

Mental Health Resources

Free and Low-Cost

- **LCPC Lay Counseling** (free)
626 Foothill Blvd La Canada, CA 91011 818.790.6708 x430
Lay Counseling is designed to meet the problem situation of those persons in need of para professional level counseling. We see to serve people with special needs in times of concern, conflict or crisis.
- **Fuller Psychological and Family Services** (low cost/sliding scale)
180 N Oakland Ave Pasadena, CA 91101 626.584.5555
Graduate student trainee, advanced therapists, licensed professionals
- **Ashley McDaniel Counseling** (low cost/sliding scale)
Caring for the Soul
www.ashleymcdanielcounseling.com
viaashley@ashleymcdanielcounseling.com
Pasadena, CA
- **BetterHelp.com** (low cost/sliding scale)
Making professional counseling accessible, affordable, convenient - so anyone who struggles with life's challenges can get help, anytime, anywhere.
- **Choices Counseling & Skills Center**
37 Auburn Ave, Ste 1 Sierra Madre, CA 91024 626.470.9834
<https://choices.care>
- **Hello Therapy** (low cost/sliding scale) Integrative Therapy for Life's Challenges
Pasadena, CA
- **The Jones Psychology Group** (low cost/sliding scale)
<https://www.thejonespsychologygroup.com>
drjones@thejonespsychologygroup.com
818.659.5757 Pasadena, CA
- **Spaces Therapy** (low cost/sliding scale)
<http://janiemcglasson.com>
janie.mcglasson@gmail.com
323.498.4448
Highland Park, CA
- **Soul Tenders** (low cost/sliding scale)
41 E Foothill Blvd, Suite 102 Arcadia, CA 91006
www.soultenders.com
Multiple therapists in locations available in greater LA area
Accepts Insurance: Yes, takes all insurances
- **Teen Translation, Inc.** (low cost/sliding scale)
A private practice specializing in adolescent and family counseling
626.529.5780
Pasadena, CA

Mental Health Resources

www.teentranslation.com

- **Greenhouse Therapy Center** (sliding scale available)
Greenhousetherpaycenter.com
Accepts Insurance? Yes, Anthem and Aetna accepted
- **Given Guidance**
Givenguidance.com 818-446-7488 2600 Foothill Blvd, Unit 203 La Crescenta, CA
*Currently offering **FREE** support/processing groups for those impacted by fires.
- **Miya Erickson, MSW, Psy.D.**
(626) 566-7789 448 S. Marengo Ave Pasadena, CA 91101
drmiyeerickson@icloud.com
Adolescents, Adults & Couples
Specialties: Anxiety, Depression, Postpartum, Work/life balance, Parent//Teen conflict, Life Transitions, Adoption
Accepts Insurance? No, but generally considered out-of-network provider for PPOs
- **Karen Martin Fielder, MS LMFT**
818-434-5392 299 N Euclid Ave, Suite 540 Pasadena, CA 91101
Karen@foothillcounseling.com
<http://www.foothillcounseling.com>
Info/Specialties: EFT and EMDR certified, Brainspotting certified, *marriage & couples, trauma, depression/anxiety, ADHD, divorce, sex and intimacy, infertility, new parents*
Accepts Insurance? No, but generally considered out-of-network provider for PPOs
- **Mark Hastings, LMFT**
626-429-5469 131 N. El Molino Ave, Ste 315 Pasadena, CA
www.markhastingsmft.com
Info/Specialties: *Men, Boy Children, Parenting, School Consultations, Anger, Depression, Religion/Faith Issues, Sex/Pornography Addiction, Family of Origin*
Accepts Insurance? Yes, also provides superbill and some reduced fees. (Regular rate \$160/session)
- **Kent S. Kinzley, MA LMFT**
(626) 440-7322 595 E. Colorado Blvd, Suite 629 Pasadena, CA 91101-5222
kkinzley@sbcglobal.net
<http://kentkinzley.com>
Info/Specialties: *neurofeedback for various issues including ADHD, young children, anxiety/depression, stress management, anger management, grief/loss, professional/academic performance, LGBT issues*
Accepts Insurance? Yes
- **Sarah Jin, MS LMFT**
(626)755-5238 sarahjinmft@gmail.com
180 S. Lake Ave Suite 320 Pasadena, CA 91101
<http://www.sarahjinthrapy.com>

Mental Health Resources

Info/Specialties: *Fluent in Korean & English, Additional Degrees in Special Education and Child Psychology, Restoration Therapy certified including Marriage Strong training, Trauma-Focused CBT certified for children & teens, object relations therapy, Asian Americans, gender & sexuality issues especially with adolescents, divorce*

Accepts Insurance?: Yes

- **Jennifer Shim Lovers, MS LMFT, MDiv**

626.344.8708

(At The Center for Connection in Pasadena)

pasadenafamilytherapist@gmail.com

<http://www.pasadenafamilytherapist.com>

Info/Specialties: *children, couples and families, parenting issues, tweens & teens, infants & early childhood, mindfulness, substance abuse and co-occurring disorders, PTSD, Trauma-Focused CBT, Asian Americans, interracial couples, multi-ethnic families, Hospital and Hospice Chaplaincy*

Accepts Insurance? No, but generally considered out-of-network provider for PPOs

- **Richard Michalsen, PhD**

(626) 587-4442 x13

Pacific Psychological Resources

200 E. Del Mar Blvd., Suite 122

Pasadena, California 91105

Info/Specialties: *former middle school teacher, children/tweens/teens, adults, divorce, blended family issues, oppositional defiance, anger management, peer relationships, teen violence, depression, self-esteem, spirituality, AHDH, Anxiety*

- **Katie Welch, LMFT**

626.502.3736

2 Locations: Eagle Rock & Pasadena (Pasadena Relationship Center)

www.katiewelchtherapy.com

Info/Specialties: *Restoration Therapy and Parent-Child Interaction Therapy certified, children & early childhood, childhood development and sensory integration issues, multi-cultural identity, couples, dating and relationship issues, families*

Accepts Insurance? No, but generally considered out-of-network provider for PPOs

Additional Mental Health Support

The Child Mind Institute

Childmind.org

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders

Center for Mindful Self-Compassion

www.CenterforMSC.org

Kristin Neff, Self-Compassion

self-compassion.org

Mental Health Resources

NAMI (National Alliance on Mental Illness)

www.nami.org

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness

Shalom your Body

<https://youtu.be/fc2SUI6b6xM>

Tapping (Emotional Freedom Technique)

<https://youtu.be/pAclBdj20ZU>

The Feeling Wheel

<https://www.gottman.com/blog/printable-feeling-wheel/>

Apps and Podcasts

One Minute Pause App

Live from Rest App

Calm App

Headspace App

Oak- Meditation and Breathing App

Insight Timer

Pray as you Go App or <https://pray-as-you-go.org/>