

# Community Mental Health Resources

If your child is in immediate danger, call 9-1-1 or take him/her to the nearest emergency room.

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310-855-4673 or text TEEN to 839863  
Teens helping teens 6-10 pm nightly  
Didi Hirsch Crisis Line answers all other hours

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## Didi Hirsch Suicide Prevention Center

Caring counselors are available to talk 24/7. Toll free in Los Angeles, Orange, Ventura, San Bernardino, Riverside and Imperial Counties.

1-877-7-CRISIS or 1-877-727-4747

Crisis chat also available (<http://www.didihirsch.org/spc>).

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ACCESS/HOTLINE 1-800-854-7771

ACCESS operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County.

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## South Bay Families Connected

<https://www.southbayfamiliesconnected.org/>

Free Resources (suicide prevention, bullying, stress and anxiety, etc.) for South Bay families.

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## 211 LA County

Information and referrals for all health and human services in L.A. County 24 hours a day, 7 days a week.

Dial 2-1-1 or call 800.339.6993, if calling from outside L.A. County or cannot directly dial 2-1-1.

[www.211la.org](http://www.211la.org)

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## California Youth Crisis Line

Youth can always call the California Youth Crisis Line, 24 hours a day, 7 days a week at: 1-800-843-5200

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**CRISIS TEXT LINE |**

## National Crisis Text Line

Provides free crisis intervention via SMS message 24 hours a day every day, throughout the United States.

Text LA to 741-741 for free, 24/7 crisis support in the U.S.

[www.crisistextline.org](http://www.crisistextline.org)

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To access mental health services, contact the School Counselor or one of these agencies.

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## National Domestic Violence Hotline

- Call: 1.800.799-7233
- TTY: 1.800.787.3224
- Reach an advocate 24/7/365  
Call, chat, or text.

<https://www.thehotline.org/>

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## National Teen Dating Abuse Hotline

- Call: 1.866.331.9474
- TTY: 1.866.331.8453
- Text: loveis to 22522
- En Espanol

<https://www.loveisrespect.org/>

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## The Trevor Project

Crisis intervention and suicide prevention for LGBTQ youth  
Assistance available 24/7 via phone or text (866.488.7836) or chat

<https://www.thetrevorproject.org>

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Free confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals 24 hours a day, 7 days a week.

1-800-273-TALK or 1-800-273-8255

<https://suicidepreventionlifeline.org/>

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## PAIN ISN'T ALWAYS OBVIOUS.

Every day in California friends, family and co-workers struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs can be subtle, they are there. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life.

<https://www.suicideispreventable.org/>



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