Mental Health Services & Resources

This flow chart to help you navigate finding mental health services for your PUSD student. See following page for a list of which mental health agencies serve which schools. (Contact mentalhealth@pusd.us if you need additional help connecting with services.) Additional mental health resources are listed on the final page of this document.

Do you or your child need mental health assistance?

Crisis/Emergency

Medi-Cal or Uninsured:
LA County Dept. of Mental Health
ACCESS Hotline: 1-800-854-7771

Crisis Text Line:
Text HOME to 741741 to connect with a Crisis Counselor

Suicide Prevention Hotline
1-800-273-8255

Call 911 if a child is in immediate danger of hurting himself or others

Chronic Situation

Are you insured by Medi-Cal?

Call the Mental Health Agency serving your child’s school. (See attached.)

Are you uninsured or underinsured?

All agencies that service PUSD students have the responsibility to link students/families to another agency if they are not able to provide that student services.

Questions? Contact Lara Choulakian, Manager, Mental Health Program: choulakian.lara@pusd.us.

Do you have insurance but are unsure of what your insurance covers?

Contact Young & Healthy for assistance navigating your health insurance.
Phone number: (626) 795-5166
OR email Lara Choulakian, choulakian.lara@pusd.us
For PUSD students interested in receiving mental health services, please use this directory to find the agency that serves your school. Agency staff should be able to connect you with another agency if their agency cannot provide services to your student. If you have questions or are unable to connect with an agency that can serve your child, contact Lara Choulakian, PUSD Manager of Mental Health Services: choulakian.lara@pusd.us.

Si un estudiante de PUSD está interesado en recibir servicios de salud mental en este momento, utilice este directorio para encontrar la agencia que sirve a su escuela. El personal de la agencia debe poder conectarlo con otra agencia si su agencia no puede brindarle servicios a su estudiante. Si tiene preguntas o no puede comunicarse con una agencia que pueda atender a su hijo, comuníquese con Lara Choulakian, Gerente de Servicios de Salud Mental del PUSD: choulakian.lara@pusd.us.

**If you need further assistance in seeking mental health services or need other types of supports, please call the PUSD Family Hotline at (626) 396-3680. You will be connected to professionals who will link you to the appropriate services and support.**

**Si necesita asistencia para encontrar servicios de salud mental o tiene alguna pregunta, llame a la Línea Directa Familiar de PUSD (626) 396-3680. Estará conectado/a con profesionales que le ayudarán con los servicios y apoyo adecuado.**

<table>
<thead>
<tr>
<th>School / Escuela</th>
<th>Mental Health Provider</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Altadena Arts Magnet</td>
<td>D’Veal Family and Youth Services at (626) 296-8900</td>
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<tr>
<td>Washington STEM Elementary</td>
<td>Five Acres at (626) 993-3100</td>
<td></td>
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<tr>
<td>Hamilton Elementary; Willard Elementary</td>
<td>Foothill Family at (626) 993-3000</td>
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</tr>
<tr>
<td>Longfellow Elementary; Madison Elementary; Webster Elementary</td>
<td>Pasadena High School</td>
<td>Hathaway-Sycamores at (844) 222-2377</td>
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<tr>
<td>Jackson STEM Magnet</td>
<td>Pacific Clinics at (877) 722-2737</td>
<td></td>
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<tr>
<td>Don Benito Elementary; Field Elementary, McKinley (Elementary &amp; Middle); Norma Coombs, Sierra Madre Elementary, Washington STEM Elementary</td>
<td>Eliot Arts, Sierra Madre Middle, Washington STEAM Middle Blair Middle and High School</td>
<td>PUSD Mental Health Services at (626) 396-5920</td>
</tr>
<tr>
<td>Supporting Altadena, Blair, Washington STEM Elementary</td>
<td>Washington STEAM Middle</td>
<td>Hillsides at (323) 254-2274*</td>
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</tbody>
</table>
**Additional Resources**

**Young and Healthy** (626) 795-5166 ([https://yhpasadena.org/](https://yhpasadena.org/)) - Young and Healthy is a Pasadena-based non-profit organization that connects underserved children with free medical, dental and mental healthcare through volunteer doctors; helps families with insurance enrollment and navigation; and provides referrals to local services. Young & Healthy can help families with private insurance to navigate that insurance and get you connected to the resources you need. Y&H Mobile Dental Clinic (for students and parents) is March 11-19 – call 795-5166 for more information.

Check out **Y&H Mindful Mondays Videos**: [https://www.facebook.com/YHPasadena/videos/177794335689943/](https://www.facebook.com/YHPasadena/videos/177794335689943/)

**“Me Time” Mindful Mondays**: D’Veal Family and Youth Services offers a 15-minute “Me Time” zoom session each Monday afternoon. Zoom room opens at 3 PM, sessions starts promptly at 3:10 PM. Savor a moment of peace and calmness as you gear up for your work week. To join, please click on the link [https://zoom.us/j/92152244259?pwd=cGcxMnNGTRubTRFamlKR2xJQ1V4Zz09](https://zoom.us/j/92152244259?pwd=cGcxMnNGTRubTRFamlKR2xJQ1V4Zz09)

**Community-based Agencies** that usually have a small fee for services:

- Pasadena Mental Health Center (626) 798-0907
- Rose City Counseling Center (626) 793-8609
- Fuller Psychological and Family Services (626) 584-5555
- Westminster Center - affordable counseling (626) 798-0915


The Child Mind Institute is a national nonprofit transforming the lives of children and families struggling with mental health and learning disorders.


**Upcoming Workshops & Programs**

**“Youth Mental Health First Aid Training”** | [mentalhealthfirstaid.org](https://mentalhealthfirstaid.org) – 6-hour training course designed for teachers and others who work with youth. Learn risk factors and warning signs, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Ordinarily costs $180, but being offered free via PTA First District on Feb. 26, March 27 & 31, 9 AM-1:30 PM. [https://www.eventbrite.com/e/youth-mental-health-first-aid-with-pta-tickets-117940510241](https://www.eventbrite.com/e/youth-mental-health-first-aid-with-pta-tickets-117940510241)

**“Managing Your Child’s Challenging Behaviors during the Pandemic”** | PUSD Parent University - March 3, 2020 (10 AM English, 6 PM Spanish) – details and link available at [https://pasadena.instructure.com/courses/8336](https://pasadena.instructure.com/courses/8336) (click on “calendar of events”)


**“Learn Mental Health Self-Care”** | Los Angeles County Mental Health Promoters offers a free virtual workshop to learn self-care techniques. Thursday, March 4, 4:30 p.m. Join Zoom Meeting: [https://us02web.zoom.us/j/7552452561](https://us02web.zoom.us/j/7552452561)

PEN is also planning a **“Mental Health Self-Care for Parents”** program in the first half of March – details TBA!

*PEN “Supporting our Children’s Mental Health”*