

Resources for Mental Health



We have just experienced a crisis or disaster in our community. Below are some resources you may call to support you and your family.

HELP LINES

1. Suicide and Crisis Lifeline: Call **988**
 - Provides 24/7 support and crisis resources for people in distress.
2. Department of Mental Health: **(800) 854-7771**
 - Provides referrals, crisis evaluations and sends mental health workers out in the community (available 24/7) (press option 1)
 - Emotional support warm line (available 10:30 a.m. to 9 p.m. daily) (option 2)
 - Assistance for veterans (press option 3)
3. Disaster Distress Helpline: **(800) 985-5990**
 - Provides crisis counseling and support to people experiencing emotional distress related to disasters.
 - Text "TalkWithUs" for English or "Hablanos" for Spanish to 66746
4. Crisis Text Line: Text HOME to **741-741**
 - Connects with trained crisis counselors to receive free crisis support through text message. Available 24/7
5. CA Youth Crisis Line: **(800) 843-5200**
 - Provides crisis counseling for ages 12 to 24 and families who live in CA. Available 24/7
6. National Alliance on Mental Illness (NAMI): **(800) 950-6264**
 - Text "NAMI" to **741-741**
 - Provides information on mental health support services, programs and referrals.
7. National Suicide Prevention Lifeline **(800)-273-8255** or **(888)-628-9454** (En Español)
 - Provides 24-hour support to anyone in suicidal crisis (thinking about suicide) or emotional distress.
8. 211 LA County: Dial **2-1-1** within Los Angeles County (non- emergency)
 - Provides information, referrals and access to local community services.
9. Family Urgent Response System (FURS) – call or text **(833)-939-3877**
 - Provides 24/7 support for current or former foster youth (up to age 21) and their caregivers.

Mental Health Services

Agency	Service provided	Phone	Location	Hours	Website
Didi Hersch	Outpatient mental Health services	(888) 807-7250	1540 East Colorado Street, Glendale, CA 91205	Monday to Friday: 8:30 a.m. to 8:00 p.m.	https://didihirsch.org/
Eastside Urgent Care Center	Psychiatric care for 13 years old above	(323) 276-6400	1920 Marengo Street Los Angeles, CA 90033	Open 24 hours per day, 7 days a week.	https://www.exodusrecovery.com/
Heart of Los Angeles (HOLA)	Therapy Services and Counseling	(213) 389-1148 ext. 201	2701 Wilshire Blvd. Ste 100 Los Angeles, CA 90057	8:00 a.m. to 5:00 p.m.	https://www.heartofla.org/

Drop In Centers

Agency	Service provided	Phone	Location	Hours
Hollywood Mental Health Services	Outpatient mental health services for 18 years old and above.	(323) 769-6100	1224 N. Vine St., Los Angeles, CA 90038	Walk-in hours are Monday through Friday, 8:00 a.m. to 2:30 p.m.
Portals Mental Health Rehabilitation Center Services	Outpatient mental health services for ages 17 to 65.	(877) 722-2737	679 S. New Hampshire Ave., Ste. 400, Los Angeles, CA 90005	Monday through Friday, 8:00 a.m. to 5:00 p.m.
Peer Resource Center	Outpatient mental health services for all ages.	(213) 351-1934	560 S. Vermont Ave., Los Angeles, CA 90020	Monday through Friday, 8:30 a.m. to 5:00 p.m.

Visit Department of Mental Health at <https://dmh.lacounty.gov/>