Mental Health Care in Southern California

How to get mental health services. We'll help you find the right support and connect you to the care you need. You don’t need a referral to access mental health services.

Call your nearest location directly, 24/7:

- Antelope Valley: 661-951-0070
- Baldwin Park and surrounding areas: 626-960-4844
- Downey and surrounding areas: 562-807-6200
- Fontana, Ontario, and surrounding areas: 1-866-205-3595
- Kern County: 1-855-323-2700
- Metro Los Angeles: 323-783-2600
- Orange County: 714-644-6480
- Panorama City and surrounding areas: 1-800-700-8705 (Santa Clarita), 1-800-700-8705 (Sylmar)
- Riverside and Coachella: 951-248-4000 (Canyon Crest), 951-898-7010 (Corona)
- San Diego: 1-877-496-0450
- South Bay: 310-325-6542
- West Los Angeles: 323-298-3100
- Woodland Hills and surrounding areas (including western Ventura): 855-701-7955
- TTY: 711

For after-hours advice, call 1-800-900-3277 (TTY 711), Monday through Friday, 7 p.m. to 7 a.m.; Saturday and Sunday, 24 hours a day.

If you think you or your family member has a medical or mental health emergency, call 911 or go to the nearest hospital.
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Self-care wellness resources. Your care extends beyond therapy, medication, or treatment. Take advantage of things you can do to support your own wellness and help you keep a healthy balance of mind, body, and spirit.

Understanding Mental Health
How to Find Care: Mental Health care in Southern California
Types of Care: Mental Health and Wellness Journey
Personalized healthy lifestyle programs
Health education classes and support groups
Wellness Coaching
Online self-assessment tools and resources