



Mental Illness

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A.M.I./A.B.L.E.

An integrated services program for persons with severe mental illnesses
Harbor-UCLA Medical Center, 1000 W. Carson St.,
Torrance, CA 90509

310-533-0705

NAMI

National Alliance for the mentally ill, South Bay
P.O. Box 5295, Torrance, CA 90501
www.namisobay.com

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Recovery Inc., Self-Help Mental Health

www.recovery-inc.com

Services: Deal with; Stress and Tension, Anxiety or Panic,
Depression or Fatigue, Sleep problems or worry, Anger or
fears, Feeling helpless or hopeless, and other emotional
problems

Comprehensive Psychological and Psychiatric Services for individuals, families, couples, and groups, treating:

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching