

MENTAL HEALTH RESOURCE GUIDE



For more information about this resource guide, contact:



(800) 304-0015 Maternal Child
Adolescent Health hotline



HIPPY@CityOfPasadena.net

Revised March 2024

Community Mental Health Agencies (Therapy)

The agencies* listed are for those who are insured by Medi-Cal. Contact agencies directly to see if you are eligible for their therapy and related services. Contact multiple agencies if there is a waitlist or you cannot make contact. For those who are privately insured, contact the insurance provider for options.

D'Veal Family & Youth Services

General number: (626) 296-8900
Intake & referral number: (626) 658-5679
855 Orange Grove Blvd., Pasadena
Age of clients served: 5-25 years

Five Acres

General number: (626) 993-3113
Intake & referral number: (800) 696-6793
867 N. Fair Oaks Ave., Pasadena
Age of clients served: 0-20 years

Foothill Family Services

General number: (626) 993-3000
(Extension 3 for intake & referrals)
897 Granite Dr., Pasadena
Age of clients served: 0-21 years

Heritage Clinic

General number: (626) 577-8480
447 N. El Molino, Pasadena CA 91101
Age of clients served: 50 years+

Hillsides

General number: (323) 784-6981
Intake & referral number: (323) 274-3075
149 Pasadena Ave., South Pasadena
Age of clients served: 0-59 years

Institute for the Redesign of Learning (Almanson)

General number: (323) 344-5536
205 Pasadena Ave., South Pasadena
Age of clients served: 2-21 years

Pacific Clinics

General numbers: (626) 441-4221 or
(626) 744-5230
Intake & referral number: (877) 722-2737
66 Hurlbut St., Pasadena
2550 E. Foothill Blvd., Pasadena
Age of clients served: 0-60 years+

Prototypes

General number: (626) 577-2261
Intake & referral number:
(909) 634-2950
2650 E. Foothill Blvd., Pasadena
Age of clients served: 0-15 and 21 years+

Sycamores

General number: (626) 395-7100
Intake & referral number: (844) 222-2377
840 N. Avenue 66, Los Angeles (Main Office)
Age of clients served: 0-21 years

***Please note that inclusion in this resource guide does not indicate endorsement by the Pasadena Public Health Department.**

Substance Use Treatment

The agencies listed provide treatment for substance use, accept Medi-Cal, and may also offer therapy.

Grandview Foundation

Residential and outpatient substance use treatment with therapy services

General number: (626) 797-1124
1230 N. Marengo Ave., Pasadena
Age of clients served: 18 years+

Impact House

Outpatient substance use treatment (therapy not available)

General number: (626) 564-4240
1450 N. Lake Ave., 2nd Floor, Pasadena
Age of clients served: 18 years+

Residential substance use treatment with limited therapy services

General number: (626) 798-0884
1680 N. Fair Oaks Ave., Pasadena
Age of clients served: 18 years+

Social Model Recovery Systems

Outpatient substance use treatment only (therapy not available)

General number: (626) 773-4364
1245 E. Walnut St., Pasadena
Age of clients served: 18 years+

Therapy and substance use treatment

General number: (626) 332-3145
223 E. Rowland St., Covina
Age of clients served: 18 years+

Additional Resources

Psychotherapist Directory

Therapists in private practice may choose to be included in a directory, such as:

- Psychology Today
www.PsychologyToday.com/us

Private Health Insurance

For private health insurance, please call the number on the back of your insurance card for referral to in-network providers.

Emergency Numbers

- For emergencies, call 911
- 988 - Suicide & Crisis Lifeline, www.988Lifeline.org
- (866) 488-7386 - Trevor Project Suicide Prevention & Mental Health Support for LGBTQ+ People
- (800) 799-7233 - Domestic Violence Hotline
- (800) 854-7771 - L.A. County Help Line for help with a mental health crisis through consultation, assessment, or hospitalization

Non-Emergency Numbers

CalHOPE connects callers with peer counselors who support people experiencing stress, anxiety, and depression.

Call CalHOPE: (833) 317-HOPE

The Pasadena Public Health Department (PPHD) has developed this mental health resource guide to provide referrals to local mental health providers.

This list does not include all mental health agencies and details are subject to change. If you do not have insurance, please call 211.

LA County Department of Mental Health Provider Directory

Find the right mental health services provider within Los Angeles County at dmh.LACounty.gov/pd or call the 24/7 Help Line at (800) 854-7771.