

Rio Hondo Student Health & Psychological Services

Mental Health Referrals

Agency Name	Services Offered & Fees	Contact Information
<p>Chino Human Services</p>	<ul style="list-style-type: none"> • Individual, couples, and family therapy • 8-12 sessions total; sessions are 50-minutes 1x a week • \$10 for Chino residents, \$30 for non-residents • Does not accept any insurance • Offers both telehealth and in-person sessions; however, some clinicians are not allowed to provide telehealth and must provide in-person services • Must call clinic to schedule an appointment; they will write a referral for you to see a clinician • There is currently a waitlist; wait time is unknown • NO psychiatry services 	<p>13201 Central Ave. Second Floor Chino, CA 91710</p> <p>(909) 334-3259</p> <p>https://www.cityofchino.org/355/Counseling</p> <p>Hours: Mon. - Thurs., 8am - 8pm Fri., 8am - 6pm Sat. & Sun. closed</p>
<p>California Counseling Skills Center (through University of Phoenix)</p>	<ul style="list-style-type: none"> • FREE counseling services, including family, child, couples and individual counseling • All telehealth; no in-person • Unlimited number of sessions offered 1x a week • No waitlist; currently accepting new clients <p>WILL NOT ACCEPT:</p> <ul style="list-style-type: none"> • Cases with active suicidal or homicidal ideation. • Cases with active domestic violence • Cases in which individual is court-ordered to go to therapy • Cases in which there is an open case in social services • Cases in which there is an ongoing legal case (e.g. divorce, DUI etc.) • NO psychiatry services 	<p>No address because all telehealth services</p> <p>Best way to contact is through email: uopxccsc@gmail.com</p> <p>(909) 472-3798</p> <p>https://www.phoenix.edu/student-resources/counseling-skills-centers.html</p> <p>Hours: Mon. - Thurs., 12pm - 8pm Fri., 12pm - 5pm Sat., 8am - 1pm Sun., closed</p>

Agency Name	Services Offered & Fees	Contact Information
<p>Icna Relief - SoCal</p> <p>Offers free mental health counseling, free medical, dental, and eye care for uninsured, and food pantries.</p>	<ul style="list-style-type: none"> ● FREE counseling services, including individual, couples, family, and group. ● Up to 12 sessions, 1x/week. ● Virtual sessions only; no in-person ● 1 month + waitlist ● Offers psychiatry services (doctors who prescribe medication for mental health concerns) <p>WILL NOT ACCEPT:</p> <ul style="list-style-type: none"> ● Crisis situations (suicidality, psychosis, mania, severe mental health that is not well managed) ● FREE medical, dental, and eye care for individuals 18+ without insurance. (Will not accept you if you have any insurance). ● Food pantries: <ul style="list-style-type: none"> ○ Tues. & Wed. 10am - 12pm <ul style="list-style-type: none"> ■ @ Fullerton site ○ 3rd Wed. of month, 11:30am - 12:30pm <ul style="list-style-type: none"> ■ 5900 Ball Rd., Cypress, CA 90630 	<p>(714) 399-4571 (option 3 for mental health)</p> <p><u>Counseling Hours:</u> Mon. - Fri. 9am - 5:30pm</p> <p><u>Counseling Availability:</u> Mon. - Sat. by appointment</p> <p><u>For medical clinic, 2 sites:</u></p> <p>505 E. Commonwealth Ave. Fullerton, CA 92832</p> <p>19164 E. Walnut Dr. N Rowland Heights, CA 91748</p> <p>https://icnarelief.org/socal/#1616099814493-91c28e65-fe81</p>
<p>Spiritt Family Services</p>	<ul style="list-style-type: none"> ● Offers a variety of FREE services including individual, couples, and family counseling, anger management, and family communication skills. See website for additional info: <ul style="list-style-type: none"> ○ https://www.spiritt.org/ ● Unlimited number of sessions, 1x/week ● Must live in Whittier and surrounding cities ● NO psychiatry services. 	<p><u>Several locations:</u> Whittier, South El Monte, Pomona, and Bell Gardens.</p> <p>8000 Painter Ave. Whittier, CA 90602</p> <p>2000 Tyler Ave. So. El Monte, CA 91733</p> <p>See link for address and business hours: https://www.spiritt.org/contact/</p> <p>(855) 714-8800</p>

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<p>Foothill Family Services</p> <p>(Multiple sites offering different services)</p>	<ul style="list-style-type: none"> ● Depending on site, offers general counseling, individual, couples, family, and group counseling. Offers parenting classes, youth and family services, and early childhood development services. <ul style="list-style-type: none"> ○ Please see website for all services offered: <ul style="list-style-type: none"> ■ https://www.foothillfamily.org/services ● Depending on the service you're interested in, there may be a waitlist. Wait times are unknown ● Accepts Medi-Cal <ul style="list-style-type: none"> ○ Those with medi-cal have unlimited number of sessions. Number of sessions depends on client needs. ● Individuals without medi-cal will be charged a sliding scale fee based upon monthly income; fees will range from \$40-\$180 per session. You must also pay a \$30 application fee. <ul style="list-style-type: none"> ○ Those without medi-cal are limited to 15 sessions max a year. Thereafter, you must wait a minimum of 1 year from your last session in order to receive services again. ● Must first go through virtual intake which takes 2-4 hours. Then you will be assigned to a therapist; you can decide if you want virtual or in-person sessions. ● Offers psychiatry services (doctors who prescribe medications for mental health concerns). Prescribes meds for all types of issues (e.g. ADHD, bipolar disorder, depression etc.). 	<p><u>Several Locations:</u> Covina, Duarte, El Monte, Pomona, & Pasadena</p> <p><u>El Monte Address:</u> 11429 Valley Blvd. El Monte, CA 91731</p> <p>Please see website for addresses and business hours: https://www.foothillfamily.org/contact</p> <p><u>Main Number:</u> (626) 993-3000</p>

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Pacific Clinics	<ul style="list-style-type: none"> ● Offers a variety of services including individual and family therapy. Not all services offered at all locations. See website for additional info: <ul style="list-style-type: none"> ○ https://www.pacificclinics.org/our-services/service-types/ - (click each link to explore) ● Number of sessions depends on client needs. ● Accepts any insurance, including medi-cal ● Offers psychiatry services (doctors who prescribe medications for mental health concerns). Prescribes medications for all types of mental health concerns including ADHD. ● Offers housing assistance and more. 	<p><u>Multiple Locations:</u> Nearest location is in El Monte - accepts adults only. (626) 433-1311</p> <p>See link below for all locations. https://www.pacificclinics.org/our-services/locations/</p> <p><u>Must reach call center first:</u> 877-722-2737</p> <p>Business hours: unknown</p>
Tri-City Mental Health Clinic	<ul style="list-style-type: none"> ● Offers a variety of therapy services, including individual, couples, and family. ● Unlimited number of sessions. ● In-person sessions; inquire about virtual. ● MUST BE a resident of La Verne, Pomona, or Claremont. ● Accepts medi-cal ONLY; no private insurance. ● Offers psychiatry services (doctors who prescribe medications for mental health concerns). Prescribes medications for all types of mental health concerns including ADHD. <p>IF YOU ARE NOT A RESIDENT</p> <ul style="list-style-type: none"> ● You can still call them and ask for Richard or the “Resource Navigator.” This person will search out services in your area and help match you to an agency/provider. 	<p>2008 N. Garey Ave. Pomona, CA 91767</p> <p>(909) 623-6131 (866) 623-9500 (toll free)</p> <p><u>Hours:</u> Mon. - Thurs. 8:30am - 5:30pm Fri. 8am - 5pm Sat. & Sun. closed</p>
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<p>Fuller Psychological and Family Services</p> <p>Definitions: <u>Graduate student:</u> student who is in school and HAS NOT obtained a master's degree.</p> <p><u>Advanced graduate student:</u> student who has obtained a master's degree.</p> <p><u>Postdoctoral clinician:</u> Person who completed school and has a PhD/PsyD but is unlicensed.</p> <p><u>Licensed clinician:</u> Person who has degree and is licensed to provide therapy services</p>	<ul style="list-style-type: none"> ● Offers individual, couples, and family therapy. ● Unlimited number of sessions, 1x/week. ● In-person and virtual sessions. <p>Fee Structure:</p> <ul style="list-style-type: none"> ● Individual Therapy: <ul style="list-style-type: none"> ○ Graduate student - \$45 ○ Advanced graduate student - \$75 ○ Postdoctoral clinician - \$95 ○ Licensed clinician - \$150 ● Couples/Family Therapy: <ul style="list-style-type: none"> ○ Graduate student - \$55 ○ Advanced graduate student: \$85 ○ Postdoctoral clinician: \$105 ○ Licensed clinician: \$165 ● NO psychiatry services. 	<p>180 N. Oakland Ave. Pasadena, CA 91101</p> <p>(626) 584-5555</p> <p>https://www.fuller.edu/fuller-psychological-and-family-services/</p> <p>Hours: Mon.-Thurs. 8am -9pm Fri. 8am - 5pm</p>
<p>USC Telehealth</p> <p>All therapists are students in the school of social work</p>	<ul style="list-style-type: none"> ● Offers FREE individual therapy only. ● Up to 8 sessions maximum, 1x/week. ● All sessions are virtual. ● 4-8 week waitlist <p>WILL NOT ACCEPT:</p> <ul style="list-style-type: none"> ● Severe cases, cases including crisis, cases involving DCFS or DV; mild to moderate cases only. 	<p>(866) 740-6502</p> <ul style="list-style-type: none"> ● Must leave a voicemail to schedule an appointment; they always return messages.
<p>Agency Name</p>	<p>Services Offered & Fees</p>	<p>Contact Information</p>

<p>The Greenleaf Center</p>	<ul style="list-style-type: none"> • Offers individual, couples, and family therapy. • Number of sessions and frequency of visits is unknown. • Offers psychological assessment, including diagnostic clarification, ADHD, and learning disabilities. • Offers immigration, workers' compensation, and forensic evaluations • Accepts many insurance plans. See below: <ul style="list-style-type: none"> • http://www.thegreenleafcenter.com/fees-insurance.html • Also offers sliding scale fees depending on income. • NO psychiatry services 	<p>13006 Philadelphia Suite 411 Whittier, CA</p> <p>(562) 945-5108</p> <p>http://www.thegreenleafcenter.com/index.html</p>
<p>Hillside wellness Center</p>	<ul style="list-style-type: none"> • Offers individual, couples, family, and group therapy. • Unlimited number of sessions; 1x/week • Offers in-person and virtual sessions • Does not accept any insurance. • Offers sliding scale fees • Currently accepting new clients; no waitlist. • Offers psychiatry services (doctors who prescribe medications for mental health concerns). These are all virtual; intake \$250, follow-up visits \$150 • Offers comprehensive neurotransmitter panels (this helps determine what kinds of medications are best suited for your unique biological makeup) • Offers nutritional services (has a staff nutritionist that helps develop a nutritional plan to help with wellbeing) <p>WILL NOT ACCEPT:</p> <ul style="list-style-type: none"> • Crisis cases or active substance use. 	<p>4521 Sherman Oaks Ave. Sherman Oaks, CA 91403</p> <p>(424) 261-9444</p> <p>info@hillsidewellnesscenter.org</p> <p>Best to use the contact form on their website; they respond faster: https://www.hillsidewellnesscenter.org/contact-us</p> <p>Agency's website: https://www.hillsidewellnesscenter.org/</p>
<p>Agency Name</p>	<p>Services Offered & Fees</p>	<p>Contact Information</p>

<p>La Vie Counseling Center</p> <p>(this is a Christian agency)</p> <p><u>Practicum trainee:</u> These are unlicensed students who are still in school.</p> <p><u>Registered associates:</u> These are master-level clinicians who have not yet received a license. They can include marriage and family therapists, licensed professional clinical counseling therapists, or clinical social workers.</p> <p><u>Psychological associates:</u> These are unlicensed doctoral students studying clinical psychology (PhD, PsyD).</p>	<ul style="list-style-type: none"> • Offers individual, couples, and family therapy • Offers both in-person and virtual sessions • Sessions are 45-minutes, 1x/week • Some therapists offer sliding scale fees based on income. • Does not accept HMO insurance; will accept PPO but will provide a superbill. <p>FEE STRUCTURE</p> <ul style="list-style-type: none"> • Licensed Clinician (marriage and family therapists of psychologists): \$160-\$325 • Unlicensed clinicians: <ul style="list-style-type: none"> ○ Practicum trainees: \$55-\$75 ○ Registered associates: \$100 ○ Psychological associates: \$150 	<p>650 Sierra Madre Villa Suite 110 Pasadena, CA 91107</p> <p>(800) 483-9591</p> <p>https://www.laviecounseling.org/</p>
<p>Alma Family Services</p>	<ul style="list-style-type: none"> • Offers individual therapy only for children, adults, and older adults. • Accepts medi-cal only. • From time to time, will offer sliding scale; must call and inquire. • Up to 1 year of sessions, starting with 1 session/week. With improvement, will scale down to 1-2/month. • All sessions are virtual or by phone; no in-person. • Offers psychiatry services; prescribes all types of meds, including for ADHD. 	<p>Virtual services only but has several locations: https://almafamilyservices.org/locations/</p> <p>Best way to get in touch, call: (323) 881-3799 - ask for intake department.</p> <p>info@almafamilyservices.org</p>
<p>Agency Name</p>	<p>Services Offered & Fees</p>	<p>Contact Information</p>

<p>Soul Tenders (multiple locations)</p>	<ul style="list-style-type: none"> ● Offers MANY types of therapy services, including specialty services. Please refer to website to inquire about individual, couples, or family therapy. <ul style="list-style-type: none"> ○ https://www.soultenders.com/ ● Typically meets 1x/week, but frequency of meetings depends on your needs and treatment plan. ● Accepts most major insurance plans including HMO, PPO, and medicare. Accepts following insurance: UnitedHealth Group, Blue Shield Promise Plan, Anthem, Kaiser, Aetna, Cigna, and OPTUM. ● Without insurance, costs: <ul style="list-style-type: none"> ○ \$150 - Individual Therapy ○ \$175 - Couples & Families ● No psychiatry services. 	<p>Multiple Locations: https://www.soultenders.com/locations/</p> <p>Whittier address: 7630 Painter Ave. Ste. C Whittier, CA 90602 (626) 701-4249 info@soultenders.com https://www.soultenders.com/ Check here for FAQs: https://www.soultenders.com/frequently-asked-questions/</p>
<p>The Whole Child</p>	<ul style="list-style-type: none"> ● Offers many different kinds of services including mental health for those with psychotic disorders: Crisis intervention, and individual, family and group therapy. ● Ages 12-25 ● Frequency and number of total sessions unknown, please call to inquire. ● Offers psychiatry services (doctors who prescribe medications for mental health concerns) ● Offers psychological testing ● Offers housing assistance and parenting support. 	<p>10155 Colima Road Whittier, CA 90603 (562) 692-0383 twcinfo@thewholechild.org https://www.thewholechild.org/</p>
<p>Agency Name</p>	<p>Services Offered & Fees</p>	<p>Contact Information</p>
<p>Azusa Pacific University</p>	<ul style="list-style-type: none"> ● Offers individual, couples, and family therapy. 	<p>918 Alosta Ave. Azusa, CA 91702</p>

<p>Community Counseling Center</p>	<ul style="list-style-type: none"> ● Works with individuals across the lifespan (children, adults, older adults) ● Sessions are 1x/week; unlimited number of sessions. ● Does not accept any insurance. ● All services are offered on a sliding scale fee between \$30 and \$90, depending on your income. ● 2 month wait list for therapy services <p>WILL NOT ACCEPT:</p> <ul style="list-style-type: none"> ● Court-ordered cases, cases with open DCFS case, anyone involved with or victim of domestic violence within the last 6 months, anyone who has engaged in self-harm within the last 6 months, and anyone who has been psychiatric inpatient within the last 6 months. ● Offers psychological testing (including ADHD assessment, psychodiagnostic clarification, learning disabilities and more). <ul style="list-style-type: none"> ○ Simple battery up to 2 measures is \$250 ○ Comprehensive battery is \$500 ● NOT accepting referrals for psychological testing at this time (May 2023). Waitlist is closed. Will reopen in 2-3 months; however, even if you are added to the waitlist, there is a very long wait as they do not have enough clerks to administer testing. ● No psychiatry services. 	<p>(626) 815-5421</p> <p>https://www.apu.edu/ccc/</p> <p>Hours: Mon. - Thurs. 9am - 8pm Fri. - 9am - 4pm Sat. & Sun. closed</p>
Agency Name	Services Offered & Fees	Contact Information
<p>Arcadia Mental Health Clinic</p>	<ul style="list-style-type: none"> ● Offers both individual therapy and psychiatry services (doctors who prescribe medication for mental 	<p>330 Live Oak Ave. Arcadia, CA 91006</p>

	<p>health concerns)</p> <ul style="list-style-type: none"> • Sessions offered 1x every 3-4 weeks; total of 8-12 sessions. • There is no waitlist for intake. However, for therapy and psychiatry services, there is a waitlist of 3 months after intake. • May treat ADHD. If you have already been diagnosed with ADHD and you have records that can prove you've been receiving treatment for it, then this agency may continue to prescribe ADHD medications. Depending on your case, they may not or may refer you out. • Serves adults and older adults • Accepts medi-cal • Offers sliding scale fees 	<p>(626) 254-1400</p> <p>https://locator.lacounty.gov/lac/Location/3180936/arcadia-mental-health-center</p> <p>Hours: Mon. - Fri. 8am - 5pm By appointment only, no walk-ins. Sat. & Sun. - Closed</p>
<p>East San Gabriel Mental Health Center</p>	<ul style="list-style-type: none"> • Offers both individual therapy and psychiatry services (doctors who prescribe medication for mental health concerns) • Up to 6 sessions total, seen 1x a month • DOES NOT assess or prescribe meds for ADHD • Serves adults and older adults • Accepts medi-cal • Long wait list - 5 months 	<p>1359 N. Grand Ave. Covina, CA 91724</p> <p>(626) 430-2900</p> <p>https://locator.lacounty.gov/lac/Location/3212721/east-san-gabriel-valley-mhc</p> <p>Hours: Mon. & Wed. 8am - 7pm - Can walk-in during these days/times Tues., Thurs., & Fri., 8am - 5pm Sat. & Sun. - Closed</p>
<p>East Los Angeles Women's Center</p> <p>(information may be out of date, unable to verify as of May 2023)</p>	<ul style="list-style-type: none"> • Offers services for victims of domestic violence and sexual assault. • Offers up to 52 weekly FREE sessions • Offers housing & health support 	<p>Crisis Hotline: (800) 585-6231</p> <p>Office: (323) 526-5819</p> <p>https://www.elawc.org/</p>
Agency Name	Services Offered & Fees	Contact Information
<p>Women's and Children's Crisis</p>	<ul style="list-style-type: none"> • Offers emergency shelter for up to 45 days for victims of domestic 	<p>7702 Washington Ave. 2nd Floor</p>

<p>Shelter</p> <p>(an emergency shelter for victims of domestic violence)</p>	<p>violence and their children.</p> <ul style="list-style-type: none"> • Offers food, clothing, hygiene items, support groups, parenting classes, one-on-one counseling, case management, legal, financial and medical advocacy, transportation, and children’s program including on-site school for shelter children. 	<p>Whittier, CA 90602</p> <p>(562) 945-3937</p> <p>wccs@dvshelter.org</p> <p>https://www.wccshope.org/</p>
<p>RH Counseling Services</p> <p>(This agency offers services for court-mandated and DCFS cases; this involves issues with domestic violence and child abuse)</p>	<ul style="list-style-type: none"> • Offers domestic violence (for both perpetrators and victims), anger management, and parenting counseling services. • Please see below for duration of programs: https://rhcounseling.org/service • \$40 to enroll and then \$25/week 	<p>7336 Painter Ave. Whittier, CA 90602</p> <p>(562) 309-7627</p> <p>https://rhcounseling.org/</p> <p>rhcounselingservices@yahoo.com</p> <p>Hours: Mon.-Fri. 9am - 6pm Sat. 9am - 1pm Sun. closed</p>
<p>American Health Services</p> <p>(has multiple locations in So Cal)</p>	<ul style="list-style-type: none"> • Medicated assisted drug treatment for those with opiate dependency. • Accepts medi-cal and medicare. • Offers sliding scale fees • Currently accepting new patients. • No waitlist 	<p>Multiple Locations: https://www.americanhealthservices.org/southern-california.html</p> <p>Location closest to Rio: Tavarua Health Services 8207 Whittier Blvd. Pico Rivera, CA 90660</p> <p>(562) 695-0413</p> <p>Hours: Mon. - Fri. 5am - 1:30pm Sat. & Sun. 7am - 8am</p>
Agency Name	Services Offered & Fees	Contact Information
<p>NOCD</p>	<ul style="list-style-type: none"> • Offers virtual treatment for Obsessive Compulsive Disorder 	<p>https://www.treatmyocd.com/</p>

	<ul style="list-style-type: none">• Accepts insurance: UnitedHealth Care, Cigna, Blue Cross, Blue Shield, Blue Care Network, Beacon, Aetna, and more.	Must book a free 15-minute call to find out more about services, fees, and insurance eligibility.
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SEE BELOW FOR MENTAL HEALTH RESOURCES

Other Mental Health Resources

Organization name	Description	Contact info
	Emergency number for mental health crises	988
Didi Hirsch Mental Health Services	<p>Suicide prevention and counseling center.</p> <p>Offers support groups and a free manual to help with suicidality:</p> <p>https://didihirsch.org/download-best-practices-manuals-toolkits/</p>	<p>https://didihirsch.org/services/suicide-prevention/</p> <p>They also offer other mental health services including therapy and psychiatry services:</p> <p>https://didihirsch.org/services/kits/</p>
Lifestance tele-psychiatry	An online portal that allows people to get connected to providers for medications for mental health concerns	https://lifestance.com/location/state/california/
Cal Hope	Offers support from peers, including a live chat feature	Calhope.org
Active Minds	Offers information on self-care resources & more.	activeminds.org
California Warm Line	Non-crisis line with 24/7 support. Connect with peer counselor to discuss anxiety, depression, & challenges.	855-845-7415
The Depression and Bipolar Support Alliance (DBSA)	<p>Peer-run support group for individuals with depression and bipolar (however individuals with other mental health concerns welcomed).</p> <p>Offered virtually and some places are in person. View website to find a group near you, or an online group you resonate with.</p> <p>Nearest one to Rio is in Pasadena</p>	<p>https://www.dbsalliance.org/</p> <p><u>Pasadena location:</u> 600 S. Lake Ave. Pasadena, CA 7538</p> <p>Meets in person Mon. & Fri. 7pm-9pm.</p> <p>Meets virtually on Wed. 7-9pm</p>

National Alliance on Mental Illness (NAMI)	Peer-run support group for adults with mental illness Offers a wide scope of information for different age groups, cultural identities, and populations.	https://www.nami.org/Home Go here to find a local group: https://www.nami.org/findsupport (800) 950-6264 Mon. - Fri. 7am - 5pm
Mental Health Association of San Francisco	Virtual support groups focused on different needs, such as anxiety, African American issues, Adults on the spectrum, and LGBTQIA+.	https://www.mentalhealthsf.org/support-groups
The JED Foundation	Offers mental health resources and tips on managing strong feelings, including suicide.	https://jedfoundation.org/mental-health-resource-center/
Renfrew	Virtual eating disorder treatment	1-800-736-3739 www.refrewcenter.com
Addictive Eaters Anonymous	Support group for those with eating disorders	(562) 708-6070 https://www.Aeaunitedstates.org
Overeaters Anonymous	Support group for those with eating disorders.	https://oa.org/
My Grief Angels	Offers a variety of resources on how to cope with grief. Also offers online support groups.	https://www.mygriefangels.org/