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 (TTY 711).

To schedule an appointment, call:
- 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, Sylmar, and Santa Clarita: 1-800-700-8705
- Riverside and Coachella: 951-248-4000
- 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

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 to reach our dedicated resolution specialists. Monday through Friday, from 8 a.m. to 5 p.m.