

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](#)