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**Resource List**

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##

## FULLER RESOURCES

**Please call 911 for all emergency situations**

### Accessibility and Disability related concerns

[**Fuller Access Services Resources**](http://quad.fuller.edu/studentlife/access): 626-584-5436, access@fuller.edu

* Orientation to campus resources and assistance with medical verification and recommendations for accommodation of a disability
* Assistance in requesting accommodation in courses, programs, housing, and campus facilities
* Available by phone, BlueJeans, Zoom, Google Hangouts, or other video conferencing until further notice.

###  **Counseling Services**

 [**Fuller Psychological and Family Services**](http://www.fuller.edu/fpfs): 626-584-5555

* + - * Mental health care services
			* Discounted fee for Fuller students & their immediate family
			* Individual Therapy, Family & Couple Therapy, Group Counseling, Child & Adolescent Therapy

**Below are the per session rates available to current students in SMT, and these benefits are also available to their spouses and children.**

Practicum Student - $20 per session (individuals); $30 (couples, families)

Advanced Degree Therapist - $45 (individuals); $55 (couples, families)

Post-Doctoral Therapist - $65 (individuals; $85 (couples, families)

Licensed Therapist - $130 (individuals); $150 (couples, families)

* + - * Assessment (i.e.: personality and emotional functioning, learning disabilities, etc.)
			* Due to the conflict of interest that exists for School of Psychology (SOP) students, they may not be seen for counseling services at Fuller Psychological and Family Services (FPFS). However, SOP students may obtain referral resources from Bert Jacklitch, Director of Alumni Relations (bert@fuller.edu).

### Grants

 [Emergency Grant](https://quad.fuller.edu/emergency-grant/):

* This Grant-in-Aid is for Fuller Theological Seminary students who are experiencing a crisis situation that directly results in an unexpected and significant financial burden, and who are unable to otherwise monetarily cope with the emergency. Limited monetary support is available for applicants who meet the requirements.

 [Self-Care Grant](https://quad.fuller.edu/self-care-grant/):

* As we learn from the concept of Sabbath, all people need to take time for rest and restoration with both themselves and God. As busy seminary students, we know that this can often be difficult both time-wise and financially. This fund developed by the FSC in conjunction with Student Engagement and Success exists to help you do self-care better if you have found the time, but do not have the resources.

Fuller SOP Student Therapy Subsidy Program

* Contact the **SOP Director of Administration**
* This program is made possible by donations and is for Fuller Theological Seminary SOP students. The purpose of the program is to provide therapeutic intervention for students who may be experiencing emotional, financial, educational, and sometimes urgent family/marital pressures and/or to support students’ career objectives by providing the experience of therapy. Students may reapply for the grant as needed. Grants are not given over the Summer. 15% of what is available will be reserved for students in a crisis situation who may need more assistance.

### Safety

**Fuller Campus Safety,** 626-584-5444

* The Department of Campus Safety strives to create and provide a safe and secure environment that encourages academic excellence and learning to the Fuller Theological Seminary community. Every member of the Fuller Theological Seminary community share in the responsibility of helping to provide a safe and secure campus for its faculty, staff, students, and visitors. Campus Safety works together with the Pasadena Police Department and other local emergency providers in a collaborative effort to ensure a safe and secure campus while located at our Pasadena Main campus.

### Spiritual Care

[**Fuller Chaplains**](http://quad.fuller.edu/seminary-chaplains)**:** chaplains@fuller.edu

* The Fuller Seminary chaplains provide spiritual care to Fuller students, staff, and faculty on-line and on our Pasadena-residential campus. Fuller’s chaplains are ordained ministers who have experience in spiritual direction and pastoral care in both parish and non-parish settings. The chaplain team offers services that include:
* Confidential one-on-one pastoral care (in-person or virtual)
* Vocational discernment
* Counseling referrals
* Spiritual formation retreats
* Seminars
* Group spiritual direction

### Student Health Insurance

**Student Health Insurance Office:** 626-584-5438, [shi@fuller.edu](http://shi@fuller.edu)

* As part of Fuller Seminary’s commitment to fostering a healthy community, all students residing in Southern California who are registered on the Pasadena campus are required to maintain basic health insurance. Eligible students can meet this requirement either by purchasing health insurance through Fuller’s Student Health Insurance (SHI) office OR waiving out by demonstrating comparable health insurance coverage.

### Title IX and Discrimination issues

**Title IX Coordinator (Executive Director of Student Concerns):** 626-584-5678,

titleix@fuller.edu**,**

* Title IX of the Education Amendments of 1972 (Title IX) prohibits discrimination based on gender in educational programs that receive federal financial assistance. Programs and activities that may be included are admissions, recruitment, financial aid, academic programs, athletics, housing, and employment. Title IX also protects men and women from unlawful sexual harassment in school programs and activities. Under Title IX, discrimination on the basis of sex can include sexual discrimination, sexual harassment, sexual assault, sexual violence, such as rape, and sexual exploitation

##

## NATIONAL RESOURCES

**Please call 911 for all emergency situations**

### Child Abuse

**The Child Help National Child Abuse,** 1-800-422-4453

* The Child Help National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.

### Crisis Counseling

 **Crisis Text Line**

* Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

### Domestic Violence and Sexual Assault

 [**Rape Abuse and Incest National Network**](http://www.rainn.org) **(RAINN):** 800-656-HOPE

* The RAINN hotline offers free, confidential counseling and support 24 hours a day, from anywhere in the country.

### Legal Resources

[**LawHelp**](http://www.lawhelp.org)**:**

* LawHelp helps people of low and moderate incomes find free legal aid programs in their communities, answers to questions about their legal rights, and forms to help them with their legal problems.

[**Directory of Law School Public Interest and Pro Bono Programs**](https://www.americanbar.org/groups/center-pro-bono/resources/directory_of_law_school_public_interest_pro_bono_programs/)

* A majority of ABA accredited law schools now have formal pro bono or public service programs with several requiring students to perform varying amounts of pro bono work in order to graduate. This directory organizes the programs by state, by school, and by legal area of need.

### Substance Abuse

[**Al-Anon Family Groups**](https://al-anon.org/)**:** 1-888-4AL-ANON (1-888-425-2666)

[**Alcoholics Anonymous**](http://www.aa.org/)

[**Cocaine Anonymous**](https://ca.org/)

[**Narcotics Anonymous**](https://www.na.org/)

[**National Drug Help Line**](http://drughelpline.org/)**:** 1-844-289-0879

[**National Institute on Alcohol Abuse and Alcoholism**](https://www.niaaa.nih.gov/)

[**National Institute on Drug Abuse**](https://www.drugabuse.gov/)

[**Substance Abuse and Mental Health Administration**](https://findtreatment.samhsa.gov/) **(SAMHSA):** 1-800-662-HELP

(1-800-662-4357)

### Suicide Prevention

 **National Suicide Prevention Lifeline:** 800-273-8255

 **Suicide Hotline:** English (800-784-2433)**,** Spanish (800-784-2432)**,**

TTY (800-799-4889)

## ARIZONA RESOURCES

**Please call 911 for all emergency situations**

**For non-emergency services call: 211** (Community Resource Helpline will provide information in 140+ languages including referrals, crisis intervention, and non-emergency suicide prevention resources)

### Child Abuse

**Hotline**: 888-SOS-CHILD (888-767-2445)

* Call to report suspected child abuse or neglect

### Domestic Abuse and Sexual Assault

 **Sojourner Center:** 602-244-0089

* Domestic violence shelter
* 24-hour crisis line offering access to information about shelter, safety planning, crisis intervention, support, referrals to other organizations
* Emergency & transitional housing, food, clothing, and a continuum of support services for families
* Assistance with protective orders, court accompaniment, safety planning, referral and resource, and service linkage to other providers
* Advocates located on site at Maricopa County Superior Court

### Legal Resources

[**Arizona Justice Center**](http://www.azjusticecenter.org/get-help/)**:**

* Free legal counseling, marriage and family counseling, addiction counseling, SNAP (food-stamps) application processing, peer or lay counseling training for groups, mail assistance for homeless persons, prayer with and for you.

[**Community Legal Services**](https://clsaz.org/)**:** (800) 852-9075

* Free legal assistance related to housing (landlord/tenant, eviction, foreclosure), families and children (domestic violence, child abuse), employment (low-wage workers rights), consumer protection, health and economic stability, farmworker (agricultural workers with civil legal issues), tax program (rights education and assistance with IRS related controversies), set aside clinics (assistance post-criminal conviction).

[**Maricopa County Bar Lawyer Referral Service**](http://www.maricopalawyers.org)**:** (602) 257-4434

* Assistance finding a licensed and insured attorney. Initial 30-minute consultation for a $40.00 fee.

[**Modest Means Project** **- Arizona Foundation for Legal Services and Education**](https://www.azflse.org/modestmeans/index.cfm)**:**

866-637-5341

* Call the LegalLearn line, a 24 hour automated pre-application system, at
* Low-cost legal assistance to individuals who do not qualify for free legal services, but cannot afford the expertise of attorneys at the standard rate. Legal issues available through the project are: Adult guardianship, bankruptcy, consumer law, criminal misdemeanors, employment law, family law, guardianship, housing (landlord/tenant and foreclosure), immigration, mediation, wills & trusts.

### Medical

 **St. Joseph’s Hospital and Medical Center, (non-emergencies):** 602-406-3000

### Mental Health

**Maricopa County Mental Health Crisis Line:** 602-222-9444

* 24/7 line to help with assessment and response

[**Family Christian Counseling Center**](https://www.familyccc.com/)**:** 602-325-1233

* Phoenix: 602-325-1233
* Chandler: 602-325-1233
* Counseling services for children, adults, individuals, couples, or families
* Equine Assisted Therapy

[**Arcadia Counseling Center**](https://arcadiacounselingcenter.com/)**:** 602-218-6901

* Therapy services for children, adolescents, adults, families, and couples
* In-person or HIPAA compliant video/phone therapy

 **St. Luke’s Behavioral Health Center:** 602-251-8535

* + - * 124-bed acute care behavioral hospital
			* Inpatient and outpatient psychiatric and addictions programs
* Accepts patients through staff evaluation or St. Luke’s Medical Center emergency room
* Outpatient services include individual and group treatment approach, activity therapy, patient and family education, nursing services, medication intervention, patient-specific consulting, comprehensive discharge planning

**EMPACT-Suicide Prevention Center:** 480-784-1514

* Provides Crisis Response, Counseling, Psychiatry, Substance Abuse, Support Groups, Prevention, and Trauma Services to individuals and families
* Survivors of suicide program

### Police

**Phoenix Police Department (non-emergency):** 602-262-6151

### Substance Abuse

 **Narcotics Anonymous of the Phoenix Area:** 602-325-4702

**Alcoholics Anonymous of the Phoenix Area:** 602-264-1341

[**Pathway Program**](https://thepathwayprogram.com/)**:** 877-921-4050

* Tempe, AZ
* Support groups, outpatient & residential programs

##

## HOUSTON AND TEXAS RESOURCES

**Please call 911 for all emergency situations**

**For non-emergency services call: 211** (Community Resource Helpline will provide information in 140+ languages including referrals, crisis intervention, and non-emergency suicide prevention resources)

### Child Abuse

 **Child Abuse Hotline (Texas):** 800-252-5400

* Call to report suspected child abuse or neglect

### Domestic Abuse and Sexual Assault

 **Houston Area Women’s Center:** 713-528-6798 (main switchboard)

* + - * Domestic Violence Hotline: (713) 528-2121
			* Sexual Assault hotline: (713) 528-7273
			* Intake services for shelter and counseling programs
			* 120-bed shelter is dedicated to women and children victims of domestic violence (shelter is at an undisclosed location for security purposes)
* Immediate assistance in English and Spanish. Accommodates all other languages and the hearing impaired through a language line
* Emergency transportation for domestic and sexual violence survivors to achieve personal safety
* Domestic Violence Accompaniment Advocates (DVAA’s) are on 24-hour call in order to accompany and advocate for survivors at local hospitals

### Legal Resources

 [**Houston Area Women’s Center**](http://www.hawc.org)**:** 713-528-6798

* The Houston Area Women’s Center works to end domestic and sexual violence and supports all in building safe and healthy lives through advocacy, counseling, education, shelter, and supports services. Services are free, confidential, and available to everyone.

[**Houston Legal Aid Center**](http://houstonlegalaid.org/)**:** 713-283-8819

* Free and reduced-cost legal services, including education, self-help, and in some cases, legal representation in the following areas: immigration, family law, wills and probate, powers of attorney, nonprofit, and Christian conciliation.
* A $25 non-refundable consultation fee will be assessed for the initial intake interview.

 **State Bar of Texas:** 800-252-9690,[Lawyer Referral and Information Service](https://www.texasbar.com/AM/Template.cfm?Section=Lawyer_Referral_Service_LRIS_#:~:text=Please%20be%20aware%20that%20we,is%20closed%20on%20legal%20holidays.)

* Assistance finding a licensed attorney. Callers referred to a participating attorney receive a half-hour consultation for no more than $20.00

[**Texas Law Help**](https://texaslawhelp.org/)**:**

* Find legal assistance by county and topic.

### Mental Health

 **Psychiatric Emergency Services of Harris County:** 713-970-7070

* For questions and support related to a mental health emergency

 **Menninger Clinic:** 800-351-9058

* + Psychiatric Assessment and Stabilization services that may include medical detoxification
		- Social worker available to mobilize the support of family and collaborate on discharge planning with the patient and family
		- Patients can elect to add neuropsychological assessment and to continue treatment in a six- to eight-week Menninger inpatient program
		- Outpatient services include individual, group, marital and family psychotherapy, dialectical behavior therapy, cognitive-behavioral therapy, psychological testing, psychopharmacology (medication management), substance abuse assessment, counseling and education, vocational assessment and education plus career counseling

 **El Camino Counseling:** 713-647-0002

* Christian counseling center
* Services include counseling, parenting classes, anger management classes, employee assistance program (EAP)
* Assessments: Psychosocial, Substance Abuse

[**University of Houston PRSC**](https://www.uh.edu/class/psychology/clinics/)**:** 713-743-8600

* + - * Therapy and assessment services
			* Services for individuals, family, group, couples, children, adults
* Sliding scale according to ability to pay

[**University of Houston Clear Lake Psychological Services Clinic**](https://www.uhcl.edu/psychological-services-clinic/)**:** 281-283-3330

* + - * Therapy services on sliding scale according to family income and family size
			* Services for individuals, families and couples
			* Services for children with Autism Spectrum Disorders

### Police

**Houston** **Police Department** (non-emergency): 713-884-3131

### Substance Abuse

**Narcotics Anonymous of the Houston Area:** 713-661-4200

 **Alcoholics Anonymous of the Houston Area:** 713-686-6300

[**Houston Council on Alcoholism & Drug Abuse**](https://www.councilonrecovery.org/)**:** 713-942-4100

* Offers short-term counseling for anyone affected in any way by alcohol or other drug abuse. Trained alcohol and drug abuse counselors can help select an appropriate program (AA, A.L.A.N.O.N., NA, CA, etc.) and/or appropriate treatment.

## PASADENA AND SOUTHERN CALIFORNIA RESOURCES

**Please call 911 for all emergency situations**

**For non-emergency services call: 211** (Community Resource Helpline will provide information in 140+ languages including referrals, crisis intervention, and non-emergency suicide prevention resources)

### Child Abuse

**LA County DCFS**: 800-540-4000

### Domestic Violence and Sexual Assault

 **Center for the Pacific-Asian Family**: 800-399-3940

* + - * 24-hour crisis hotline
			* Services include emergency shelter and referral information. Available to serve those speaking the following languages: Mandarin, Korean, Vietnamese, Chiu-Chow, Tagalog, Thai, Lao, Japanese, Cantonese, Cambodian, Illonggo

**Shepherd's Door:** 626-765-9967

* Non-profit organization established to assist and support victims of domestic violence
* Counseling, support groups, financial workshops, healing art workshops, legal assistance, and referrals

### Food Pantries

 **LA Food Bank -** [Find Your Local Pantry](https://www.lafoodbank.org/find-food/pantry-locator/) with a Your Zip Code

 **First Church of the Nazarene:** 626-351-9631

* 3700 E. Sierra Madre Blvd., Pasadena, 91107
* Wednesdays 8:30am-12pm

 **Foothill Unity Center:** 626-584-7420

* 191 N Oak., Pasadena, 91107
* Tuesday 9am-11:30am
* Wednesday 1pm-3:30pm
* Friday 1pm-3:30pm (once/week)

 **Friends in Deed:** 626-797-6072

* 444 E. Washington Blvd., Pasadena, 91104
* Tuesdays 10am-3pm
* Wednesdays 10am-3pm
* Thursdays 10am-1pm (once/week)

 **Lincoln Avenue Baptist Church:** 626-798-9163

* 1180 Lincoln Ave., Pasadena, 91103
* Wednesdays 10am-12pm (once/week)

 **Saint Andrews Catholic Church:** 626-792-4183

* 42 Chestnut St., Pasadena, 91103
* Wednesday 9:30-10:30am
* Saturday 7:30-10:30am (twice/week)

 **Salvation Army:** 626-773-4404

* 1000 E. Walnut St., Suite 102, Pasadena, 91106
* Monday-Friday, 9am-11:30am (once/90 days)

 **Shield of Faith Christian Center of Pasadena:** 626-773-0505

* 1127 N. Lake Ave., Pasadena, 91104
* Irene Amon at Fuller coordinates food drops for students on Mondays and Thursdays in Chang Commons

 **Central Park**

* 275 S Raymond Ave, Pasadena, CA 91105 (Del Mar Blvd. & Fair Oaks Ave.)
* Free Breakfast: Sundays 8:45am [Church in the Park]
* Free Dinner: Mondays 6pm [Memorial Park]
* Free Dinner: Wednesdays 6pm [Fritz Brown]
* Free Dinner: Last Saturday of the month 6pm [Montrose Church]

### Legal Resources

[**Bet Tzedek Legal Services**](http://www.bettzedek.org): (323) 939-0506

* Free legal assistance for qualifying seniors, workers, small business owners, and undocumented individuals.

[**California Disaster Legal Services**](https://disasterlegalservicesca.org/)**:**

* Free legal help for survivors of California disasters (including current Coronavirus CoVid19), and resources for volunteers provided by California nonprofit legal aid providers.

[**Christian Legal Aid**](http://www.cla-la.org)**:** (323) 319-3559

* Free legal support to “very low income residents of Los Angeles County.” Advice on a wide-range of legal issues, including family law, criminal expungements, housing, small claims, immigration, and estate planning. Help reviewing paperwork and filling out forms. **Offering phone clinics during Covid-19.**

[**Lawyer Referral Service**](http://www.calbar.ca.gov/Public/Need-Legal-Help) **(LRS)**:

* Lawyer Referral Service is a nonprofit service that allows members of the public to find a qualified attorney. Attorneys on the LRS panel are screened for qualifications, carry malpractice insurance and are in good standing with the State Bar of California. These attorneys provide a free initial consultation (up to 30 minutes) by phone to evaluate an individual’s specific legal needs. There is no cost to access information through the LRS and there is no fee to get a referral to an attorney.

[**Legal Aid Foundation of Los Angeles**](http://www.lafla.org): (800) 399-4529

* LAFLA follows federal poverty guidelines and assists only people with income less than 125% of the federal poverty guidelines. However, sometimes people with income over 125% of the federal poverty guidelines can qualify as well. LAFLA [self-help centers](https://lafla.org/self-help/#locations) can help anyone of any income level.
* Assistance in areas related to: Domestic Violence/Family Law, Employment, Eviction Defense, Expungement, Government Benefits, Asian Pacific Islander Community Outreach, Housing and Homelessness, Immigration, Medical-Legal Partnerships, Nonprofit Assistance, Student Loan Issues, Torture Survivors Project, Veterans Justice Center

[**Public Counsel**](http://www.publiccounsel.org/home): (213) 385-2977

* Public Counsel provides a wide variety of legal services to low-income individuals, nonprofits, and small businesses.
* Types of matters for which Public Counsel can aid: Children and Youth Legal Issues, Immigration, Consumer and Debtor Issues, Veterans, Government Benefits, Small Business Formation and Counsel, Homelessness Prevention, and more.

### Mental Health

#### Counseling

[**Fuller Psychological and Family Services**](https://www.fuller.edu/fpfs/)**:** 626-584-5555

* In-person at Pasadena & telehealth options
* Low-fee community mental health clinic
* Discount to Fuller students and their immediate family

[**Emmada Psychology Center**](https://www.emmadapsych.com/)**:** 866-863-4645

* Pasadena & Westchester
* Sliding scale fee
* Christian counseling

[**Rose City Center**](https://www.rosecitycenter.org/)**:** 626-793-8609

* Pasadena
* Sliding scale fee
* Psychoanalytic psychotherapy for individuals and couples

[**The California Peer-Run Warm Line**](https://www.mentalhealthsf.org/): 855-845-7415

* + - * Open 24 hours/day, 365 a year
			* Non-emergency resource for anyone in California seeking emotional support.
			* Trained counselors help via phone and webchat on a nondiscriminatory basis to anyone in need.
			* For COVID-19 support: 833-317-4673

#### Psychological Evaluations

 [**University of Southern California Psychology Services Center**](http://dornsife.usc.edu/usc-psc/) -Los Angeles

* + - * Assessments for Specific Learning Disorder, Attention/Concentration Problems, Difficulties with Memory, Dementia or Cognitive Decline, Emotional or Social Problems, Neuropsychological Assessment
			* Standard Fee for Assessment is $500, but fee scaling available in extreme circumstances of hardship. Older adults receiving Medicare may be eligible for a $50 assessment package.

[**UCLA Psychology Clinic**](http://www.psych.ucla.edu/center-and-program)**:** 310-825-2305

* + - * Assessments: Learning Disabilities, Neuropsychological Assessments, Attention/Concentration Problems
			* Fees: Sliding scale according to monthly gross income and number of dependents. Fees range from $500 - $1500 for a comprehensive exam. Accept cash, debit cards, and http://www.psych.ucla.edu/center-and-programs/cliniccredit cards and payment can be done in installments.
			* Notes: Bring all relevant academic and medical records to appointment. Bring a form of income verification to the first meeting (e.g. check stub, income tax return, or W-2) as fees are determined on a sliding scale).

 [**Pepperdine University’s Psychological and Educational Clinic**](https://gsep.pepperdine.edu/about/clinics/)**:** 310-568-5752

* + - * West Los Angeles & Encino
			* Services: Counseling and therapy, no assessments
			* Fees: Sliding scale according to monthly gross income. Fees range between $15 to $90 per session, first session is $25.

[**Framework Associates**](http://frameworkpsych.com)**:** (323) 999-1395

* + - * Santa Monica, CA
			* Assessments: ADHD
			* Fee: ADHD Assessment: $980 +
			* Reduced rate may be available for students, according to their website, as they reserve several spots each month for college students needing an ADHD assessment whose insurance does not adequately cover this service.

[**Learning Dynamics**](http://learningdynamicsinc.org)**:** 310 -855-3276

* + - * Woodland Hills, Bakersfield, & Mobile Services Offered
			* Types of Assessments: ADHD, Learning Disability, Autism, Mood Disorders
			* Fees: Provide services at a reduced rate and on a sliding scale. Pricing for specific services call (310) 855-3276. College and Graduate students currently enrolled full-time at a college or university qualify for Level 5 fees (the lowest discounted rate they offer), as do individuals who have completed a degree (e.g. high school, college, etc) in the past two years.

### Police

[**Pasadena Police Department** (non-emergency): 626-744-4241](https://calhope.dhcs.ca.gov/)

### Substance Abuse

**Narcotics Anonymous of the Pasadena Area:** 626-584-6910

**Alcoholics Anonymous of the Pasadena Area**: 626-792-2770

[**LA County Substance Use Service & Bed Availability Tool**](http://sapccis.ph.lacounty.gov)

**Substance Abuse Service Helpline:** 844-804-7500