

Mental Health Hotlines & Emergency Numbers

LAUSD Mental Health Hotline

(213) 241-3840

Mon-Fri 6am-6pm

DMH ACCESS Hotline

(800) 854-7771

Daily 9am-9pm

LA County Warmline

(855) 952-9276

Nightly 10pm-6am

California Youth Crisis Line 24/7

(800) 843-5200

Crisis Text Line 24/7

Text LA to 741741

Teen Line

(310) 855-4673 (800) 852-8336 Or text 839863

Daily 6pm to 10pm

National Suicide Prevention Lifeline 24/7

(800) 273-TALK (8255)

(888) 628-9454 (Spanish)

Friendship Line

(Adults 60+, their caregivers, or younger adults/disabilities)

(800) 971-0016

Daily 7am-9pm

