nsastutter.org
- **Fellowship**
World Fellowship Schizophrenia and Allied Disorders info@world-schizophrenia.org
www.world-schizophrenia.org

Health Care-General

- Planned Parenthood 800.230-7526
- Valley Care, LA County Health Services: Burbank, 818-557-3705
Mid-Valley, 818-947-4000
San Fernando, 818-837-6969; Sepulveda, 818-830-1870; Tujunga, 818-352-1417
Medicare/MediCal ability to pay or nothing

Hearing Impaired + Mental Illness

- GLAD Private, nonprofit information 213.478.8800
- Telephone Bridge to Hearing 711

Homeless + Mental Illness

- Cornerstone, 5950 Cedros Avenue (at Oxnard), Van Nuys, 91411 Phone 901.4836
- Lutheran Social Services, Van Nuys, Help and Housing 901.9480
- Connections, West Valley Mental Health Center 598.6900 extension 6974
- Gay/Lesbian LA Service Center 323.993.7400
- Homeless Access Info Center 9 to 5 Weekdays 982.4091
- Homeless Advisory Mental Health Dept 213.738.4148
- LA Family Housing, Gatekeeper: E Moran 832.2400
- Women's Care Cottage, North Hollywood 753.4580
- Winter Shelter Hotline 800.548.604

Hospitals with Psychiatric Units

- Glendale Adventis Hospital 818-409.8294
- Henry Mayo Newhall-Valencia – 888.383.0558
- Hollywood Community of Van Nuys 800.565.0558
- Mission Community – Panorama City – 800.608.4624
- Northridge Hospital Northridge 818-885.5484
- Olive View Medical Center, Sylmar 818-364.3432
- Olive View URGENT CARE, Sylmar DMH Olive View Urgent Care Center
- 14659 Olive View Dr Sylmar, CA 91342 818-485-0888
- Pacifica Hospital Sun Valley 818-767.3310
- Tarzana Treatment Center, Drug/Alcohol 818-996.7019

Housing

- List of SFV Board and Cares with DMH funding contracts available at Van Nuys NAMI meetings and support groups. Join us for Expert Speaker Meetings each month 3rd Weds 7pm at Center for Family Living 14545 Sherman Circle Van Nuys CA 91405
- California Board & Cares by Zip Codes www.cclcd.gov
- Community Care Licensing-SFV. State regulators of care homes: 818.598.4334
- Community of Friends. Vacancies 213.480.0809
- Los Income Utility Discounts: Gas 800.427.2200 #8; Telephone 800.772.3140; DWP 800.342.539_
- Fair Housing Hotline 800.424.8590 State: 800.233.3312 San Fernando Valley 373.1185
- DMH Patient's Rights, Residential Care Advocate Barbara Leifer 213.738.4612
- Hillview Village Apts. Permanent los cost housing for adults capable of independent living 896.1161
- Homes for Life John Sharkey, Housing Development Manager
Homes for Life Foundation P: [310.337.7417](tel:310.337.7417) www.homesforlife.org
- Lutheran Social Services, Van Nuys 901.9479
- Roommate Socials 4th Friday, 1:30pm 988.9525
- Rural Residential: Anne Sippi Ranch near Bakersfield 661.871.9697
- Changing Options near San Diego 760.789.7299
- Section 8 Advice LACDMH 213.637.2347
- Transitional Housing six to nine months 374.4080
- United County Housing Corp. May help prevent utility cut-off for low income persons. 800.342.5397
- Utility Assistance Program Dial 211

- Utility Tax Exemption low income (less than \$16,700 annually) and disabled 800.342.5397

Information

- LA County Department of Mental Health Access Line 800.854.7771 Available 24 hours a day, seven days a week
- Federal Help: 800.688.9889 Copy of Consumer Information Catalog: 888.878.3256
- LA County Information Lines: Dial: 211 for Human Services: 311 for City Services; TDD (Deaf): 800.660.4026
- Self-Help Group Directory 877.742.7349

Insurance

- California Insurance Department 800.927.HELP
- California Low Cost Auto Insurance 800.622.0954

Jails and Courts

- DMH Court Program 626.403.4370
- DMH Jail Reception Center 213.893.5475
- "Friends Outside" LA County Group 626.795.7653
- Inmate Location LA County Sheriff's Department 213.473.6100 or www.lasd.org; Internal Affairs to Report Abuse 800.698.8265
- Juvenile Hall, R. Lawrence Smith 323.226.8829
- Juvenile Hall Mental Health 323.226.8829
- NAMI SFV – What to Do If Your Loved One Has Been Arrested
<http://www.namisanfernandovalley.org/crisis-information.htm>
- Twin Towers Correctional Facility, 450 Bauchet, Street, LA 90012
Jail Mental Health Administration 213.893.5427
Men's Outpatient (in jail) Program 213.473.6183
Women's Outpatient (in jail) Program 213.893.5377

Legal

- California Courts Self-Help www.courtinfo.ca.gov/selfhelp
- Crime Victim Compensation 800.842.8467
- Legal Shield Ivory Spear [661-400-0740](tel:661-400-0740) / [818-571-9902](tel:818-571-9902)
- Mental Health Advocacy Service 213.389.2077
- Protection & Advocacy, Inc. (PAI) 800.776.5746
- Valley Storefront Legal Services 769.0136

Legislators, San Fernando Valley

- Name of Your Legislator 800.481.8683
- Governor Jerry Brown (R) **Governor Jerry Brown**
c/o State Capitol, Suite 1173 Sacramento, CA 9581 (916) 445-2841
- Assembly Members Address: Capitol Building Sacramento 95814
- Cameron Smyth (R – 38) 661.286.1565
- Felipe Fuentes (D-39) 818.504.3911
- Bob Blumenfield (D-40) 818.904.3840
- Julia Brownlea (D-41) 818.596.4141
- Mike Feuer (D-42) 310.285.5490
- Office Vacant (43) 818.558.3043
- Senators Address: Capital Building, Sacramento 95814
- Tony Strickland (R-19) 805.306.8886
- Alex Padilla (D-20) 818.901.5588
- Carol Liu (D-21) 626.682.0282
- Fran Pavely (D-23) 310.314.5214

US Representatives

- Address: US House of Representatives Washington, DC 20515
- Xavier Becerra (D-30) 213.483.1425
- Howard L. Berman (D-26) 9947.200_
- Howard P. McKeon (R 25) 661.254.2111

- Adam Schiff (D27) 626.304.2727
- Brad Sherman (D24) 501.9200
- Henry A. Waxman (D29) 323.651.1040

US Senators

- Address: US Senate, Washington, DC 20510
- Barbara Boxer (D) 415.403.0100
- Dianne Feinstein (D) 415.393.0707

Los Angeles County Supervisors

- Mike Antonovich (5th) 213.974.5555
- Zev Yaroslavsky (3rd) 213.974.3333

Los Angeles Mayor

Antonio Villaraigosa City Hall 200 North Spring, Los Angeles, 90012-4081 (213)485-2121
 Van Nuys Civic Center 14410 Sylvan Street Van Nuys, CA 91401 (818) 756-8121

Los Angeles City Council

- Address: City Hall 200 North Spring, Los Angeles, 90012-4081
- Paul Krekorian (2nd) 818.755.7676 councilmember.Krekorian@lacity.org
- Dennis Zine (3rd) 818.756.8848 councilmember.Zine@lacity.org
- Tom Labonge (4th) 818.755.7630 councilmember.Labonge@lacity.org
- Paul Koretz (5th) 818.971.3088 councilmember.Koretz@lacity.org
- Tony Cardenas (6th) 818.778.4999 councilmember.Cardenas@lacity.org
- Richard Alarcon (7th) 818.756.9115 councilmember.Alarcon@lacity.org
- Bill Rosendahl (11th) 213.473.7011 councilmember.Rosendahl@lacity.org
- Mitch Englander (12th) 818.756.8501 councilmember.Englander@lacity.org

Managed Care Complaints

- Department of Mental Health Care 888.HMO.2219

Medication Information

- FDA Report on Adverse Med Reactions 800.532.4440
- Free Medications for Needy Without MediCal 800.762.4636. Ability 888.477.2669. Clozaril 800.447.6673 Zyprexa 800/545/6963 Risperdal 800.652.6227 www.needymeds.com or www.pharma.org (202.635.3400) www.rxhelp4ca.org
- LA Free Clinic Medication Information Line 310.854.MEDS 9 am – 5pm. No Charge.

Medical Benefits (See Benefits)

Mental Health Dept., LA County (LACDMH)

- Access and Referral 800.854.7771
- Clinics SFV area: See last page of the newsletter
- Director: Marvin Southard. DSW 213.738.4601
- Chief Deputy Director: Sheila Shima
- Emergency Outreach: Gary Walendsik LCSW 213.738.3433. PMRT Complaints/Comments
- Employee Phone Numbers: 213.738.4775
- Family Advocates: John Griffin 213.637.2311 and Lewis Webet 213.637.2353
- Homeless/Housing Bureau 213.637.2301
- IMD Administrator 323.226.4447 ext. 4431
- Jail Mental Health Program Head: Stephen Jacobson, PhD (See Jails and Courts)
- LA County Mental Health Managed Care Plan 800.854.7771
- Legislative: Martin Guerra, MSW 213.639.6766
- Medical Director: Roderick Shane, MD 213.738.4603
- Patients Rights Chief: Carol Matthews 213.738.4873
- Sector Chief SFV, Santa Clarita Valley and Glendale: 818.598.6900
- Service Area Advisory Committee (SAAC) meets 9 am, 2nd Thursday of each month
 19020 Vanowen St, Reseda Ca 91335. **All are Welcome.**

Missing Persons

- DMH Project Search: 213.738.2524
- Search Reports, Inc.: 201.288.4445

- Social Security Locator Service: 800.772.1213

Money Management

- Consumer Credit Counseling (free) 800.750.2227

Obsessive Compulsive Disorder

- Obsessive Compulsive Foundation 203.878.5669
- Kosins, MD, Mark S. (Affiliated Psychiatric Med Group), El Monte, Especially OCD & Panic Disorder Adults and Children MediCare/MediCal Sliding Scale 626.307.8420
- OCD Foundation of California: 818.990.4830
- OCD Information from Upjohn Co. 800.639.8462
- Tourette Syndrome Association 800.237.0717

Older Adult Mental Illness Services 60+

- LA County DMH Genesis Program 1180 Palm Springs 92263
- National Center for Post Traumatic Stress Disorder 802.296.5132 National Institute of Mental Health 888.826.9436

Partial-Hospitalization Programs

(Like in-patient hospital day programs but patient leaves each night. Transportation and lunch provided. Medicaid or private funds required.)

- Glendale Partial Hospital Program 818-240.1155
- Henry Mayo Hospital, Newhall 661.253.8000
- Hollywood Hospital of Van Nuys 800.565.0558
- Mission Hospital, Panorama City 818-904.3635
- Sherman Oaks Hospital/Health Center 818-907.2835
- Northridge Hospital, Northridge 818-885.5348

Psychologists

- SFV Psychological Association 17277 Ventura Boulevard 202 Encino, CA 91316-5010 818-905.0410 <http://www.lapsych.org/>
- Psychologists who accept MediCal and/or Medicare : 1-800-854-7771 / (818) 988-3001 <http://www.socalpsych.org/mhcontacts.html>

Restraining Orders

- Court Domestic Violence Clinic 576.8884

Spanish Language Services

- NAMI SFV Spanish Language contact Al Henriquez 818-994.6747 Press # and leave message for Spanish language call back or email Spanish@namisfv.org
- San Fernando MHC Spanish Language Family Group, Jose Quillez 818-363.3716
- El Central de Armistad: 818-898.0223
- Instituto Latino Para Padres, NH., 501.4447
- Spanish Client Coalition: 213.255.4411

Suicide

- Suicide Hot Line: 877.727.4747
- America Suicide Foundation Survivor Groups 800.531.4477
- Information on Survivor Support Groups 202.237.2280
- Survivors of Suicide, 3251 North 78th Street, Milwaukee, WI 53222
- Suicide Website: www.save.org

Therapy (Also see Psychiatrists and Psychologists)

- California Family Ability to Pay Basis 818-386.5615
- Jewish Family Services (non-sectarian) 818-464.3333
- Kalcheim, Sid MFCC, Tarzana 310.312.0771 Young Adult mental illness groups. No MediCal/MediCare
- Personal Growth Inst Tarzana Multi-lingual (Armenian, Farsi, Hebrew, Russian) 818-609.9989

Therapy, continued

- SFV Counseling Center 341.1111 for well family members. Ability to pay basis.
- Recovery, Inc. Emotional self-help meetings in SFV. 818-994.5455. www.recovery-inc.org
- Valley Trauma Center CSUN 772.9981
- Wilson, Grances, PhD Sherman Oaks & Santa Clarita, 990.0221 Severe Mental Illness Exp
- Deak, Gabi, MSW, LCSW, CBT Specialist, Sliding scale basis, 310.479.4224

Transportation for Disabled

- Access 800.827.0829
- CityRide 808.RIDE
- Taxis: United 800.521.8294, City Cab: 780.1000
- Taxi Voucher Referral 800.431.7882 TDD 431.9731

Veterans (No Cost Services)

- Lutheran Social Services 994.3731
- Sepulveda VA Mental Health Clinic 891.7771 ext. 9027
- Sepulveda Veterans Center 892.9927
- Veterans HealthCare Enrollment 877.222 VETS

Violence against Women

- Family Violence Project (shelters, etc.) East SFV 505.0900 West SFV 887.6589
- LA Domestic Violence Hot Line 800.339.3940

Vocational Rehabilitation and Work

- Los Angeles County Department of Mental Health Rehabilitation Unit 213.738.2819;
- California Department of Mental Health Rehabilitation Unit, Van Nuys 901.5024
- Volunteer Center SFV Volunteer Opportunities 818-908.5066;
- Clients SFV Community MHC 818-902.5312; San Fernando MHC 818-837.7158; West Valley MHC 818-598.6948
- Victory Wellness Center 818-989.7475

Websites, Mental Illness

- California NAMI www.namicalifornia.org
- NAMI national www.nami.org
- NAMI SFV www.namifv.org
- Treatment Advocacy Center www.psychlaws.org
- California Resources www.networkofcare.org

Area Mental Health Centers

- **Center for Family Living**
14545 Sherman Circle, Van Nuys, 91405 **Tel.** 818.901.4864
- **Hillview Mental Health Center**
12450 Van Nuys, Blvd., @200, Pacoima 91331 **Tel.** 818.896.1161
(Serving Arleta, Pacoima, Lakeview Terrace, Sun Valley, Sunland, Kagel Canyon)
- **MacDonald Carey East Valley Mental Health Center**
11631 Victory Boulevard #203, North Hollywood 91606 **Tel.** 818.908.3855
(Serving N Hollywood, Studio City, Toluca Lake, Burbank west of Buena Vista, Universal City)
- **San Fernando Mental Health Center**
10605 Balboa Boulevard, Granada Hills, 91344 **Tel.** 818.832-2400
(Serving Sylmar, San Fernando, Mission Hills, Granada Hills, North Hills, Panorama City)
- **Santa Clarita Mental Health Center**
23501 Cinema Drive #210, Santa Clarita, 91355 **Tel.** 661.288.4800
(Serving City of Santa Clarita, Newhall, Valencia Bouquet Canyon, Saugus, Val Verde, Canyon County Castaic, Sulpher Springs, Aqua Dulce)
- **Verdugo Mental Health Center**
1540 Colorado Street, Glendale, 91205 **Tel.** 818.598.6900
(Serving West Lake Village-LA County, W Hills, Chatsworth, Canoga Park, Northridge, Porter Ranch, Winnetka, Woodland Hills, Tarzana, Reseda, Hidden Hills, Calabasas, Agoura Hills)

For more information, call NAMI SFV 818-994-6747 Leave a message and a volunteer will return your call, or email us in English mail@namisfv.org or Spanish Spanish@namisfv.org

Visit us online for updates on NAMI SFV Free classes, Support Groups and a full calendar of other activities including our annual NAMI WALKS fundraiser and monthly Expert Speaker Meetings. NAMI SFV is dedicated to improving the lives of those living with severe mental illness.
www.namisfv.org