

USC Verdugo Hills Hospital

Keck Medicine of **USC**

MENTAL HEALTH



Psychological challenges are a part of daily life, which can be heightened with social isolation. According to the National Alliance on Mental Illness (NAMI), one in five American adults experiences some form of mental illness in any given year. They also report that one of every 20 adults is living with a serious mental health condition, such as schizophrenia, bipolar disorder, or long-term recurring major depression. (see namiglendale.org for support groups)

Treatment is important at any age and may require adding mental health professionals to your team of health providers. Your physician can advise about medication and referrals to a specialist. Contact your insurance plan for providers within your network. If you are experiencing an emergency, CALL 911 Suicide & Crisis Hotline, CALL 988.

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or **aging-resources@med.usc.edu**. To learn more, visit: **uscvhh.org**

USC AFFILIATED SERVICES

[USC Dornsife School of Psychology Adults and Older Adults Counseling Center](#)

(213) 740-1600

dornsife.usc.edu/usc-psc

[USC Suzanne Dworak-Peck School of Social Work – Telebehavioral Health Clinic](#)

(866) 740-6502 – No cost appointments

dworakpeck.usc.edu/clinical-programs/telebehavioral-health

[USC Psychiatry and Behavioral Services*](#)

Keck Medicine of USC

(800) 872-2273

hie.keckmedicine.org/services/psychiatry-and-behavioral-sciences/

[Stepping Stones Inpatient Program*](#)

USC Verdugo Hills Hospital Geriatric Services

(818) 952-2270

uscvhh.org/hospital-services/geriatrics

*Accepts Medicare



MENTAL HEALTH URGENT CARE

Olive View Community Mental Health Urgent Care

14659 Olive View Drive

Sylmar, CA 91342

Walk-in: Mon-Fri 8:00 am – 7:00 pm; Sat 9:00 am – 5:30 pm

(818) 485-0867

Exodus Urgent Care, Eastside Location

1920 Marengo Street

Los Angeles, CA 90033

Walk-in: 24 hours/day, 7 days/week

(323) 276-6400

Behavioral Health Urgent Care Center

18501 Gale Ave, Suite 100

City of Industry, CA 91748

24-hour psychiatric urgent care (Clients cannot stay longer than 24 hours for treatment)

(626) 626-4997

CRISIS HOTLINES

Free confidential 24/7 support and counseling

Suicide and Crisis Lifeline – call or text 988

Domestic Violence Hotline – (800) 799-SAFE (7233)

Sexual Assault Hotline – (800) 656-HOPE (4673)

Substance Abuse National Hotline – (800) 622-HELP (4357)

Trevor Project (LGBTQIA Support) - (866) 488-7386

PRIVATE THERAPY FINDERS

[Asian Mental Health Collective](https://asianmhc.org) – asianmhc.org

[Cognitive Care Solutions*](https://cognitivecaresolutions.com) – cognitivecaresolutions.com

[Glendale Area Mental Health Professional Association](https://gamhpa.org) – gamhpa.org

[Headway](https://headway.co) – headway.co

[Psychology Today](https://psychologytoday.com) – psychologytoday.com

[Therapy Den](https://therapyden.com) – therapyden.com

COMMUNITY MENTAL HEALTH CLINICS

Free to low-cost services, accepting Medicare, Medicaid and other insurance plans. Call for locations.

[Clinica Oscar Romero](https://clinicaromero.com)

Providing culturally responsive, trauma-informed mental health services.

(213) 989-7700 | clinicaromero.com

[Comprehensive Community Health Center Behavioral Health Services](https://cchccenters.org)

Dedicated to supporting mental wellness.

(818) 265-2264 | cchccenters.org

[Didi Hirsch Community Mental Health Center](https://didihirsch.org)

Provides compassionate mental health, substance use, and suicide prevention services.

(888) 807-7250 | didihirsch.org

[Heritage Clinic](https://heritageclinic.org)

Provides community based mental health services for adults 55+ and their families.

(626) 577-8480 | heritageclinic.org

[Independence at Home](https://independenceathome.org)

Providing free short-term counseling to 55+

(866) 421-1964 | independenceathome.org

[LA County Mental Health Clinic](https://dmh.lacounty.gov)

Helping Older Adults manage their mental health and improve their quality of life.

(800) 854-7771 | dmh.lacounty.gov

(213) 351-7284 | Geriatric Services (GENESIS)

[Pacific Clinics](https://pacificclinics.org)

High-quality behavioral health and social services to advance health equity and well-being

(818) 547-9544 | pacificclinics.org

NOTE: This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.