

Mental/Physical Health Resources

- **Los Angeles County ACCESS Center:** available to provide support through 1-800-854-7771
- **[Jewish Federation Los Angeles](#):** Offering mental health services, meals, shelter, and support for displaced individuals, families, and organizations.
6505 Wilshire Blvd, Los Angeles, CA 90048
(323) 761-8000
- **988 Suicide & Crisis Hotline:** Call or text 988 for immediate help, or access their Lifeline live chat.
- **[California Department of Public Health](#):** Provides guidance on coping with loss, discussing wildfires with children, and more.

- **Trauma Specialist - Tele Therapy - Liani Ruiz MSW (818) 473-9818**
- [LACPA](#)
- [Los Angeles County Psychological Association in Encino.](#)
- [Pepperdine University Psych Clinic in Culver City](#)
- [Saturday Center in Santa Monica](#)
- [Did Hirsch Clinic in West LA](#)
- [Maple Center in Beverly Hills](#)

GoodRx is offering [free online healthcare provider visits through GoodRx Care](#) to Los Angeles-area residents [affected by the wildfires](#). The visits can be used for treatment of routine conditions, or to get refills for essential medications that were left behind or destroyed in the fires. The service can be accessed [online](#) and Los Angeles residents can use the code LA-GOODRX-CARE.

Santa Barbara Midwifery and Birth Center is [offering displaced Los Angeles-area fire victims](#) free belly checks, postpartum care and other services for families who evacuated to the Santa Barbara area. For more information, email sbmidwifery@gmail.com.

Integrative Psychotherapy Group, based in Beverly Hills, is offering free short-term therapy services to some fire victims and referral assistance for others needing longer-term or more acute treatment in the upcoming weeks. IPG is offering a brief series of trauma-focused therapy sessions to help individuals, couples and families. For information, contact (310) 461-4393 or info@ipgtherapy.com or visit their [online website](#).

AltaMed has a mobile health unit at the Pasadena Convention Center providing health services to anyone who needs it. The unit is providing pediatrics, primary care, senior care, behavioral health, vision exams and free eyeglasses and medications. Social workers are connecting people with resources and outreach workers are providing hygiene kits, blankets, giving people rides to the YMCA for showers and other resources. 300 E. Green St., Pasadena 91101.

Ahava [Pharmacy](#) in the Pico-Robertson neighborhood is helping evacuees override insurance holdups so they can get the medications they need. Call or text the pharmacy at (310) 299-8079 for help.

BetterHelp, [an online mental health company](#), is providing three months of therapy free for fire victims and first responders. To connect with a therapist, email contact@betterhelp.com.

Remedy Place is offering a complimentary [tech-remedy](#) service to all first responders, medical providers and rescue workers through Feb. 1 at their West Hollywood location. Services include a breathwork ice bath, sauna suite, hyperbaric chamber, lymphatic compression and more. For information, email Weho@remedyplace.com. 8305 Sunset Blvd., West Hollywood 90069

Pro Bono Therapists

1) Susan Buchanan

(310) 446-1775 [sjbzn@gmail.com](mailto:sjbznm@gmail.com)

2) Lisa Goalen

(310) 650-2212 lisagoalen@gmail.com

3) Laguna Beach Counseling

www.lagunabeachcounseling.com

kay@lagunabeachcounseling.com

4) Devon Singh-Barrett, 206-459-0422

WORKU Affordable Mental Health Services

My name is Nicky Sweeney, Counseling Coordinator at Worku Counseling, located in Pasadena. I wanted to reach out because our team joins you in grieving the loss and devastation of the fires in Southern California. We are just south of the aftermath of the Eaton Fire, and we recognize that our whole community has been impacted by the fire.

We know that the Palisades community has also been impacted by the Palisades fire. I am reaching out to let you know that Worku Counseling is here to offer affordable, compassionate counseling to your Palisades congregation. We have sliding scale rates and provide Telehealth. When the time is right, feel free to share with your local community, and we pray that the Lord is near to each of you in this season. If there is any way that we can help, we are here.

Email: nickys@workucounseling.com

Intake Line: 626.844.4794 | Office: 626.817.4899 | Fax: 626.817.4999

Website: <https://workucounseling.com> | Instagram: @workucounseling

Maple Counseling

1945 S La Cienega Blvd, Los Angeles, CA 90034

At the corner of La Cienega and Soyer.

Offering 6 free therapy sessions for wildfire victims.

(310) 271-9999

THRIVE CENTER

https://thethrivecenter.org/recovering-healing-from-trauma/?utm_source=facebook&utm_medium=paid&utm_campaign=recovering_with_for

The Grief Circle

<https://amandadecadenet.substack.com/p/introducing-the-grief-circle>