COVID-19 Resources

**UCLA**

UCLA Counseling and Psychological Services (CAPS): (310) 825-0768 (24 hours)

UCLA COVID-19 Frequently Asked Questions - <https://www.uclahealth.org/covid-19-faqs>

UCLA Coping with anxiety and COVID-19 - <https://connect.uclahealth.org/2020/03/18/coping-with-coronavirus-fears-and-anxiety/>

**LA County Public Hotlines:**

* Los Angeles County’s Department of Mental Health’s 24/7 hotline at 800-854-7771 or text “LA” to 741741.
* [Crisis Text Line](https://www.crisistextline.org/): Text LA to [741741](sms:741741)  
  Connect with a trained crisis counselor to receive free crisis support via text message.
* [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/): [(800) 273-8255](tel:+18002738255)  
  The National Suicide Prevention Lifeline connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.
* [Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline): [(800) 985-5990](tel:+18009855990) or text TalkWithUs to 66746. (TTY 1-800-846-8517)  
  The Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
* [Trevor Project Lifeline](https://www.thetrevorproject.org/get-help-now/): [(800) 788-7386](tel:+18007887386)  
  The TrevorLifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.
* [Substance Abuse Service Helpline](http://publichealth.lacounty.gov/sapc/): [(844) 804-7500](tel:+18448047500)  
  Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.
* [211 LA County](https://www.211la.org/): Dial [2-1-1](tel:+211) within Los Angeles County  
  211 LA County is the hub for all types of health, human and social services in Los Angeles County, providing callers with information and referrals to the services that best meet their needs.

**Additional Trusted Resources:**

Los Angeles County Department of Public Health (LACDPH, County)

http://publichealth.lacounty.gov/media/Coronavirus/

California Department of Public Health (CDPH, State)

https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Centers for Disease Control and Prevention (CDC, National)

http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html

World Health Organization (WHO, International)

https://www.who.int/health-topics/coronavirus