

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 25 adults is living with a serious mental health condition, such as schizophrenia, bipolar disorder, or long-term recurring major depression.

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.

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

[Stepping Stones Outpatient Program*](#)

USC Verdugo Hills Hospital
(818) 949-4011
uscvhh.org/hospital-services/geriatrics

[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/

*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

CRISIS HOTLINES

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 – asianmhc.org

Cognitive Care Solutions* – cognitivecaresolutions.com

Glendale Area Mental Health Professional Association – gamhpa.org

Psychology Today – psychologytoday.com

Therapy Den – therapyden.com

*Accepts Medicare

COMMUNITY MENTAL HEALTH CLINICS

Free to low-cost services, accepting Medicare, Medi-Cal and other insurance plans. Call for the nearest locations.

Clinica Oscar Romero

(213) 989-7700

clinaromero.com

Comprehensive Community Health Center Behavioral Health Services

(818) 273-8800

cchcenters.org

Didi Hirsch Community Mental Health Center

(888) 807-7250

didihirsch.org

Heritage Clinic

(626) 577-8480

LA County Mental Health Clinic

(800) 854-7771

dmh.lacounty.gov

Pacific Clinics

(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.
