

## To Access Kaiser Mental Health Services in Southern California:

Give us a call to connect with the right mental health care professional for you — *please note that accessing mental health care via Kaiser does not require any referral.*

How to get care:

For mental health advice, call 24/7 at [1-800-900-3277](tel:1-800-900-3277) (TTY [711](tel:711)).

To schedule an appointment, call:

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

Time:

Talk to someone now or schedule a future appointment. Hours vary by area.

Services:

- Adult, child, and adolescent mental health care
- Autism assessment
- Counseling and therapy
- Crisis intervention
- Medication management
- Substance-use disorder treatment
- Suicide prevention
- Self-care resources

Cost:

Depends on services received

Have concerns?

For mental health or substance use services, call [1-800-390-3503](tel:1-800-390-3503) to reach our dedicated resolution specialists. Monday through Friday, from 8 a.m. to 5 p.m.