

Counseling & Wellness Program

Confidential on-campus short-term counseling services are available for free to our students, for up to five sessions/term. Our licensed therapists work with students on a variety of topics ranging from adjustment, academic to personal issues. For students that need more support, off-campus referrals are made based on students' individualized needs. Our staff is also trained in managing crisis situations, in case of a psychiatric emergency. To schedule an initial appointment, students should contact the Center for Student Experience (CSE) office at: 626-396-2323, as early as possible to ensure that are seen by one of our therapists in a timely manner.

The CSE office sponsors health, wellness and safety workshops throughout the year and carries educational literature on various health-related topics. Past and current topics include yoga, meditation, time management, stress management etc. The CSE staff welcome input from students regarding wellness related topics of interest. In partnership with 24-Hour Fitness, the CSE also provides students with discounted fitness center memberships with no contracts or start-up fees. Additionally, through a special arrangement with Occidental College, students are eligible to use their fitness facilities. Details on hours of operation are listed on Inside Art Center (inside.artcenter.edu) under "Dot Life."

Mental Health Resources

CRISIS AND SUICIDE PREVENTION

Didi Hirsch Suicide Prevention Center
24 Hour Crisis Line (877) 7-CRISIS
or (877) 727-4747 www.didihirsch.org/services/emergency/spc

NAMI
(National Alliance on Mental Illness) Crisis Hotline – ALWAYS OPEN
(800) 854-7771
Suicide Prevention Hotline (310) 391-1253

SEXUAL ASSAULT / DOMESTIC VIOLENCE

National Sexual Assault Hotline (800)656-HOPE or (800)656-4673

Domestic Violence Hotline

(800) 978-3600

AARDVARC: An Abuse, Rape & Domestic Violence Aid & Resource Collection
www.aardvarc.org/dv/states/ca.shtml

MENTAL HEALTH CENTERS

Aurora- Las Encinas 2900 East Del Mar Blvd. Pasadena CA 91107 626-795-9901

Foothill Family Service 2500 E. Foothill Blvd. Suite 300 Pasadena CA 91107 626-564-1613

Aurora – Charter Oaks 1161 E. Covina Blvd Covina, CA 91724 626-966-1632

Huntington Memorial Hospital Della Martin Center for Behavioral Health 100 W. California Blvd. Pasadena CA 91105 800-310-9855

Pasadena Mental Health Center 1495 N. Lake Ave. Pasadena CA 91104 626-780-0907

Fuller Psychological/Family Services 180 N. Oakland Ave. Pasadena, CA 91101 626-584-5555

Asian/Pacific Family Center 9353 E. Valley Blvd. Rosemead, CA 91770 (626) 287-2988

DRUG AND ALCOHOL TREATMENT A.A./ALCOHOLICS ANONYMOUS

<http://www.LACOAA.org/>

Narcotics Anonymous <http://na.org/>

Huntington Memorial Hospital 626-397-5000 (Main) 626-397-5112 (Emergency)

Pacific Clinics
800 S. Santa Anita Ave.
Arcadia, CA 91006
(877) PC-CARES or (877) 722-2737 Toll Free

LBGT RESOURCES

Southern California Transgender Counseling (310) 281-9658
<http://www.transgendercounseling.com>

LA Gender Center
(310) 475-8880 <http://www.lagendercenter.com/>

Los Angeles Gay & Lesbian Center 1625 N. Schrader Boulevard Los Angeles, CA 90028-62132 323-993-7400 <http://laglc.convio.net>

VETERAN RESOURCES

East Los Angeles Veteran's Center 5400 E. Olympic Blvd. Suite 140 Commerce, CA
90022 323-728-9966 or 877-927-8387

Los Angeles Regional Office Federal Building, 11000 Wilshire Boulevard Los
Angeles, CA 90024 800-827-1000

SGV NAMI – Front Line Veteran's Support Group Pacific Clinic Wellness Center
66 Hurlbut St. Pasadena CA
1st and 3rd Tuesday of every month 5:30 to 7:00pm 626-664-0779