

Contact Paulina Rojas for Assistance and Appointment for intake and assessment

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Mental Health Services for Youth and Adults in the San Gabriel Valley Service Area. Office in El Monte

626-350-5304 ext. 510

Or 909-623-6651 ext. 110

**We are accepting clients immediately!**  
**NO Waitlist at present time**

BRIDGES provides outpatient mental health services to Adolescents, their families, and Adults. Project Independence outreaches to youth and adults who are in need of individual and/or family mental health treatment and support.

Project Independence provides an array of services on an outpatient basis.

Outpatient mental health and community support services are designed to encourage ongoing community integration and self-sufficiency. Interventions are geared toward increasing behavior and lifestyle choices that promote healthy transitions and independent living.

Project Independence offers community services and resources:

- Therapy
- Psychiatry
- Case Management/Benefit establishment
- Linkage to needed resources
- Substance Abuse Recovery Support
- Evidence based practices; which may include Seeking Safety, Crisis Intervention, and CBT, WRAP

**BASIC ELIGIBILITY REQUIREMENTS**

- Age Range: 16 + (adults)
- Mental Health Diagnosis and/or Dual Diagnosis
- Must meet medical necessity (we will conduct an assessment)
- Willingness to explore recovery goals

**Project Independence**

El Monte location

We are available to provide services in the community where you live, work, go to school or other appropriate setting!

**REFERRALS**

Department of Children and Family Services, LAUSD & Nonpublic Schools, Department of Mental Health, Department of Probation, Group Homes, Hospitals, Self-referral, mental health providers, other social service

