

# Nancy Ruben, MFT

A Los Angeles Psychotherapist: Individual, Couple, Child and Family Therapy

## Mental Health Resources

### Crisis Links

[National Suicide Prevention Lifeline](#)

[Teen Line Online](#) - 24 hour Hotline for Teens in Crisis

[National Domestic Violence Hotline](#) - 24 hour Crisis and Support

[National Child Abuse Hotline](#) - 24 hour Crisis and Support

### Los Angeles Area Low Cost Counseling

[Southern California Counseling Center](#)

[Miracle Mile Community Practice](#)

### Mental Health Information

[National Institute of Mental Health](#) - Current information on mental health issues

[National Mental Health Consumers Self Help Clearinghouse](#) - Mental health resources, publications, latest information on mental health issues.

### Help with Grief and Loss

[Our House](#) - Located on the Westside, offering help for bereaved individuals and families

[Hathaways/Sycamores Center for Grief & Loss](#) - Located on the Eastside, offering help for bereaved families and children

### Parenting

[The Warm Line](#) - 24 Hour support for parents with children birth to six years

[New Moms Connect](#) - Help re: postpartum depression

[New Mom's Connect Warmline](#) - 310-247-0864 - Referrals, resources and support to women and families

### Out-of-Area Professional Services

[Jennine Estes](#) - Provides Marriage and Relationship Therapy in San Diego working with all aspects of Relationships: married; newly committed; engaged; same-sex relationships; or singlehood.

*Individual • Couple • Adolescent • Child and Family Therapy*

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