

Support for Sexual Assault Survivors

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Dear Survivor,

Sexual assault is about a lack of consent. And in California (and more women-friendly states and countries) that means informed, enthusiastic, affirmative consent. Whether the sexual assault that happened can be proven in the criminal justice system is another story. But as women (and sensitive men), we feel the truth in our bodies.

If the consent was not informed; if information was being purposefully hidden from you about the nature and intent behind the sexual act; if there was a power dynamic that rendered you frozen or fawning; if there was strong force used to make you freeze; if you did not understand the nature of the sexual act being one of degrading and humiliating intent (or not even totally realize sexual stuff was going on in the moment) due to manipulation or dissociation/freezing caused by aggressiveness; it was a crime. It might not be easily proven, but rest assured, it was wrong, and in a truly just world the perpetrator would go to jail.

Despite the challenging odds for proving it, it can still be worth reporting to the police to make sure the perpetrator's name is on file so if he does it to someone else, there will already be a profile on him (Remember to bring a friend, therapist, or district attorney advocate with you if/when you decide to file the police report. Take your time, but make sure to document along the way – most states have statute of limitations between 2 to 10 years for sexual assault).

If there are severe emotional, physical or financial damages, you can consider pursuing a civil case against the perpetrator, which have higher chances of succeeding than criminal cases. Try to keep documentation organized as best you can.

This document has information on free helplines, low-cost therapies, support groups and legal resources for people in the United States, with additional details for California and Los Angeles residents. There are also free survivor support groups that are global.

- For immediate emotional support, reach out to the RAINN hotline: 1-800-656-4673
- For support, visit the Survivors of Sexual Assault website (worldwide):
www.survivorsofsexualassaultanonymous.com

I. Sexual Assault Survivor Hotlines

A. Emergency

- **Emergency** – physical safety and resource for information - 911
- **National Mobile Crisis hotline:** 1-877-382-1608 – This mental health team will come to your house to support and help you calm down and refer to other resources.
- **Suicide Hotline:** 988
- **National Suicide Hotline:** 1-800-273-8256
- **Crisis Hotline (text only):** Text “home” to #741-741
- **Warm Crisis Line** - 1-800-854-7771

B. National Sexual Assault Hotlines and Resources

Rape Crisis RAINN:

- 1-800-656-4673 – 24/7
- This is the number to the main call center, which re-route your call to local area crisis center, may be on a hold a little while.
- Depending on who you talk to, they will direct you to a variety of other services, to advocates and legal aid organizations.
- Amazingly supportive and knowledgeable.

National Domestic Violence Hotline

- 800.799.SAFE (7233)
- 800.787.3224 TDD

National Center for Victims of Crime

NCVC provides confidential helplines, attorney referrals, and other support for victims.

- 855-484-2846
- <https://victimsofcrime.org/>
- Referred me to ValorUS

National Sexual Violence Resource Center (ValorUS) *Formerly called California Coalition Against Sexual Assault.*

- www.valor.us/get-help/
- info@valor.us
- (916) 446-2520

C. Los Angeles-based Sexual Assault Hotlines

These Hotlines provide both emotional support and referrals to long-term advocacy, mediation, legal and other forms of support.

UCLA Rape Treatment Center

- 424-259-7208
- Provides crisis support (but not 24 hrs.)
- Can help guide you to next steps, provide trauma therapy or refer you to specialists.

YWCA: 1-877-943-5778

- Serves parts of LA County. Can provide emotional support and refer to you to other resources, help with advocacy or finding legal support.

Peace Over Violence (POV):

- 213-955-9090 - Can help connect you with the right people to support you in your recovery and navigating the legal process.
- Can provide a case manager to oversee your recovery and legal process.
- Case Manager: Judy

Strength United

- LA 818-787-9700
- <http://www.strengthunited.org>
- Another LA based support line.

LA Rape and Battery Hotline

- This organization works closely with Peace over Violence above - they use the same emergency hotline numbers; Eniko.
- Central Los Angeles Hotline - 213-626-3393
- South Los Angeles Hotline - 310-392-8381
- West San Gabriel Valley - 626-793-3385

Hollywood Commission help Line (entertainment industry specific)

- <https://www.hollywoodcommission.org/helpline> - schedule an appt. right on the website for a particular day and time
- Email: helpline@hollywoodcommission.org.
- Leave a message and they will call you back: (855) 943-5463
 - Referred me to Halee

Additional

- Family Crisis Center 24 hr hotline 310-379-3620; Office 323-737-3900
- Alternatives to Violence 562-493-1161
- Catholic charities of LA hotline 800-833-2499; Office 213-251-3400

II. National Community Support Groups for Survivors

Survivors of Sexual Assault Anonymous (SSAA)

SSAA is an inclusive, self-help group that engages in 12-Step recovery and fellowship which aids survivors in healing from sexual trauma (ages 18+).

<https://www.survivorsofsexualassaultanonymous.com/>

Adult Children of Alcoholic and Dysfunctional Families (ACA)

Adult Children of Alcoholics (ACA)/Dysfunctional Families is a **Twelve Step, Twelve Tradition** program of people who grew up in dysfunctional homes.

We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives. ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and conduct an honest inventory of ourselves and our family—so we may (i) identify and heal core trauma, (ii) experience freedom from shame and abandonment, and (iii) become our own loving parents.

<https://adultchildren.org/> and. <https://adultchildren.org/meeting-search/>

Survivors of Incest Anonymous (SIA)

Some survivors of adult sexual assault have also been victims of childhood sexual assault.

“Incest” is a bit of a misnomer – to qualify you just need to have been a child at the time of the assault. It does lean towards people with long histories of incest by adults, often parents or relatives, as early as infancy. www.sia.org

I Survive - Survivors of Child Abuse

- This website has a wealth of information and resources for survivors of child abuse
- <https://isurvive.org/helpful-resources/abuse-survivor-resources-usa-canada/>

III Legal Resources for Sexual Assault Victims

A. Victim Advocates, Legal and Referral Services

Los Angeles Center for Law and Justice

- Free legal support for victims of domestic violence and sexual assault
- 323-980-3500
- <https://www.laclj.org/>

LA County District Attorney Office

If you decide to file a formal police report, you have a right to have an advocate there with you. If you are at the police station, you can ask them for one. You can also have an advocate meet you there ahead of time by connecting with the local district attorney's office and ask for the victim advocate division. Los Angeles DA Victim Service. 1-800-380-3811.

- DA Victim Unit: 323-871-1184
- DA Victim Advocate: 213-379-1110

Take Back the Night Legal Helpline (National)

- (567) 742-8837
- They can provide emotional support and take down information to give to their legal specialists who can help you figure out next steps. X

The Los Angeles LGBT Center – Legal Services

- The center offers a variety of legal services, including for sexual harassment and assault cases, particularly for LGBTQ+ women. They might also be able to refer you to trauma-informed legal professionals.
Website: <https://lalgbtcenter.org>

Legal Aid Foundation of Los Angeles (LAFLA)

- LAFLA offers free legal services to low-income individuals in LA, including survivors of sexual assault and domestic violence. They may also offer referrals to trauma-informed lawyers who specialize in sexual violence.
Website: <https://www.lafla.org>

Women's Law Project (National)

- This nonprofit law firm advocates for women's rights, offering direct services, including legal support related to abuse, harassment, and workplace discrimination.
Website: <https://www.womenslawproject.org>

California Women's Law Center (CWLC)- State

- CWLC works on policy advocacy, public education, and legal support for women in California, particularly survivors of sexual harassment, assault, and domestic violence.
Website: <https://www.cwlc.org>

Public Counsel

- <https://publiccounsel.org/issues/>

National Women's Law Center

- www.nwlc.org

Victim Rights Law Center (VRLC) -

- **Focus:** Dedicated to serving sexual assault survivors directly, especially cases that might involve complex power dynamics or manipulation. Website: victimrights.org
- Portland, OR - Caitlyn (503) 274-5477 | Boston, MA - (617) 399-6720
- Great organization. *Provided great referrals for California, very grateful!*

ACLU Women's Rights Project

- aclu.org/issues/womens-rights

National Alliance to End Sexual Violence:

A coalition of state-based advocacy groups: naesv.org

Victim Connect

1-855-484-2846

California Crime Victim Compensation Board:

Every state has a crime victims' compensation program that can provide financial assistance to people who have experienced certain types of crimes. I don't know much about California's program, but this is the link to their website that has information about it and a link to apply, if this is applicable to you. <https://victims.ca.gov/>,

California Victim Compensation Board's Resource Archive:

This is a directory of other services for survivors in LA County, if that is of interest to you. https://victims.ca.gov/for-victims/get-help/?vcb_resource_location=los-angeles

Center of Human Rights and Constitutional law

- #213-388-8693

B. Dispute Resolution Services (Mediation)

Los Angeles City Attorney Dispute Resolution Program

- Offers free mediation
- <https://cityattorney.lacity.gov/drp>
- Call on Tues Dec 31

Los Angeles County Dispute Resolution Services

- Free mediation services including neighbor-neighbor and personal injury
- <https://dcba.lacounty.gov/countywideDRP/>
- Program Manager, Jessica Morales, at 213-974-0826.
- Call monday Dec 30

Loyola Center for Conflict Resolution

- <https://www.lls.edu/academics/centers/loyolacenterforconflictresolution/>

C. Law Firms

Sexual Assault Specialty Law Firms

- **Lief, Cabraser, Heimann & Bernstein** - <https://www.lieffcabraser.com/survivors/> - focus on institutions - 11/18 Coya
- **Allred, Maroko & Goldberg** - 323-894-2496 (X)
- **Shegerian Law** - <https://shegerianlaw.com/practice-areas/sexual-abuse/> - 11/7 Lana x
- **Sanford Heisler Sharp and McKnight** - focus on institutions, but also some individual x
 - 646-679-1364
 - <https://www.sanfordheisler.com/sexual-violence-title-ix-victims-rights/>
 - Christine Dunn - Leads Sexual Violence practice
 - Phone: 202-499-5214
 - Email: cdunn@sanfordheisler.com
- **Dordulian Law Group** 1-800-880-7777 <https://www.dlawgroup.com/> - take on personal cases but only if the defendant meets a certain asset level. (Dakayra). If don't meet criteria they can refer to other law firms that have lower thresholds. X
- **Wilshire Law Firm** - takes personal assault cases but high bar to take the case. X
- **Taylor|Ring Sexual Assault Attorneys** - Law firm specializing in sexual assault; assault at institutions and organizations only, not for suing or prosecuting individual people. X
 - 310-776-6390
 - <https://www.taylorring.com/practice-areas/sexual-abuse-sexual-assault/>
- **Boucher LA** <https://boucher.la/california-sexual-abuse-lawyer> 818.340.5400 - focuses on institutions X
- **Greenburg Gross** - 702-940-3451 - Sexual Assault at Institutions only. X
 - **Fight for Survivors** (Part of Greenburg Gross) 1-833-553-4448
<https://www.fightforsurvivors.com/sexual-assault-lawyer/california/>
- **Levin & Nalbandyan** - personal injury with sexual assault practice area; usually cover places of employment, may handle personal Luis X <https://Intriallawyers.com/los-angeles-personal-injury-lawyer/sexual-abuse/>

Smaller Personal Injury Law Firms with Sexual Assault experience

- **Zalkin Law Firm**
 - individual and institutional cases (CA, NY)
 - 800-477-2989
 - <https://www.zalkin.com/contact-us/>
- **Jennifer Freeman Law (NY-based but works nationally)** - They specialize in sexual abuse cases, even those involving individuals rather than institutions. They emphasize survivor-centered advocacy.
- **Herman Law** - Herman Law specializes in cases of sexual abuse and misconduct, often handling cases against individuals, corporations, or institutions. They emphasize a trauma-informed approach and could provide support in building a case for personal accountability.
- **Panish Shea & Boyle LLP** - Known for personal injury cases, they handle a wide range of claims, including those involving abuse and trauma. While they typically focus on

significant injury cases, they have a reputation for ethical representation and could provide guidance or referrals.

- **The Bloom Firm** - Led by Lisa Bloom, this firm has experience handling sensitive cases involving sexual misconduct and harassment. They are selective but may align with your goals of seeking accountability and acknowledgment over revenge. (High profile)
- **Manly, Stewart & Finaldi** - Specializing in sexual assault and abuse cases, including against individuals, they have successfully represented survivors in obtaining justice and fair compensation. *msg*
- **Kline & Specter** - Based in Philadelphia but with a national reach, they have a team experienced in cases involving trauma and personal injury. They focus on both individual and institutional accountability.
- **Liberatore Law Firm (Personal injury)**
 - <https://www.liberatore.law/>
- **RK&M Law**
 - <https://www.rkmlaw.net/>

Other Legal Referral Services (not sexual assault specific)

- **California Lawyers for the arts.** This is a California non-profit organization that provides legal services to members of the creative arts community. Even if they aren't able to provide you with direct legal services, they might have some good industry-specific referrals for you. <https://www.calawyersforthearts.org/>
- **Womens Law:** <https://www.womenslaw.org/>
- **California lawyer referral services:** Here is the general page for finding issue-specific lawyer referral services in California. You can browse services based on county and area of law. Some areas that might be applicable (depending on the circumstances): civil litigation, contracts, corporate, discrimination, entertainment, labor & employment, personal injury, tort. If you contact any referral service, you might also ask for referrals to *victims' rights attorneys or organizations who represent survivors.* [Link](#)
- **California State Bar** #1-866-442-2529
- **CAL CASA** 1-916-446-2529
- **Los Angeles Lawyer Referral Service (Smart Law):** 213-243-1525
<http://www.smartlaw.org> → This place referred me to personal injury attorneys that really don't do sexual assault cases X
- **Los Angeles County Bar Association:** 213-627-2727 - Santa Monica Bar Association
Lawyer Referral Services: 310-581-5163 <http://www.smba.net>
- **Legal Aid Foundation of LA:** 1-800-399-4529 (www.lafla.org) – *focuses on low-cost*
- **Legal Aid Society:** 1-800-834-5001 - *focuses on low-cost*

IV. Mediation

A. Community Mediation Services (LA)

- **Los Angeles County Dispute Resolution Program:** The LA County Dispute Resolution Program (DRP) provides free or low-cost mediation for a variety of personal conflicts, including neighbor disputes. They may be able to match you with a mediator specializing in personal, emotional, or neighborhood issues. You can contact them directly for more information on mediation options.
 - **Website:** [LA County Dispute Resolution Program](#)
- **Mediation Services at the Los Angeles City Attorney's Office:** The City Attorney's Office in LA offers free mediation services through their Neighborhood Justice Program. This program is designed specifically for resolving disputes between neighbors, and they may be able to help you navigate this situation with your neighbor.
 - **Website:** Neighborhood Justice Program

B. Neighborhood Mediation Centers (LA)

- **The Los Angeles County Bar Association (LACBA) – Dispute Resolution Services:** This organization offers mediation for personal disputes such as neighbor conflicts. The LACBA can connect you with a trained mediator who specializes in resolving interpersonal disputes.
 - **Website:** [LACBA Dispute Resolution Services](#)
- **The Dispute Settlement Center (Los Angeles):** A center focused on providing mediation services for community and personal conflicts, including neighborhood issues. They can connect you with a mediator trained in handling sensitive, emotional disputes between neighbors.
 - **Website:** [Dispute Settlement Center](#)

C. Private Mediators Specializing in Personal Conflict (National)

If you're looking for someone who can offer more direct, personal mediation (rather than through government programs), some mediation firms or individual mediators specialize in resolving personal or neighborhood disputes. A few potential resources:

- **National Association for Community Mediation (NAFCM):** The NAFCM provides a directory of trained community mediators across the country. You can search specifically for mediators who work with personal disputes and conflict resolution.
 - **Website:** [NAFCM Directory](#)
- **The California Association of Mediators (CAM):** CAM offers a directory of mediators throughout California, including those who specialize in personal conflict and neighborhood disputes. They can help you find the right mediator for this situation.
 - **Website:** [California Association of Mediators](#)

D. Therapists with Mediation Skills (National)

- Some therapists are trained in conflict resolution and could act as mediators in personal disputes. If you are already seeing a therapist or counselor, you might want to ask if they offer mediation services or if they know someone who specializes in mediation for interpersonal conflict.
- **Mediation and Therapy Services:** Look for therapists in your area who specialize in trauma-informed conflict resolution. Websites like **Psychology Today** or **TherapyDen** can help you search for professionals in your area who offer both therapy and mediation services.

E. Online Mediation Platforms (National)

Some platforms provide online mediation, which might be useful if you and your neighbor aren't able to meet in person.

- **The Mediation Group:** This group offers online mediation and specializes in resolving personal, emotional, or neighborhood disputes. They have mediators who can handle sensitive issues, including emotional trauma.
 - **Website:** [The Mediation Group](#)

By reaching out to these services, you should be able to find a mediator who specializes in the type of personal conflict you're facing.

V. Therapy and Recovery Programs

A. Find a Therapist (National)

Open Bath Collective

- Access online or in-person therapy with a vetted therapist for only \$30-\$70 per session, plus a one-time membership fee
- <https://openpathcollective.org/>

Psychology Dot Com

- You can search by insurance and cost
- <https://www.psychologytoday.com/us/therapists/>

Creative Growth

- For therapists specializing in Complex PTSD.
- Not sure how many low-cost options there are
- <https://creativegrowth.com/referral.htm/>

Other Search Sites

- <https://growtherapy.com/>
- <https://www.betterhelp.com/>

B. Low-Cost Psychiatric Care (LA)

Exodus Recovery

- *For Medical or no insurance - Urgent psychiatric care for evaluation and medication. Does not provide ongoing monitoring or any kind of therapy.*
- Main: 310-945-3350
- Culver City: 310-253-9494
- <https://www.exodusrecovery.com/los-angeles-locations/>

C. Low-Cost Therapy (LA)

- Amanecer counseling services 213 481 7464
- Center of Indiv and Family Counseling 818-761-2227
- Family Crisis Center 24 hr hotline 310-379-3620; Office 323-737-3900
- Alternatives to Violence 562-493-1161
- Catholic charities of LA hotline 800-833-2499; Office 213-251-3400
- Peace Over Violence (POV) #213-955-9090

D. List of Sliding Scale Therapists (LA)

<https://counseling.ucla.edu/file/b743374c-f310-49df-9ab7-f2ee9b3b67e8>

See next page for details

Sliding Scale Counseling Centers (LA Area)

- All agencies offer Individual Adult Counseling Services
- * Next to clinic name on this page indicates psychiatry services available. Note that most agencies that have psychiatry ONLY do so with simultaneous psychotherapy.
- Clinics may have considerable wait-times for initial appointments (aka Intakes); Call to confirm.
- This form is updated bi-annually. Please note that information may have changed. Please call or visit their website for most accurate information.

Disclaimer: The following resources are provided for convenience and informational use only. Listing of resources does not indicate an endorsement or recommendation by UCLA or its affiliates. CAPS is not responsible for the content, claims, or representations of the listed resources.

Clinic Listing by Neighborhood

Westwood/Campus Adjacent

- Spanish Speaking Psychosocial Clinic – UCLA
- UCLA Psychology Clinic*

Santa Monica

- Family Service of Santa Monica*
- The Saturday Center

Culver City/West LA/Marina Del Rey

- Antioch University Counseling Center
- Colors LGBTQ Youth Counseling Center
- Open Paths Counseling Center
- Women's Clinic & Family Counseling Center

Beverly Hills/Century City

- The Maple Counseling Center*
- Wright Institute Los Angeles

Inglewood/Westchester

- Pepperdine Community Counseling Center
- Airport Marina Counseling Service*

Mile/Mid-City

- Jewish Family Services
- The Ness Counseling Center
- The Relational Center
- Southern California Counseling Center

West Hollywood/Silver Lake

- Los Angeles LGBT Center*

Burbank

- Family Service Agency of Burbank

Pasadena/San Gabriel Valley

- Foothill Family Service*
- Fuller Psychological & Family Services

San Fernando Valley – North

- Counseling West
- Hillview Mental Health Center, Inc.*
- Mitchell Family Counseling Clinic (@ CSUN)
- San Fernando Valley Counseling Center

San Fernando Valley – East (of 405 Fwy)

- The Center for Individual & Family Counseling

San Fernando Valley – West (of 405 Fwy)

- Encino Community Counseling Center/Pepperdine
- Neighborhood Counseling Center
- Philips Graduate Institute Counseling Center South Central
- Watts Counseling & Learning Center

Orange County

- Living Success Center

Name / Contact Info	Fees/ Insurance	Services (Groups, Other Programs, Other Languages)	Psychiatry	Hours	
Airport Marina Counseling Service La Tijera Blvd., Los Angeles, 90045 310-670-1410 7891 www.airportmarina.org	Intake Fee: \$30 Sessions: Sliding Scale \$15-\$90 Insurance: N/A	<ul style="list-style-type: none"> • Individuals, couples, case management, family, children, group, Hannon immediate intervention program, LGBTQIA Center • Groups: Court-approved Parenting class, Anxiety, Anger management for Youth, Men's, Women in transition, Couples 	For current clients; requires minimum of 5 therapy visits before referral.	M-Th: 9am-9pm F-Su: 9am-3pm	Updated 7/2019
Antioch University Counseling Center 400 Corporate Pointe, Culver City, 90230 310-574-2813 x366 https://www.antioch.edu/los-angeles/resources/community-resources/au-counseling-center/	Intake Fee: Unknown Session: Sliding scale: \$20-\$85 Insurance: The center does not take private insurance, some staff accept private insurance, No Medi-Cal or Medicare.	<ul style="list-style-type: none"> • Individuals, family, children, services for court-mandated clients. International and LGBT counseling programs. • Groups: call to confirm specific focus • Languages: Call to confirm. English, Farsi, Hebrew, Russian and French 	No	M-F: 8am-9pm Sat: 8am-6pm Sun: 8am-4pm	Updated 7/2019
The Center for Individual & Family Counseling 5445 Laurel Canyon Blvd., North Hollywood, 91607 818-761-2227 x707 https://www.thecenterpro.org/services	Intake: \$40 Session: sliding scale \$40-\$130 Insurance: No	<ul style="list-style-type: none"> • Individuals, couples, family, children, adolescents • Groups: N/A • Languages: Spanish, Farsi, 	No	M-Th: 9am-9pm F-Su: 9am-5pm	Updated 7/2019
Colors LGBTQ Youth Counseling Center located at Antioch University Los Angeles 400 Corporate Pointe Culver City, 90230 310-574-2813 ext. 366 www.colorsyouth.org	Intake Fee: Unknown Sessions: Free Insurance: No	<ul style="list-style-type: none"> • For youth under 25 and their families • Individuals, couples, family, and group counseling 	No	7 days a week, by appointment	Updated 7/2019
Counseling West 4419 Van Nuys Blvd., Ste. 310 Sherman Oaks, CA 91403 818-990-9898 www.counselingwest.com	Intake Fee: \$40 Sessions: sliding scale \$40+ Insurance: No	<ul style="list-style-type: none"> • Individuals, couples, family, children, psychological testing • Groups: Call to confirm specific focus • Languages: Armenian, German, French, Farsi, Hebrew, Spanish, Cantonese, and American Sign Language 	No	M-F: 8am-9pm Sat: 8am-6pm	Updated 7/2019

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David H. Fox Counseling Center (formerly known as Phillips Graduate University Counseling Center) 19900 Plummer St., Chatsworth, 91311 818-386-5615 https://www.pgu.edu/counseling-services.html	Intake Fee: Sessions: Sliding scale Insurance: Yes, No Medi-Cal or Medi-care.	<ul style="list-style-type: none"> • Individuals, couples, family, children, services for court-mandated clients. • Groups: Parenting group, Anger management for adults, Men’s group for ending domestic violence, Women against violence. Call for updates • Languages: Spanish, Farsi 	No	M-Th: 8am-9pm F-Sa: 8am-5pm	Updated 7/2019
Encino Community Counseling Center (of Pepperdine University) 16830 Ventura Blvd., Ste 216, Encino, 91436 818-501-1678 http://gsep.pepperdine.edu/about/clinics/encino (4-6 week waitlist as of April 2019)	Intake Fee: \$25 Sessions: Sliding scale \$15-\$90 Insurance: No	<ul style="list-style-type: none"> • Individuals, couples, adolescents, • Groups: They provide a list of groups in the community 	No	By appointment	Updated 7/2019
Family Service Agency of Burbank 2721 W. Burbank Blvd., Burbank, 91505 818-845-7671 www.familyserviceagencyofburbank.org	Intake Fee: Unknown Sessions: Sliding scale Insurance: Unknown	<ul style="list-style-type: none"> • Individuals, couples, family, children, groups, transitional housing programs for homeless adults & teens. • Groups: varies, call to confirm specific focus 	No	M-F: 9am - 9pm Sat: 8am - 6pm Sun: By appointment	Updated 7/2019
Family Service of Santa Monica 1533 Euclid St, Santa Monica, 90403 310-451-9747 www.vistadelmar.org/family-services-of-santa-monica	Intake Fee: Unknown Sessions: Sliding scale \$40-\$170 Insurance: Medi-Cal for minors	<ul style="list-style-type: none"> • Individuals (up to age 25) individual, couples, children • Groups: varies, call to confirm specific focus 	For current clients receiving therapy	M-Th: 9am-8pm F: 9am-4pm	Updated 7/2019
Foothill Family Service Multiple locations: Pasadena, El Monte, W. Covina, Duarte 626-993-3000 www.foothillfamily.org	Intake Fee: \$30 Sessions: Sliding scale \$35-\$177 Insurance: Tricare, Molina, Medi-cal (up to age 21.5)	Individuals, couples, family, children <ul style="list-style-type: none"> • Groups: Parenting, domestic violence • Languages: Spanish 	For minors w/ Medi-Cal	M-F: Hours vary by location	Updated 7/2019

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<p>Fuller Psychological & Family Services 180 North Oakland Ave., Pasadena, 91101 626-584-5555 http://fuller.edu/fuller-psychological-and-family-services/</p>	<p>Intake Fee: Unknown Sessions: Sliding Scale: \$45-\$150 Neuropsychological testing: \$3,000 Adult ADHD/Educational Assessment: \$2,000 Insurance: No</p>	<ul style="list-style-type: none"> • Individuals, couples, family, children, premarital counseling, group neuropsychological testing, • Does not directly treat bipolar disorders, eating disorders, or substance-related and addictive disorders • Groups: call to confirm specific focus 	<p>No</p>	<p>M-Th: 8am-9pm F: 8am-5pm</p>	<p>Updated 7/2019</p>
<p>Hillview Mental Health Center, Inc. 12450 Van Nuys Blvd., Ste. 200 Pacoima, 91331 818-896-1161 www.hillviewmhc.org</p>	<p>Intake Fee: No for Medi-Cal Sessions: Sliding scale Insurance: Medi-Cal only</p>	<ul style="list-style-type: none"> • Individuals, medication management, case management • Groups: varies, call to confirm specific focus • Language: Spanish 	<p>For current clients receiving therapy</p>	<p>M- F: 9am-5:30pm</p>	<p>Updated 7/2019</p>
<p>Jewish Family Service of Los Angeles Multiple locations: LA, San Fernando Valley 877-275-4537 Central Access 310-247-0864 Pico Robertson Family Resource Center www.jfsla.org <i>(Do not need to be Jewish to access services)</i></p>	<p>Intake Fee: Unknown Sessions: Sliding scale. Insurance: Some private insurance</p>	<ul style="list-style-type: none"> • Individuals, children, family • Other services: • Addiction & Prevention Program (310-247-1180) or 626-577-7729. • 24 Hour Crisis Hotlines in English and Spanish (818) 505-0900 or (323) 681-2626 • Groups: varies, call to confirm specific focus • Languages: Farsi, Russian, Hebrew, Farsi, and Spanish 	<p>No</p>	<p>M-Th: 8:30am-5:00pm.</p>	<p>Updated 7/2019</p>
<p>Living Success Center 445 E. 17th St., Suites D-E 23193 Costa Mesa, 92627 949-645-4723 www.livingsuccesscenter.org</p>	<p>Intake Fee: Unknown Sessions: Sliding Scale Fee Insurance: No</p>	<ul style="list-style-type: none"> • Individuals, couples, family, children, teens • Groups: A support group for loved ones who have been diagnosed with a serious illness, A skills-based program that offers a lifeline to families facing Borderline Personality Disorder, Coping with Crisis Workshop, Parenting, Women's group, Sexual abuse survivors 	<p>No</p>	<p>By appointment</p>	<p>Updated 7/2019</p>

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<p>Los Angeles LGBT Center 1625 N. Schrader Blvd., Hollywood, 90028 323-993-7500 Ext. #5 (financial screening appointment must be scheduled prior to scheduling counseling) www.lalgbtcenter.org</p>	<p>Intake Fee: Unknown Sessions: Sliding scale. (Mental Health services are free for people who live or work in West Hollywood.) Insurance: Most private insurance, Medi-Cal, Medicare, can bill many third-party payers.</p>	<ul style="list-style-type: none"> • Individuals, couples, family, coming out support, hate crime assistance, legal services, career support • Groups: Freedom from smoking, Women’s sexual abuse survivors, Self-empowerment for LGBTQ Men, Anger Management, LGBT Healthy relationships, LGBT primary aggressors, Transgender support and empowerment, Trauma recovery, Inspiring hope coping skills, 12 step recovery groups 	<p>For current clients receiving therapy</p>	<p>M-F: 8am - 8pm Sat: 9am-5pm</p>	<p>Updated 7/2019</p>
<p>The Maple Counseling Center 9107 Wilshire Blvd., Lower Level, Beverly Hills, 90210 310-271-9999 www.tmcc.org</p>	<p>Intake Fee: \$65 (payable on payment plan) Sessions: sliding scale Insurance: PPO</p>	<ul style="list-style-type: none"> • Individuals, couples, children, family • Groups: Loss of parent, gay men's interpersonal, creating meaningful relationships, Queer Groups, sometimes a parenting group • Languages: Spanish, Portuguese, Russian, Farsi, changes call to confirm 	<p>For current clients receiving therapy</p>	<p>M-Th: 9am-8pm F: 9am-4pm Sat: 9am-2pm</p>	<p>Updated 7/2019</p>
<p>Mitchell Family Counseling Clinic @ Cal State Northridge 18111 Nordhoff St., Northridge, 91330 818-677-2568 www.csun.edu/education/mitchell-family-counseling-clinic</p>	<p>Intake Fee: Free phone intake Sessions: Sliding scale Insurance: No</p>	<ul style="list-style-type: none"> • Individual, couples, family, children • Groups: Various call to confirm 	<p>No</p>	<p>By appointment weekdays, evenings & weekends.</p>	<p>Updated 7/2019</p>
<p>Neighborhood Counseling Center 5535 Balboa Blvd., Ste. 221, Encino, 91316 818-788-2738 www.nccencino.org</p>	<p>Intake Fee: Same as session Sessions: Sliding scale \$25-\$100 (\$40 avg) Insurance: Out-of-Network PPO</p>	<ul style="list-style-type: none"> • Individuals & couples, family, group • Free help for gamblers or those affected by their gambling. 	<p>No</p>	<p>By appointment</p>	<p>Updated 7/2019</p>

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<p>The Ness Counseling Center 8512 Whitworth Dr., Los Angeles, 90035 866-843-6377 or 310-360-8512 www.thenesscenter.org</p>	<p>Intake Fee: No Charge Sessions: Sliding scale: \$65-\$185 Insurance: Out-of-Network PPO benefits – will verify benefits for no</p>	<ul style="list-style-type: none"> Individual, couples, family, drug & alcohol testing/ treatment, court-mandated services Groups: Parenting classes, domestic violence, anger management groups, eating disorders, drug and alcohol substance abuse, sexual offender (some groups also offered in Spanish) Languages: Spanish 	No	By appointment weekdays, evenings & Sundays.	Updated 7/2019
<p>Open Paths Counseling Center 5731 W. Slauson Ave., Ste. 175, Los Angeles, 90230 310-258-9677 www.openpaths.org</p>	<p>Intake Fee: \$20 Sessions: Sliding scale Insurance: No</p> <p>Another Way Intake: \$50 No sliding Scale</p> <p>Class Fee : \$25 Groups: \$15</p>	<ul style="list-style-type: none"> Individuals, couples, and families Groups: Social anxiety support group, grief support group QTPALSS: A safe space for queer and trans people of color, court-approved parenting classes, Women’s empowerment group, anger management classes, Batterer intervention programs [Check website for contact info for specific groups.] Languages: Spanish 	No	By appointment	Updated 7/2019
<p>The Relational Center 2717 S. Robertson Blvd., Los Angeles, 90034 323-935-1807 www.relationalcenter.org</p>	<p>Intake Fee: Unknown Sessions: Sliding scale for therapy \$25-\$75 Membership: \$60-\$260 per month Insurance: No</p>	<ul style="list-style-type: none"> Individuals, couples, family Groups: Not formal group therapy Other wellness services including: massage, yoga Languages: Spanish 	No	M-Th: 9am-9pm Sa-Su: 9am-5pm	Updated 7/2019
<p>San Fernando Valley Counseling Center 16461 Sherman Way, #275, Van Nuys, CA 91406 818-341-1111 www.sfvcc.org</p>	<p>Intake Fee: \$25 (May increase) Sessions: Sliding scale Insurance: No</p>	<ul style="list-style-type: none"> Individuals, couples, family, children Groups: Substance abuse, women's group, anxiety support, parenting classes. Call for updates Languages: Spanish 	No	M-F: 9am-8pm Sa: 9am-3pm Sun: 9am-3pm No walk-ins. By appointment only	Updated 7/2019
<p>The Saturday Center 3201 Wilshire Blvd., Ste. 201, Santa Monica, 90403 310-829-7997 www.saturdaycenter.org</p>	<p>Intake Fee: \$50 Sessions: Sliding Scale (\$40-100) Insurance: Out-of-Network PPO & Medicare</p>	<ul style="list-style-type: none"> Individuals, couples, family, teens Groups: Interpersonal Processing Groups Languages: Farsi, call to confirm others 	No	M-Sa: 9am – 9am No walk-ins. By appointment only	Updated 7/2019

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<p>Southern California Counseling Center 5615 W. Pico Blvd., Los Angeles, 90019 323-937-1344 www.sccc-la.org</p>	<p>Intake Fee: \$20 Sliding scale: \$16-91 Insurance: No</p>	<ul style="list-style-type: none"> • Individuals, couples, family, children • EMDR • Groups: Best practice parenting, teen violence prevention, LGBTQI youth, community mindfulness and compassion, the abuse prevention program (TAPP), rage resolution, personal and relationship support, women in transition, senior support group 	<p>For current clients receiving therapy</p>	<p>Walk-in intakes for individual counseling available: M-Th: 6-8pm Sat: 12-2pm</p>	<p>Updated 7/2019</p>
<p>Spanish Speaking Psychosocial Clinic - UCLA 300 Medical Plaza, #2232, Los Angeles, 90095 (310) 825-6501 https://www.semel.ucla.edu/psychiatry/service/spanish-speaking-psychosocial-clinic</p>	<p>Intake Fee: No Sessions: sliding scale Insurance: Yes</p>	<ul style="list-style-type: none"> • Individuals, couples, family (Though the SSPC patient population comprises all levels of acculturation, most are primarily Spanish speaking or bilingual.) 	<p>Yes, must be in treatment with their therapist on a weekly basis</p>	<p>M-F: 8am-5pm (October – June)</p>	<p>Updated 7/2019</p>
<p>UCLA Psychology Clinic 2191 Franz Hall, UCLA Campus Los Angeles, 90095 310-825-2305 www.psych.ucla.edu/center-and-programs/clinic</p>	<p>Intake Fee: \$40 Sessions: sliding scale, \$30-\$150 and hour Group fees: \$5-\$10/session Current UCLA students, faculty, staff get 10% off Insurance: No</p>	<ul style="list-style-type: none"> • Individuals, couples, family, children, sliding scale neuropsychological assessments (\$400-\$900) • Groups: Dialectical Behavior Therapy for difficulties with emotions or relationships; Cognitive Behavioral Therapy for depression & anxiety, a social skills Friendship Training group for children in elementary and middle school. 	<p>Referral to consulting psychiatrist off-site.</p>	<p>M-Th: 8am-7pm F: 8am-5pm</p>	<p>Updated 7/2019</p>
<p>Watts Counseling & Learning Center 1465 E. 103rd St., Los Angeles, 90002 323-564-7911 http://community.kp.org/be-informed/program/watts-counseling-and-learning-center</p>	<p>Intake Fee: Unknown Sessions: Free, Kaiser membership not required Insurance: No</p>	<ul style="list-style-type: none"> • Individuals, marital, family, parent-child • Groups: varies, call to confirm specific focus • Languages: Spanish 	<p>No</p>	<p>Intake by phone. M and F: 7am-6pm T, W, Th: 7-7 Sa: 7:30am-3pm</p>	<p>Updated 7/2019</p>

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<p>West Los Angeles Community Counseling Center, part of the Pepperdine Community Counseling Center</p> <p>(Located in Howard Hughes Center in West LA) 6100 Center Dr., Ste. 559, Los Angeles, 90045 310-568-5752 http://gsep.pepperdine.edu/about/clinics/west-los-angeles</p>	<p>Intake Fee: \$25 Sessions: Sliding scale (between \$15-\$90) Initial Intake Fee: \$25 Insurance: No</p>	<ul style="list-style-type: none"> • Individual, couples, family, stress management, vocational counseling, educational therapy, psychological assessment (for clients receiving therapy) • Groups: varies, call to confirm specific focus • Languages: Spanish 	No	By appointment	Updated 7/2019
<p>Women's Clinic & Family Counseling Center</p> <p>11500 W. Olympic Blvd., Ste. 422, Los Angeles, 90064 310-479-7100 x103 www.womens-clinic.org</p>	<p>Intake Fee: Unknown Sessions: Sliding scale Insurance: No. But they provide superbills.</p>	<ul style="list-style-type: none"> • Individual (18+), couples, adult family • Groups: varies, call to confirm specific focus 	No	M – Sa by appointment only	Updated 7/2019
<p>Wright Institute Los Angeles</p> <p>11845 West Olympic Boulevard, Suite#505W, Los Angeles, CA 90064 424-371-5191 www.wila.org</p>	<p>Intake Fee: Free phone intake Sessions: Sliding scale \$40-\$105 Insurance: No. But they provide superbills.</p>	<ul style="list-style-type: none"> • Individuals (18+), couples, adult family • Groups: Voices of Warriors (women’s support group), Safe Space (specifically sexual assault in the movie industry). Other options but call to confirm. 	Referral to consulting psychiatrist	M-Th: 8am-8pm F: 8am-5pm	Updated 7/2019

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VI Long-Term Psychological Care (Los Angeles)

UCLA

UCLA Health (PCP)

Establish Care – PCP Physician/Doctor at UCLA

Main UCLA Medical #310-825-2631

Video or in person

Westwood, Santa Monica, Culver City

☑ *Need appt with PCP to get referred to Adult Psychiatry or Behavioral Health listed below*

UCLA Health Adult Psychiatry

300 Medical Plaza Driveway, Suites 1100 & 2200, Los Angeles, CA 90095

(800) 825-9989 310-825-9989. uclahealth.org

- Anxiety - GAD, OCD, PTSD
- Mood Disorders - Depression, Bipolar
- No personality disorders

UCLA Behavioral Health Associates

BHA/BHN (behavioral health network)

To schedule call (310) 301-7396

<https://www.uclahealth.org/bha>

<https://www.uclahealth.org/medical-services/behavioral-health>

310-825-2631

—> *Jamaica Murphy (therapy); Margareta (NP)*

Mission Harbor Treatment (LA, SB)

Treat Personality Disorders; including hospitalization and intensive outpatient

Pre-Admission, Assessments, tests and then treatment plan (3-5 days a week, mostly group therapy including DBT, also 1:1, acupuncture, creative writing, art, yoga, etc.

Intensive Outpatient - Approx \$350-\$450/day; also

Takes some insurance

Santa Barbara and Los Angeles. 1-805-209-4433

Carina@sbttreatment.com

<https://sbttreatment.com/program/therapies/>

Trauma and Beyond (LA, CA)

Complex Trauma, PTSD, Anxiety, Depression, Integrative Trauma, Affect Regulation, EMDR, Somatic Experiencing

Trauma and Beyond Psychological Center - provides Intensive Outpatient, Partial/Day Treatment and individualized outpatient trauma programs for trauma, mental health, and co-existing disorders at our center in Los Angeles.

Expensive; \$1000/day partial day treatment; \$500/day intensive outpatient; \$230/hr Psych outpatient. <https://www.traumaandbeyondcenter.com/> 818-459-3641

VII. Neuro–Psych and Psychiatric Assessments

National

Boston Child Study Center

For Children and Adolescents; Does Autism and neurophys assessments and psych evaluations

The Boston Child Study Center is an evidence-based treatment, training, and research center dedicated to improving the lives of children, adolescents, young adults, and families through innovative evidence-based cognitive behavioral treatments.

May be more Affordable, more for Kids and YA West LA location

888-225-1995

<https://bostonchildstudycenter.com/>

Insight Neuropsychology

More for brain injury, memory and learning disability like ADHD (not autism or mental health)

Low-Cost Assessments — Insight Neuropsychology (neuropsych)

<https://www.insightneuropsychology.com/>

UCLA

UCLA Health Adult Psychiatry General Psychiatry

300 Medical Plaza Driveway, Suites 1100 & 2200, Los Angeles, CA 90095

(800) 825-9989 310-825-9989

uclahealth.org

- Anxiety - GAD, OCD, PTSD
- Mood Disorders - Depression, Bipolar
- No personality disorder

UCLA Behavioral Health Associates

To schedule call (310) 301-7396

<https://www.uclahealth.org/bha>

Division of Adult Psychiatry | Semel Institute for Neuroscience and Human Behavior (ucla.edu)

Psychiatry | Semel Institute for Neuroscience and Human Behavior (ucla.edu)

Behavioral Health - Evaluations \$680 - \$1300

UCLA Semel Institute for Neuroscience and Human Behavior

- Address: 760 Westwood Plaza, Los Angeles, CA 90024
- Phone: (310) 825-4321

UCLA Psychiatric Assessment (Medical Psychology Assessment Center)

Doesn't do personality testing, autism; Refer to UCLA Psychiatry 310-825-9989 for psych conditions

- **1-310-206-8100**
- 1-310-825-4321 UCLA Med main

- **Neuropsychological things, depression & anxiety, ADHD, (UCLA psych says they cover OCD, bipolar, schizophrenia? PTSD)**
- Intake over the phone about 10-15 minutes
- Book out 6-8 months \$8,000-\$12,000 (works with insurance)

UCLA Child and Adult Neurodevelopment (CAN) Clinic

Learning and developmental disability testing including Autism

The Child and Adult Neurodevelopmental (CAN) Clinic provides multidisciplinary assessments and evidence-based treatment for children, adolescents, and adults with neurodevelopmental conditions and social development impairments related to autism spectrum disorder (ASD), developmental delays, and genetic conditions. Services include both assessments and treatments.

- <https://www.semel.ucla.edu/autism/ucla-child-and-adult-neurodevelopmental-clinic>.
- 310-794-4008
- 300 Medical Plaza #1200 Medical Plaza 300, 300 Medical Plaza #1200, Los Angeles, CA 90095

UCLA Psychology Clinic

Psychological Assessment & Testing • UCLA Department of Psychology

We provide the following psychological assessment and testing services:

- **Personality Assessment**
- **Depression/Anxiety**
- **Neuropsychological Assessment- Brain function**
- Behavioral and School Problems
- Attention/Concentration Problems
- Learning Disabilities
- Dementia Screening – Can be offered fully remotely via tele-health if desired

Fees: Fees paid by clients are based on a sliding scale according to monthly gross income; **Fees range from \$460 – \$1,725 for a comprehensive exam.**

Monday through Thursday, 8:00 AM to 7:00 PM

Friday 8:00 AM to 5:00 PM.

(310) 825-2305

ucla@psychclinic.hush.com

2191 Franz Hall Los Angeles, California 90095-1563

USC Dornsife

USC Dornsife Psychology Services Center at the Seeley Mudd Building

213-740-1600

3620 South McClintock Avenue Suite 1030 Los Angeles, CA 90089

Long wait list. Called to be added

Assessments for Adults

At the PSC we evaluate for:

- Specific Learning Disorder (i.e., difficulties in reading, writing, math)
- Attention/Concentration Problems
- Difficulties with Memory

- Dementia or Cognitive Decline
- **Emotional or Social Problems**
- **Neuropsychological Assessments**

Get mental health assessments for children, teens, adults and seniors - USC Dornsife Psychology Services Center | One Degree (1degree.org)

Anything else should I know about assessments?

It is usually helpful for our clients to know in advance what type of information will be requested during the assessment, so that you can locate this information and bring it