SCOPE Patient Health Advocates

Based in West Los Angeles
www.uclascope.org/patient-health-advocates

Resource Guides

Women's Health

Introduction

Testing

Screenings and testings are essential to monitor your health. Some examples of testing and screenings can include checking for sexually-transmitted infections, pregnancy, breast cancer, and ovarian cancer (e.g. PAP smears).

Family Planning

Whether you want to start a family or not, family planning is important to ensure that you are prepared with the necessary items you need (e.g. contraception, genetic testing, etc).

Intimate Partner Violence

Intimate partner violence, also known as IVP, occurs in households around the nation. Whether you desire to seek help or to simply find community support, the resources listed below are tailored to fit your needs.

Testing

LA Clinics:

Claris Health

Description: Offers free of charge and affordable women's health services and same day appointments, subject to availability.
Website: https://www.clarishealth.org/
Phone Number: (310) 299-7181

Women's Health Services LA

Description: Provides STD screening, pregnancy tests, PAP smears, breast exams, family planning, fertility screening, contraception, and more for very affordable prices.
Website: https://womens-health-services-la.business.site/
Phone Number: (323) 666-5116

Family Planning

Prenatal Care:

All Women's Care
Description: Provides high-risk and routine obstetrical care, family planning advice and assistance, various screening procedures, and gynecological treatments at a low-cost.
Website: https://www.allwomenscarela.com/
Phone Number(213) 250-9461

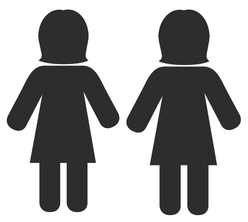
Venice Family Clinic
Description: Offers services such as supplying prenatal vitamins, conducting ultrasounds, blood testing and amniocentesis throughout the pregnancy process.
Website: https://venicefamilyclinic.org/programs-and-services/comprehensive-health-care/
Phone Number: (310) 392 8636

Postnatal Care:

Breastfeed LA - Glendale Memorial Hospital
Description: Offers breastfeeding mothers the opportunity to share their experiences with breastfeeding with other breastfeeding mothers.
Website:https://www.dignityhealth.org/socal/locations/glendalememorial/services/womens-health/maternity-services/breastfeeding-resources
Phone Number: (818) 507-4191

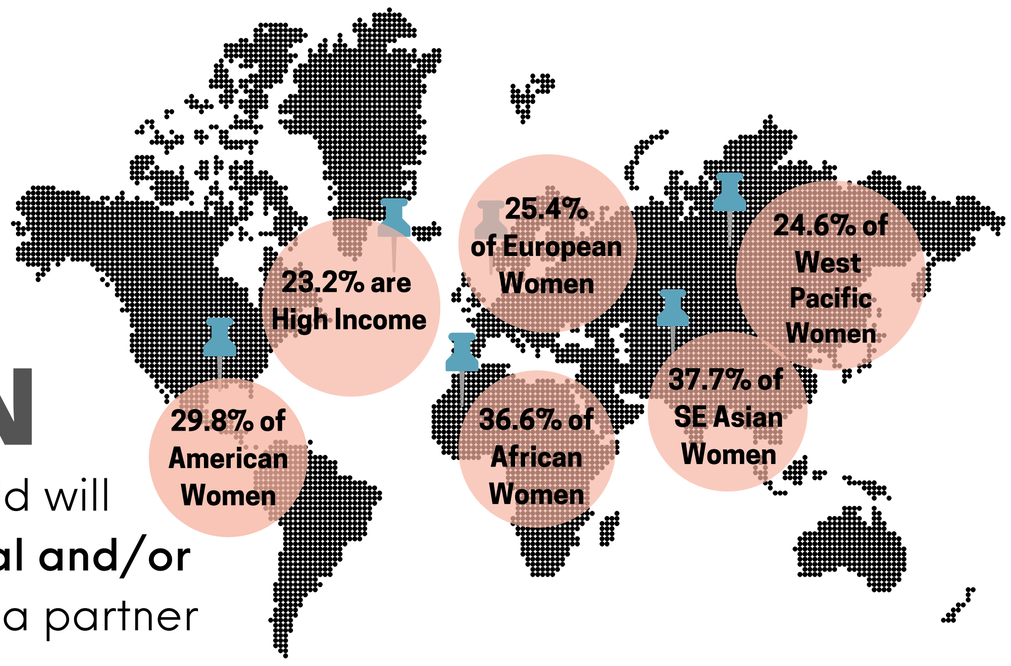
SNAP (Supplemental Nutrition Assistance Program)
Description: Offers nutrition benefits for needy families in order to purchase nutritious food. Available for all low income individuals and may be used on baby formula. To apply: follow the link below and complete an application, send necessary documents, and finally complete an interview.
Website: https://www.getcalfresh.org/en/apply
Phone Number: 1-877-847-3663

Intimate Partner Violence



1 in 3 WOMEN

throughout the world will experience **physical and/or sexual violence** by a partner



HELPLINES

1. **Didi Hirsch Suicide Prevention Hotline**
   877-7-CRISIS
2. **National Suicide Prevention Lifeline**
   800-273-8255 (Open 24 hours)
3. **Rape Treatment Center (UCLA Santa Monica)**
   (310) 319-4000
4. **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**
   800-662-HELP (4357)

SUPPORT GROUPS

1. **Breast & Ovarian Cancer**
   American Cancer Society
   Current breast cancer patients are connected with volunteers through the American Cancer Society Reach to Recovery program, getting one on one support for the breast cancer journey.
   https://reach.cancer.org/
2. **Postpartum Depression**
   Los Angeles County Maternal Mental Health Resource Directory
   Search engine that provides maternal therapy services and support group resources in Los Angeles based on zip code.
   https://directory.maternalmentalhealthnow.org/

LA CLINICS

1. **Sojurn**
   Provides free 24/7 hotline, emergency shelter, support groups, and legal services to aid domestic violence victims.
   https://www.thepeopleconcern.org/sojourn/
   (310) 264-6644
2. **Women's and Children's Crisis Center**
   Provides 24/7 hotline in English and Spanish, free 45-day emergency shelter, meals and clothing distribution, and legal advocacy for men, women and their children who are victims of domestic violence.
   https://www.sheltersrighthand.org/wccs
   (562) 945-3939