

UNIVERSITY COUNSELING SERVICES AT CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

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REFERRAL LIST OF COUNSELING SERVICES

EMERGENCY RESOURCES

SUICIDE PREVENTION HOTLINES/HELPLINES

- * National Suicide Prevention Lifeline: (800) 273-TALK (8255); Hours of Operation: 24/7
- * Suicide Prevention Center Crisis Line: (877)7-CRISIS or (877)727-4747; Hours of Operation: 24/7

HELPLINES FOR CRISIS ISSUES

- * New Hope Helpline: (714)639-4673; Crisis intervention services and support; Hours of Operation: 24/7
- * CSUN Helpline: (818)349-HELP (4357); Public crisis intervention, support, and referral service; Hours of Operation: Friday and Saturday: 7:00PM - 10:00PM; Sunday - Thursday: 6:00PM - 12:00AM
- * The Trevor Helpline/LGBTQ Helpline: (866)4U-TREVOR; (866)488-7386; Hours of Operation: 24/7
- * Veterans Crisis Line: (800)273-TALK (8255); Hours of Operation: 24/7

DRUG/EATING DISORDER HELPLINE

- * Drug Helpline: (800) 559-9503
- * Eating Disorders Information & Referral Line: (800) 931-2237

HOTLINES

- * Child Abuse Reporting Hotline: (800) 540-4000 (24/7)
- * Elder Abuse Reporting Hotline: (800) 992-1660 (24/7)
- * AIDS Hotline: (800) 922-2437 (multilingual); (800) 400-7432 (Spanish)
- * 211: Information on LA county services, food, and shelter assistance, and a variety of other services (Free, 24/7, multilingual)
- * Free Clinic of Simi Valley: (805) 522-FREE (3733); Offers medical, legal, and therapy; 2060 Tapo Street, Simi Valley, CA, 93063

SEXUAL ASSAULT AND DOMESTIC VIOLENCE

- * Strengths United (formerly Valley Trauma Center):
 - Rape Crisis Hotline: (818) 886-0453 (24 hrs); support services for victims of sexual assault and domestic violence
 - Van Nuys Location: (818) 787-9700
 - Northridge Location: (818) 772-9981; 8700 Reseda Blvd., Northridge 91324
- * National Sexual Assault Hotline: (800) 656-4673; Hours of Operation: (24/7)
- * California Coalition to End Domestic Violence: (800) 524-4765; Provides resources for domestic violence centers, 24 hour support for victims, information for women's shelters
- * National Domestic Violence Hotline: (800) 799-SAFE (7233); Hours of Operation: (24/7)
- * Peace Over Violence: (310) 392-8381; Hours of Operation: (24/7)

FOOD PANTRIES

- * F.I.S.H (Chatsworth): (818) 882-3474
- * Loaves and Fishes (Van Nuys): (818) 997-0943
- * Lutheran Social Services (Van Nuys): (818) 901-9480
- * Redeemer Lutheran Outreach (Canoga Park): (818) 341-1629
- * St. Frances (North Hollywood): (818) 766-7393

EMERGENCY HOUSING

- * Cold Weather Shelter Information: (800) 548-6047
- * Union Rescue Mission (Downtown LA): (213) 347-6300
- * Independent Living Center (Van Nuys): (818) 988-9525
- * Valley Shelter (North Hollywood): (818) 982-4091
- * Cornerstone (Van Nuys): (818) 901-4836

URGENT CARE CENTERS

UCC's are clinics which a person in urgent psychiatric need can walk into to obtain immediate care

- * Olive View Community Mental Health Urgent Care Center: (818) 485-0888; 14659 Olive View Drive, Sylmar, CA 91342:
Hours: Mon-Fri: 8AM-10PM, Weekends 9AM-5:30PM
- * Exodus Recovery Eastside: (323) 276-6400; 1920 Marengo St, Los Angeles, CA 90033

PSYCHIATRIC MOBILE RESPONSE TEAMS

Teams that will do on site assessment for urgent mental health concerns.

- * Psychiatric Mobile Response Team (PMRT): (818) 832-2410; Daytime Hours in San Fernando Valley: 8AM-5PM
- * Psychiatric Mobile Response Team (PMRT): (800) 854-7771; After hours, weekends, and holidays for all areas.

HOSPITALS

- * Olive View Psychiatric Emergency Room: (818) 364-4340; 14445 Olive View Drive, Sylmar, CA 91342
- * Northridge Hospital: (818) 855-5484; 18300 Roscoe Blvd., Northridge, CA 91328

THERAPY REFERRALS

- * San Fernando Valley Therapy Referrals
 - Philips Graduate Institute: (818) 386-5615; 19900 Plummer, Northridge, CA
 - San Fernando Valley Counseling Center: (818) 341-1111; 8350 Reseda Blvd, Northridge, CA
 - Pepperdine community Counseling Center: (818) 501-1678; 16830 Ventura Blvd, Suite 216, Encino, CA 91436
 - Personal Growth Institute: (818) 609-9989; 18401 Burbank Blvd., Suite 127, Tarzana, CA 91356
- * Los Angeles Therapy Referrals
 - Airport Marina Counseling Services: (310) 670-1410; 7891 La Tijera Blvd., Westchester, CA 90045
 - Antioch University Intl. Counseling Center: (310) 477-7702; 12400 Wilshire Blvd, Suite 230, West Los Angeles, CA 90025
 - Los Angeles Gay & Lesbian Center: (323) 993-7400; 1625 N. Schrader Blvd., Los Angeles, CA 90028-6213
 - Maple Counseling Center: (310) 271-9999; 9107 Wilshire Blvd., Lower Level, Beverly Hills, CA 90210
 - Pepperdine Psychological and Educational Clinic: (310) 568-5752; 6100 Center Dr., Los Angeles, CA 90045

CHILD AND FAMILY THERAPY REFERRALS

- * Child and Family Guidance Center: (818) 830-0200; 8550 Balboa Blvd, Suite 150, Northridge, CA
- * Child and Family Guidance Center: (818) 993-9311; 9650 Zelzah Ave, Northridge, CA
- * Family Services of Santa Monica: (310) 451-9747; 1533 Euclid St., Santa Monica, CA 90404

COUNTY MENTAL HEALTH REFERRALS

- * San Fernando Mental Health Center: (818) 832-2400; 10605 Balboa Blvd., Granada Hills, CA 91344
- * West Valley Mental Health Center: (818) 598-6900; 7621 Canoga Ave., Canoga Park, CA 91304
- * Asian Pacific Counseling and Treatment Center: (818) 267-1100; San Fernando Valley Center; 15400 Sherman Way, Suite 220, Van Nuys, 91406
- * Edmund D. Edelman Westside Mental Health Center: (310) 966-6500; 11080 Olympic Blvd, Los Angeles, CA 90064