



MENTAL HEALTH SUPPORT & RESOURCES

If you or a loved one need immediate help, call 911. For a psychiatric emergency, call LA County Department of Mental Health ACCESS (24/7) at 800.854.7771.

PHONE, TEXT, & CHAT CRISIS SUPPORT

Crisis Text Line (24/7)

- Text "LA" to 741741

National Domestic Violence Hotline (24/7)

- Call: 800.799.7233
- Text: START to 88788
- Chat: <https://www.thehotline.org/>

Suicide and Crisis Lifeline (24/7)

For individuals who are in a suicidal crisis or emotional distress.

- Call: 988 or 800.273.8255
- Text: 988
- Chat: <https://988lifeline.org/>

Teen Line (6:00pm–10:00pm PST, Daily)

Trained teen listeners provide support, resources and hope to any teen who is struggling.

- Call: 800.852.8336
- Text: TEEN to 839863

Trevor Lifeline (24/7)

Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

- Call: 866.488.7386
- Text: 678678
- Chat: <https://thetrevorproject.org/webchat>



RESOURCES & INFORMATION

- **211LA** - A guide for basic needs and healthcare resources in LA County. Call 211 or visit <https://211la.org/resources>
- **OUR HOUSE Grief Support Center** - For grief support services, call 888.417.1444 or visit <https://www.ourhouse-grief.org/>
- **LA Unified Student Health & Human Services** - <https://achieve.lausd.net/shhs>

**FOR SUPPORT, CALL THE LA UNIFIED
STUDENT & FAMILY WELLNESS HOTLINE**
213.241.3840 | Monday-Friday, 8:00am-4:30pm

