

UCLA Referrals: Medications

- For all UCLA Clinics, call: 310-825-9989
- Wait time is usually 1-2 months for new patient evaluations (seen q4-8wks f/u)
- Medication Clinics include:
 - General outpatient clinic (catch all clinic)
 - Mood disorders clinic (bipolar, depression)
 - Schizophrenia clinic (all psychosis)
 - Addiction medicine clinic (drug/ETOH, gambling, sex, gaming, etc)
 - Eating disorders clinic
 - Women's Life Center: pregnancy, considering getting pregnant, menopause

UCLA Referrals: Therapy

- Anxiety disorders clinic: mostly cognitive behavioral therapy (CBT), some meds
- Interpersonal Therapy (IPT) Clinic: good for role transitions, dealing with a specific person in the patient's life, adjustment disorders
- CBT without meds: Contact Dr. Maidenberg (x41474) for initial evaluation, then either seen by a UCLA psych resident or referred out
- Family/Couples Therapy: sporadically available, would rec asking social workers for referrals
- UCLA Psychology Clinic: x52305
<http://www.psych.ucla.edu/resources/clinic/>

DBT: Dialectical Behavior Therapy

- For borderlines
- Very effective, but difficult to find people who will treat them
- We have a Borderline Personality Disorder Initiative (Treatment program) here. Contact: James Rosser, LCSW
x58190 jrosser@mednet.ucla.edu

Resources: Non-UCLA

- Low-cost counseling referrals: (great list!)
<http://www.msmc.la.edu/pages/542.asp>
- Group therapy referrals:
<http://members.aol.com/jdesantis/grplist.html>
- Maple Center (low-cost therapy)
- County clinics <http://dmh.lacounty.org> Mostly medication management, usually takes 1-2 month to see a psychiatrist. Can have case managers, who can help with social services.
Includes Edelman and Didi Hirsch (see next page)

Other Mental Health Clinics

- Edelman: 11080 W. Olympic Blvd, WLA, 90064. Tel: 310-866-6500
- Didi Hirsch: 4760 S. Sepulveda Blvd, CC, 90230. Tel: 3100-392-6612
- Asian Pacific Counseling Center: 520 S. La Fayette Park Place #300 Van Nuys, 91405. 213-252-2100.
- Hollywood Mental Health: 1224 Vine St, LA 323-769-6100
- San Fernando Valley CMHC: 14535 Sherman Circle, Van Nuys, 91405. 818-901-4830
- Airport Marina Counseling: 7891 La Tijera Blvd, Westchester. 310-659-1410