



We have compiled a few additional low-cost mental health resources for your convenience.

**1) The Maple Counseling Center (<https://www.tmcc.org/>)**

The Maple Counseling Center serves people from all over Los Angeles County. They offer individual and couples counseling, group therapy services, and counseling for children, adolescents, and families. If you or someone you know is struggling with challenges such as anxiety, depression, relationship troubles, or grief and loss, starting counseling may be a good beginning.

Telephone: (310) 271-9999

Email: [info@tmcc.org](mailto:info@tmcc.org)

**2) Southern California Counseling Center (<https://sccc-la.org/>)**

We Are Volunteers for Mental Health

SCCC believes that mental health care is a right, not a privilege. Anyone who needs counseling should have it. It is a belief we have lived for more than 50 years by providing affordable, sliding-scale counseling to people in need for as long as they need care.

Telephone: (323) 937-1344

**3) National Alliance for the Mentally Ill (<https://namila.org/>)**

Our local NAMI Westside Los Angeles office allows us to respond personally to thousands of requests each year, providing free referral, information and support—a much-needed lifeline for many.

NAMI Westside Los Angeles also offers Peer Support Groups for those living with mental health conditions, and Family Support Groups for family members and loved ones who are impacted by mental illness. Our support groups are free and no registration is required for you to attend. We also offer free classes.

Telephone: (310) 889-7200