

Problems with Tobacco, Drugs, or Alcohol?

AV Council on Alcohol & Drug Dependency ... (661) 948-5046
 Tarzana Treatment Centers of the AV (661) 726-2630
 Al-A-Teen (Support for Teens)..... (661) 274-9353
 Alcoholics Anonymous..... (661) 945-5757
 California Smoker's Help Line..... (800) NO-BUTTS
 Action Family Counseling..... (661) 297-8693

Depressed? Thoughts of Suicide?

Suicide Prevention Lifeline 24 hour hotline
 (for yourself or someone else)..... (800) 273-8255
 Teen Care Line..... (800) TLC-TEEN
 California Youth Crisis Line..... (800) 843-5200
 Psychiatric Mobile Response Team..... (800) 854-7771

Anger Issues? Domestic Violence? Child Abuse? Runaway? Self Esteem?

L.A. County Child Abuse Hotline(DCFS)..... 800) 540-4000
 AV Youth Services (all types of referrals)..... (661) 946-1069
 Sexual Assault Response Service Hotline..... (661) 723-7273
 60 Day Emergency Shelter 24 hr Hotline..... (661) 945-6736
 Domestic Violence Hotline..... (661) 945-6736
 Children of the Night (24hr runaway hotline) (800) 551-1300
 VIDA Program (LA Co. Sheriff's Dept)..... (661) 949-6585
 The Outreach Center (Gay & Lesbian)..... (661) 92PRIDE

AVUHSD Guidance Services & Programs

Social/Emotional Support: Individual Counseling, Conflict Resolution, Anger Management, Healthy Relationships, Depression/Coping Skills, Family Issues, Grief/Loss, Anxiety/Stress, Drug/Alcohol/Tobacco Use, Peer Pressure, Life Skills, Self Esteem, Bullying/Suicide prevention, and Foster Youth support, and Community Referrals.

Academic Support: Freshman/New Student Orientation, Study Skills Workshop, Academic Reviews/Probation, Standardized Testing Workshops, 4 & 6 yr. plans, and Parent-Teacher Conferences.

College/Career Support: Career Exploration, College Applications, FAFSA, Post HS Options, and Scholarship Research assistance through individual support, workshops, and classroom presentations.

School-based Mental Health Services

Brandman University MFT Trainee : EHS, LHS, HHS, LnHS
Child & Family Guidance Center: DP, EHS, HHS, KHS, LHS, PHS

Children's Bureau: AVHS

Penny Lane: DWHS, LnHS, PXHS, QHHS, RRPHS

AVUHSD School Site Contact Information



Academies of the Antelope Valley
 SOAR Prep Academy & Virtual Academy
 6300 West Avenue L, Lancaster CA/661-943-2091
 Knight Prep Academy
 37423 70th Street East, Palmdale, CA/ 661-456-4711



Antelope Valley High School
 44900 Division Street, Lancaster, CA/661-948-8552



Desert Winds Continuation High School
 45030 3rd Street East, Lancaster, CA/661-948-7555



Eastside High School
 3200 East Avenue J-8, Lancaster, CA/661-946-3800



Highland High School
 39055 25th Street West, Palmdale, CA/661- 538-0304



Knight High School
 37423 70th Street East, Palmdale, CA/661- 533-9000



Lancaster High School
 44701 N. 32nd St. West, Lancaster, CA/661- 726-7649



Littlerock High School
 10833 East Avenue R, Littlerock, CA / 661- 944-5209



Palmdale High School
 2137 East Avenue R, Palmdale, CA / 661- 273-3181



Phoenix CDC South & North Campus
 South: 2270 E Ave Q, Palmdale, CA/661- 274-4619
 North: 228 E Ave H-8, Lancaster, CA/661-729-3936



Quartz Hill High School
 6040 West Avenue L, Quartz Hill, CA/661- 718-3100



R. Rex Parris Continuation High School
 38801 Clock Tower Plaza Dr., Palmdale, CA
 (661) 274-1230



SOAR High School
 3041 West Avenue K, Lancaster, CA/661- 722-6509



Sometimes You Need Some Help.....



Community Resource Information



School Site Information/Directory for School Site Counseling Services/Interventions

Disclaimer: The Antelope Valley Union High School District does not in any way endorse the community providers listed. These resources are for your information to use at your own convenience.

Mental Health Resources

Child & Family Guidance Center.....(661) 265-8627
40005 10th Street West, Suite 106 Palmdale, CA 93551
Out Patient Services for Children 0-21yrs with Emotional Problems, Child/Youth Crisis Response Services, 24hr Emergency Consultation, Intensive Home Services for Children/Families—www.childguidance.org

Children's Bureau Regional Office.....(661) 951-2191
921 W. Avenue J, Suite C, Lancaster, CA 93534
— Mental Health Services..... (661) 949-0131
Partnership for Families, School-Linked Programs, Protecting Children, Creating Caring Communities
www.all4kids.org

DMH—Department of Mental Health..... (661) 723-4260
349-A East Avenue K-6, Lancaster, CA 93535
dmh.lacounty.gov

Mental Health America.....(661) 726-2850
506 West Jackman Street, Lancaster
Serves Individuals 18 & Over — mhala-aves.com

Optimist Community Mental Health661-575-8395
520 West Palmdale Blvd. Unit D, Palmdale 93551
Therapy/Psychiatric Services for children
www.oyhfs.org

Penny Lane Antelope Valley.....(661) 266-4783
43520 Division St, Lancaster, CA 93534
Mental Health Services, Family Preservation, Mentor Program, Residential Treatment, Transitional Housing, Wraparound — www.pennylane.org

UC Mental Health Resource—<http://www.ucop.edu/student-mental-health-resources>

Note...

Mental Health professionals can only provide services at AVUHSD school sites, if an MOU between the district and agency has been board approved.

Antelope Valley Clinics & Prenatal/Pregnancy Resources (Medi-Cal, Low or No Cost Resources)

Antelope Valley Community Clinics.....(661) 942-2391
Urgent Care & Health & Wellness in Palmdale & Lancaster
Services: Pediatric, Dental, Exams, Pharmacy, Immunizations, WIC Exams, Primary Health Care — www.avclinic.org

Antelope Valley Hospital OB Clinics
44439 17th Street West, Suite 104, Lancaster (661) 726-6180
38350 40th Street East, Suite 200, Palmdale (661) 726-6325
Family Planning, Pregnancy Test, Prenatal Care, and assistance with Medi-Cal

Antelope Valley Partners for Health
44226 10th street west, Lancaster, CA 93534 (661) 942-4719
AV Wellness Coalition

Antelope Valley Public Health Center.....(661) 723-4526
335-B East Avenue K-6, Lancaster, CA 93535
Prenatal, Immunizations, Family Planning, & TB/STD tests

Care Net Women's Resource Center.....(661) 729-4277
44733 N. 10th St. West, Lancaster, CA 93534
Abstinence education, pregnancy tests, counseling, limited ultrasounds, and mentoring—www.avcarenet.com

LA County High Desert Regional Health Ctr. (661) 471-4000
335 East Avenue I, Lancaster, CA 93535
Primary, Specialty, & Emergency services —Urgent Care 8am to midnight— dhs.lacounty.gov/wps/portal/dhs/highdesert

South Valley Medical Center (8—Midnight)...(661) 272-5000
38350 40th Street East, Suite 100, Palmdale, CA 93552
Urgent Care (661-272-5050), Exams, X-Rays, Lab, Pharmacy, Prenatal Care, and WIC by appointment only

Tarzana Treatment Centers/Family Medical
907 W. Lancaster Blvd., Lancaster, CA 93534 (661) 723-4829
Primary Care, Domestic Violence, Rehabilitation, HIV/AIDS, and Mental Health services —www.tarzanatc.org

Women's Clinic of Antelope Valley.....(661) 947-0400
1334 East Palmdale Blvd. Suite E, Palmdale, CA 93550
Free Pregnancy Testing, Counseling, Financial Help, and Parenting Support — www.avpcc.com

Youth Support Association.....(661) 949-8662
918 West Avenue J, Lancaster, CA 93534 — Teen parenting classes, STD Prevention, & Anger Management

211 LA County Community Resources—www.211LA.org

Children's Center of the Antelope Valley... (661)949-1206
45111 Fern Ave., Lancaster, CA 93534
Child Abuse Prevention & Counseling — www.ccav.org

Grace Resource Center.....(661) 940-5272
45134 Sierra Highway, Lancaster, CA 93534
Food, Clothing, Shelter, Parenting & Computer classes, and assistance with monitored visits & safe exchange

Healthycity.org—Healthy Cities provides information plus action resources for service referrals & social change.

Independent Living Center of So. Cal.(661) 942-9726
606 East Avenue K-4, Lancaster, CA 93535
Serves persons with disabilities of all ages

South Antelope Valley Emergency Services (SAVES)
1002 E. Ave. Q-12, Palmdale, CA 93550.....(661) 267-5191
Food & Transportation programs, Motel Vouchers, Back to School Supplies, and assist Emancipated/Foster Youth
www.cityofpalmdale.org/residents/SAVES

Valley Oasis —(661) 945-6736
Domestic Violence support services
www.valleyoasis.org

CalWorks Outreach/Legal.....(661) 723-7772
Kayla's Place..... (661) 949-3269
Therapy Services surrounding violence and abuse
Homeless Solutions Access Center.....(661) 942-2758
Supportive services for Homeless families & individuals
Sexual Assault Response Services SARS... (661) 949-6143
Sexual assault, Anti-bullying program development for schools, teen dating violence, & free evening counseling

Yes2Kids: Antelope Valley Child Abuse Prevention Council — yes2kids.net(661) 538-1846

Youth Support Association (YSA) (661) 949-8662
Teen talk line and phone friend.