LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

SCHOOL MENTAL HEALTH RESOURCES

SCHOOL BASED COMMUNITY ACCESS PLATFORM

REFERRAL & LINKAGE

SchoolMH@dmh.lacounty.gov

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LOS ANGELES COUNTY DMH HELPLINE

www.dmh.lacounty.gov

1-800-854-7771

ACCESS Center: 24/7 Hotline for LA County Residents seeking assistance in a crisis and to access local mental health programs.

Emotional Support Volunteer Line: Warm line for LA County Residents seeking emotional support and a listening ear.

1-833-307-0509

LA County Wellbeing Line: Warm line for LA County Employees, healthcare workers, and first responders seeking resources

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NOW LIVE:

LA COUNTY WELLBEING LINE

A Resource for LA County First Responders

7 days a week 10am-6pm · 1-833-307-0509

If you are experiencing grief, stress, anxiety, moral distress or challenges due to COVID-19, the LA County Wellbeing Line is here to support you. We know that things can be difficult right now as you continue to selflessly serve LA County's most vulnerable residents. That's why the LA County Wellbeing Line was created, to provide support when things get tough, and to help connect you with the resources you need for your wellbeing as you continue caring for others. If you think talking to someone might help with what you're experiencing, please call the Wellbeing Line.

Support Provided:

- Emotional First Aid Related to COVID-19 Stressors
- Information and referral to mental health services
- Referrals to Grief and Bereavement Resources

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UCLA Luskin School of Public Affairs

For regular updates on COVID-19 Mental Health Resources, visit
dmh.lacounty.gov/covid-19-information



HEADSPACE FOR LA COUNTY

www.headspace.com/lacounty

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Wellbeing4LA:
A new online learning center
for Los Angles County!

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https://learn.wellbeing4la.org/

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UCLA Health



Educators Overcoming Under Stress: Preparing to Reopen

Exploring a thoughtful transition process for Los Angeles County Schools.

Wellbeing4LA.org @Wellbeing4LA @Wellbeing4LA_ @Wellbeing4LA

WE RISE
WERISE.LA

http://werise.la

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LOW COST INTERNET RESOURCES

SCHOOL DISTRICTS

everyoneon

“We help bring low-cost internet and computer offers to those who need them.”

LOW-COST INTERNET
Find low-cost internet offers for your home

LOW-COST DEVICES
Purchase low-cost computers or tablets directly from our partners

FREE TRAINING
Discover digital literacy training locations in your neighborhood

Learn More At:



EveryoneOn.org

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QUESTIONS?

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