

## How do I know if I may need counseling?

Counseling with a trained professional can benefit you in many ways. Take this short test to see if you could potentially benefit from counseling.

Answer True (T) or False (F)

- ☐ I am satisfied with my life in general.
- ☐ I am satisfied with my relationship with my spouse or partner.
- ☐ I am satisfied with my job.
- ☐ I am satisfied with my relationship with my children.
- ☐ I am satisfied with my relationship with my friends.
- ☐ I am satisfied with my relationship with my family.
- ☐ I feel hopeful and look forward to my day.
- ☐ I am able to stay focused when at work, school, or home.
- ☐ I am interested in things and am active in sports or hobbies.
- ☐ I have a normal appetite.
- ☐ I do not have trouble sleeping.
- ☐ I do not take pills or drink alcohol to feel better when I am sad or upset.
- ☐ I have not thought about ending my life recently.
- ☐ I rarely get mood swings.
- ☐ I rarely think about the same thing over and over again.
- ☐ I feel happy on most days.
- ☐ I have not either lost or gained a lot of weight recently.
- ☐ I rarely get agitated or 'grumpy.'
- ☐ I have energy and rarely feel tired.

If you answered False to more than five of these items, you could benefit from our counseling services.



### Office Hours:

Monday to Friday 9:00AM to 5:30PM  
(Evening appointments available upon request)

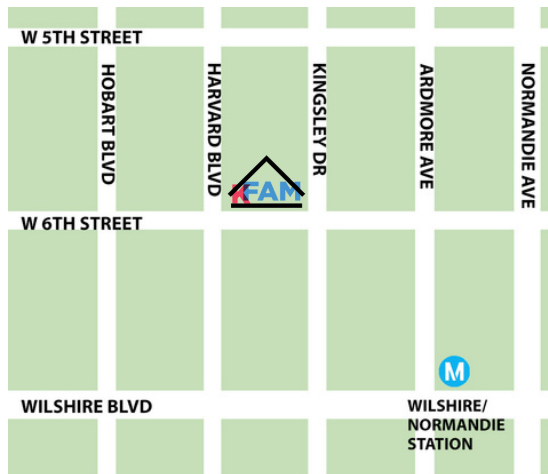
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## Mental Health

Providing confidential  
and professional  
services you can trust

Changing Lives,  
Strengthening Families

—Since 1983—

[WWW.KFAMLA.ORG](http://WWW.KFAMLA.ORG)

## About our Mental Health Services

Korean American Family Services (KFAM) has been providing confidential and professional mental health services to the Korean American community in Los Angeles County since 1983. Our bilingual and bicultural staff consists of licensed therapists, associate level therapists, MFT trainees, nurse practitioner, and psychiatrist. We provide affordable, high-quality mental health care in a safe, supportive, and culturally responsive environment.



Services offered in Korean and English

## Our Mission

KFAM's mission is to empower underserved Korean American and Asian Pacific Islander families through culturally responsive programs.

## You are not alone...

Seeking help when necessary is an important first step toward a healthy mind and healthy relationships.



## Our Approach

KFAM strives to meet the needs of the community in the following **three** distinct ways:

- Professional counseling in a safe, confidential setting where individuals and families can come to explore their concerns and goals
- Life skills training and free seminars on topics such as stress, anger management, ADHD, and parenting
- Group programs that focus on specific, personal challenges and provide peer support



### Services Provided:

- Individual, families, and couple therapy (ages 5 and up)
- Prevention and Early Intervention Services (PEI)
- Korean ISM/ICP
- Child Abuse Prevention, Intervention, and Treatment (CAPIT)
- Community Mental Wellness Workshops
- Medication Support
- Services/Programs Provided for title

### Areas of Expertise:

- Individual, families, and couple therapy (ages 5 and up); including different diagnoses such as depression, anxiety, PTSD, ADHD, parenting, and more.
- Prevention and Early Intervention Services (PEI)
- Korean ISM/ICP
- Child Abuse Prevention, Intervention, and Treatment (CAPIT)
- Community Mental Wellness Workshops

## Fees and Eligibility

We serve everyone regardless of income, age, immigration status, or health insurance coverage. Self-pay is available on a sliding scale, based on your income level. We also provide free services for those who meet eligibility requirements. Please call for more information.

### What to expect on your first appointment:

1. Please call to make your appointment.
2. An intake counselor will gather information about you to help determine which services will be most helpful.
3. You will schedule your counseling session, that lasts 50 minutes.

## Confidentiality

We understand that information about you and your health is personal. We are committed to protecting personal information about you by following strict privacy and confidentiality guidelines set by HIPAA. We welcome any inquiries. Please call (213) 389-6755 or email us at [admin@kfamla.org](mailto:admin@kfamla.org) for more information or to make an appointment.

