

Resources

Important Resources



LAC DMH Mental Health Court Linkage Program: (626) 403-4370

**Psychiatric Mobile Response Team (PMRT)
LAC Sheriff's Department Mental Evaluation Team (MET):** 1 (800) 854-7771

LAPD Systemwide Mental Assessment Response Team (SMART): (213) 996-1343

Life Threatening Emergencies: 911

What to say when you call 911?
www.namiglendale.org
Click on Resources – Dealing with 911

**Los Angeles Sheriff Department:
What to do if your loved one is arrested?**
http://shq.lasnews.net/pages/PageDetail.aspx?id=1721

LPS Conservatorship:
http://www.lacourt.org/division/mentalhealth/MH0025.aspx

Local Hospitals



Glendale Adventist
1509 Wilson Terrace, Glendale, CA 91206
(818) 409-8000

Aurora Las Encinas
2900 East Del Mar Boulevard, Pasadena, CA 91107
(626) 795-9901

Olive View-UCLA Medical Center
14445 Olive View Drive, Sylmar, CA 91342
(818) 364-1555

Glendale Memorial Hospital
1420 S Central Avenue, Glendale, CA 91204
(818) 502-1900

Resources

Recommended Reading



I'm Not Sick, I Don't Need Help
by Xavier Amador PhD, 2000

The Center Cannot Hold by Ellyn Saks, 2007

An Unquiet Mind by Kay Redfield Jamison, 1995

Surviving Schizophrenia by E. Fuller Torrey, 2007

Bipolar Handbook by Wes Burgess MD, PhD, 2006

Important Resources



NAMI National: www.NAMI.org
NAMI California: www.NAMICA.org
NAMI Glendale: www.NAMIGlendale.org

Disability Rights California: 1 (800) 776-5748
www.disabilityrightsca.org

The Office of Consumer and Family Affairs
Call Line: (213) 738-3948
FamilyAdvocate@dmh.lacounty.gov

SAMHSA, Substance Abuse and Mental Health Services Administration: www.samhsa.gov

If You Are in Crisis and Need Help Right Away
DMH 24/7 Access Helpline:
1 (800) 854-7771

Suicide Prevention Center Crisis Line:
(310) 391-1253
Hours: 24 hours, 7 days a week

National Suicide Prevention Hotline:
1 (800) 273-8255, Hours: 24 hours, 7 days a week
Languages: English, Spanish



[www.facebook.com/
NamiGlendaleorgindexhtm](http://www.facebook.com/NamiGlendaleorgindexhtm)

Join NAMI Glendale

Please join NAMI Glendale and be counted as one of the many families who want to see positive change for their loved ones afflicted with mental illness. YOU can be a part of the NAMI movement to improve the lives of those touched by mental illness!

NAMI is an advocacy and educational organization dedicated to advancing the treatment and understanding of serious mental illness. In an ongoing effort to end stigma and stop discrimination, NAMI CA lobbies and advises local, state and federal legislatures, the US Congress, various departments of mental health, law enforcement, the courts and numerous other government agencies charged with matters related to mental illness. As a member, you join thousands of families throughout the state in declaring that, "We speak with one, united voice across California!"

Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the NAMI movement.

Please choose membership type:

\$35.00 Individual \$3.00 Open Door

Multiple members of a single family are welcome to join NAMI, but each person must pay dues in order to be officially counted among the NAMI ranks. If cost is an obstacle to becoming a member, a reduced rate called "open door" is available.

Please make check payable to: NAMI Glendale

Mail to: NAMI Glendale, Attn: Treasure
1540 E. Colorado St. Glendale, 91205

Membership Information:

Name: _____

Address: _____

City: _____

State & Zip Code: _____

Phone: _____

Email: _____

To use a credit card please go to:

www.namiglendale.org

and click on "Become a Member"



Welcome!

We're glad you found us!

Serving the Greater Glendale Area
Burbank, Eagle Rock, Northeast Los Angeles,
East & North Hollywood, Sunland/Tujunga,
La Crescenta/Montrose/La Cañada

www.namiglendale.com

About NAMI



NAMI is the National Alliance on Mental Illness, the nation's largest grass-roots mental health organization dedicated to improving lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research. NAMI is steadfast in its commitment to raise awareness and build a community of hope for all of those in need.

NAMI Glendale is part of the grass-roots, non-profit, national NAMI organization founded in 1979 by family members of people with mental illness. We are also an affiliate of NAMI California. NAMI Glendale provides support groups, educational resources, referrals, pamphlets, volunteer and training opportunities, educational speaker meetings and special events including annual NAMIWalks fundraising walk-a-thon, newsletters and invitations to state and national conferences.

NAMI welcomes community members and mental health professionals who may benefit from our programs.

We know... We've been there... We're here to help. Together, we can improve the lives of individuals and families living with mental illness.

www.namiglendale.com

Signature Programs

Family to Family: A 12 week course is for families, partners and friends of a loved ones who have a mental illness. The course covers brain biology, treatment, medications, communication and resources. It is taught by trained NAMI family members and caregivers of individuals living with mental illness. The Spanish version is called **"De familia a familia"**.

Basics: A 6 week, peer directed course which teaches the fundamentals of caring for children and adolescents who have either been diagnosed with, or have shown symptoms of, mental illness prior to age 13.

Family Support Group: A weekly meeting for family members, friends and caregivers of loved ones with a mental illness. The purpose of this meeting is to allow individuals to frankly discuss their unique challenges, in order to gain experience and self-education through the wisdom of shared experience.

Peer to Peer: A 10 week, peer-led educational recovery course that is open to any individual experiencing serious mental illness.

Connection: A bi-monthly peer-led recovery support group for individuals living with mental illness. Learning from their peer's experience, participants share coping strategies and offer mutual encouragement and understanding to one another.

In Our Own Voice: A unique public education program in which two trained speakers share compelling personal stories about living with mental illness and recovery.

Signature Programs

Provider Education Program: A 5 session course for mental health workers and professionals. Providers learn what it is like to live with mental illness from the individual and family perspective.

Parents and Teachers as Allies: A 2 hour in-service program that helps school professional and families understand the early warning sign of mental illness in children and adolescents.

Ending the Silence: A 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative presentation.

NAMI in the Lobby: NAMI trained volunteers are available in the lobbies of area community hospitals, in order to answer questions and provide practical resources for individuals who have loved ones with mental illness.

NAMIWalks: The largest anti-stigma fundraising walk-a-thon in America. This event raises public awareness and supports NAMI Signature programs.

Registration is FREE!

For more information:

www.namiwalks.org/losangelescounty

All NAMI programs are at no cost to all attendees

Family Support Group

Tuesdays (English)

Time: 6:00pm to 7:30pm
Location: Didi Hirsch Mental Health
1540 E. Colorado St.
Glendale, CA 91205

Information: Walter (323) 478-1656

Sundays (English)

Time: 4:30pm to 6:00pm
Location: Glendale Adventist Hospital
Psych 1 West Classroom 1
(Ground Floor)

1509 Wilson Terrace,
Glendale, CA 91206
Free parking in garage

Information: Jean (818) 421-0528

Tuesdays (Spanish)

Time: 5:30pm to 8:30pm
Location: Northeast Mental Health Center
(Centro de Salud Mental del noreste)
5564 N. Figueroa St.
Los Angeles, CA 90042

Aportamos nuestra cena y compartimos una comida antes de nuestro grupo de apoyo.

Póngase en contacto con: Dina Flores
(323) 341-5100

Peer Support Group

Connections - 2nd and 4th Tuesdays of the month (English)

Time: 6:00pm to 7:30pm
Location: Didi Hirsch Mental Health
1540 E Colorado St
Glendale, CA 91205

Information: Fran Hovorka (626) 241-0118

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