Mental Health Resources / Hotlines

The American Foundation for Suicide Prevention (AFSP): www.afsp.org
Dedicated to funding research, developing prevention initiatives, and offering educational programs for survivors, mental health professionals, physicians, and the public. Provides information on suicide and suicide prevention.

Anxiety and Depression Association of America
www.adaa.org
An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research.

Boys Town National Hotline: 1-800-448-3000
Offers counseling to youth and adults. 24 hours/7 days. Trained counselors speaking multiple languages.

California Youth Crisis Line 1-800-843-5200
Operates 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

County Crisis Line: 1-800-854-7771 www.dmh.ca.gov
ACCESS Center is designed to coordinate and facilitate linkages with crisis intervention and the Psychiatric Mobile Response Team 24 hours, 7days a week. Also provides an array of mental health referrals to the people of LA County.

Didi Hirsch Community Mental Health Services www.didihirsch.org
24 Hour Suicide Prevention Crisis Line: **1-(877) 7-CRISIS or 1-(877) 727-4747**
Toll free in Los Angeles and Orange Counties.

HEARD Alliance http://www.heardalliance.org
Collaborates amongst primary care, mental health and educational professionals, to enhance the community's ability to promote well-being, to treat depression and related conditions and to prevent suicide in adolescents and young adults.

Los Angeles County Youth Suicide Prevention Project http://preventsuicide.lacoe.edu/
This Suicide Prevention Web site is a joint effort between multiple public educational and health agencies.

National Action Alliance for Suicide Prevention www.actionallianceforsuicideprevention.org/
The National Action Alliance for Suicide Prevention provides an operating structure to catalyze planning, implementation and accountability for updating and advancing the National Strategy for Suicide Prevention.

National Alliance on Mental Illness (NAMI) www.nami.org Help Line: 800-950-6264 (7 am- 3 pm)
The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) www.suicidepreventionlifeline.org
Suicide hotline, 24/7 free and confidential, nationwide network of crisis centers.

Teen Line: 1-800-TLC-TEEN (1-800-852-8336)
A confidential telephone helpline for teenaged callers. It operates every evening from 6:00 pm to 10:00 pm and is toll-free from anywhere in California. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! Also offers email help, online chat, message boards, resources and information.

The Trevor Project (LGBTQ): 1-866-488-7386 (toll free hotline) www.thetrevorproject.org
The leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.

The Suicide Prevention Resource Center (SPRC) www.sprc.org
SPRC provides information on individual state suicide prevention plans and data fact sheets.