



nami

National Alliance on Mental Illness

Westside
Los Angeles

Mental Health Resources:

- *Jewish Family Services*: In addition to services like case management, sliding scale therapy, bereavement group and other assistance, Jewish Family Service is available to help at this time.
 - You may refer to them directly at 877-275-4537 or email services@jfsla.org.
- *Maple Counseling Center*: A variety of sliding scale counseling and insurance navigation for the Jewish community. Maple answers calls live and if it goes to voicemail, they respond within 24 hours.
 - You may refer Jewish clients to the Briskin|Wilder Welcome Center, at (310) 271-9999 x223.
 - To be eligible for the lower sliding scale, on the intake form they must check BOTH that they identify as Jewish and that they were referred by a Jewish organization.
 - Insurance Coverage Counselor, Gabrielle Grode, is reachable at (310) 271-9999 x241.
- *NAMI West Los Angeles* Resource navigation, peer and family support groups, and short-term counseling.
 - Direct contacts are:
 - Sharon Dunas at 310.207.3505 / ssdunas@namila.org, NAMI WLA's Clinical Mental Health Advocate
 - Cynthia Sirota at 310.889.7200 / csiota@namila.org, NAMI's Warmline Navigator
 - When calling or emailing, please let Cynthia or Sharon know that you were referred by The Jewish Federation and that you identify as a member of the Jewish community.
- *JQ International*: Resources, wellness and support for Jewish LGBTQ+ community and its allies.
 - You may contact them at 855-574-4577 and www.helpline@jqinternational.org, <https://jqinternational.org/helpline/>, <https://jqinternational.org/supportgroups/>,
 - Free resource manual: <https://jqinternational.org/resources/>
- *Didi Hirsch*: Mental health, substance use, and suicide prevention services to individuals and families.
 - Call our centralized intake department at 888-807-7250 Monday through Friday, 8:30am to 5:00pm
 - For a suicide and crisis hotline, call "988."