

# COMMUNITY MENTAL HEALTH REFERRALS

## DIDI Hirsch Mental Health Services

4760 Sepulveda Blvd. Culver City, CA 90230  
310-677-7808  
323 N Prairie Ave. Inglewood, CA 90301  
310-677-7808

**Intake:** 310-390-8696

**Insurance Options:** Sliding Scale

## Behavioral Health Services Family Health Center

2501 W El Segundo Blvd., Suite B  
Hawthorne, CA 90250  
424-456-8933

**Insurance Options:** Medi-Cal Only

## Airport Marina Counseling

7891 La Tijera Blvd.  
Westchester, CA 90045  
310-670-1410

**Insurance Options:** Sliding Scale

## South Bay Mental Health/ L.A. County

1045 Redondo Beach Blvd. 3rd Floor  
Gardena, CA 90247  
323-241-6730

**Insurance Options:** Medi-Cal Only

## LGBTQ Center Long Beach

2017 E. 4th St.  
Long Beach, CA 90814  
562-434-4455

**Insurance Options:** Medi-Cal Only

## Coastal Asian - Pacific MH/LA County

14112 S. Kingsley Drive  
Gardena, CA 90249  
310-217-7312

**Insurance Options:** Sliding Scale

## South Bay LGBT Center

16610 Crenshaw Blvd.  
Torrance, CA 90504  
310-328-6550

**Insurance Options:** No Insurance Required

## 1736 Family Crisis Center

21707 Hawthorne Blvd., Suite 300  
Torrance, CA 90503  
310-543-9900 ext. 310

**24-Hour Hotline:** 310-379-3620

**Insurance Options:** Survivor of DV and/or Medi-Cal

## Long Beach Mental Health Clinic

2600 Redondo Ave. Floor 3  
Long Beach, CA 90806  
562-599-9280

**Insurance Options:** Medi-Cal Only

## Los Angeles Veteran's Center

1045 W. Redondo Blvd., Suite 202  
Gardena, CA 90247  
310-767-1221

**Insurance Options:** Free for Veterans

## Maple Counseling Center

1945 S La Cienega Blvd.  
Los Angeles, CA 90034  
310-271-9999

**Insurance Options:** No Insurance  
Required

## San Pedro Mental Health Center/L.A.

1360 W 6th St.  
San Pedro, CA 90732  
310-519-6100

**Insurance Options:** Medi-Cal

## Exodus Recovery Harbor / UCLA

1000 W. Carson St. Building 2  
Torrance, CA 90509  
424-405-5888

**Insurance Options:** Medi-Cal  
Accepted/ No Insurance Required

## Harbor/ UCLA Outpatient Psychiatric Clinic

1000 W. Carson St.  
Torrance, CA 90509  
424-306-5700

**Insurance Options:** Sliding Scale

**In case of mental health emergency (danger to self or others): CALL 911 or go to an emergency room**

# HOTLINE NUMBERS AND RESOURCES

**Suicide Prevention Lifeline:** Dial 988

**DIDI Hirsch Suicide Prevention Hotline 24/7:**  
1-877-727-4747

**South Bay Community Helpline:** 1-877-541-2525  
(Confidential Crisis, Referral & Support Hotline)  
Times: 8 am to 8 pm - 7 days a week

**LA Warmline:** 1-855-952-9276

(Free and confidential telephone service providing emotional support and resources)  
Times: 9 am - 3 am (Mon - Fri) & 10 am - 3 am (Sat-Sun)

**Crisis Text Line:** Text the word **COURAGE** to 741741. (24/7 support and information.)

**LGBT National Hotline:** 1-888-843-4564    **Trans Lifeline:** 1-888-843-4564

**The Trevor Lifeline:** 1-800-565-8860 También disponible en español.

The Trevor Project Hotline provides confidential, 24/7 support to LGBTQ+ youth in crisis, offering counseling and resources to help them through difficult moments.

**BIPOC Blackline:** Call or Text 1-800-604-5841

The BIPOC Blackline is a free, confidential helpline offering emotional support and crisis intervention for Black, Indigenous, and People of Color (BIPOC) individuals, providing a safe space for those in need.

**California Youth Crisis Line (CYCL) 24/7:** Call or Text 1-800-843-5200

The CYCL operates as is the statewide emergency response system for youth (ages 12-24) and families in crisis

**National Sexual Assault Hotline:** 1-800-656-4673

**Rape, Abuse, Incest National Network (RAINN):** [rainn.org](http://rainn.org) (CHAT NOW - English/Spanish)

**National DV Hotline:** Call 1-800-799-7233 or Text LOVEIS to 22522

**211LA.Org -- OR DIAL 211**

Resources: Shelter, Food, domestic violence, transportation, mental health, substance abuse, legal assistance and LGBTQ

**National Alliance on Mental Health:** Call 1-800-950-6264 or Text 741741

Provides support, education, and advocacy for individuals affected by mental health conditions and their families.