



## MENTAL HEALTH RESOURCE GUIDE

<b>MENTAL HEALTH SERVICES</b>	
LA County Department of Mental Health ACCESS	(800) 854-7771 <a href="https://dmh.lacounty.gov/">https://dmh.lacounty.gov/</a>
Valley Coordinated Children's Services This agency serves children ages 3 - 17 years old in the San Fernando Valley.	(818) 708-4500
Mental Evaluation Unit (MEU), including SMART-for law enforcement and mental health response, when an individual is a flight risk, violent, or high risk for harm to self or others.	(213) 996-1300(213) 996-1334

<b>CRISIS LINES</b>	
National Suicide Prevention Lifeline (24-hour hotline)–a crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends.	(800) 273-8255 or (800) 273-TALK (800) 784-2433 or (800) SUICIDE
Didi Hirsch Suicide Prevention Center(24-hour hotline)-a 24-hour crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends.	(877) 727-4747
California Youth Crisis Line (24-hour hotline, bilingual)	(800) 843-5200
Trevor Project–Trevor Lifeline (24-hour hotline): provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.	(866) 4-U-TREVOR(866) 488-7386
TeenLine (6PM –10PM): a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily.	(800) 852-8336(800) TLC-TEEN
Parents, Families and Friends of Lesbians & Gays (PFLAG) Helpline-for individuals or families experiencing issues related to sexual orientation and/or gender identity.	(888) 735-2488
LA County INFO Line (24-hour hotline)for community resources and information within Los Angeles County.211	<a href="http://www.211la.org">www.211la.org</a>

**TEXT AND CHAT RESOURCES**

Standard data fees and text messaging rates may apply based on your plan.

Crisis Text Line (24-hours)-provides crisis intervention via text message using your mobile device.	Text LA to 741741
Lifeline Crisis Chat (11am-11pm, 7days/week)-provides crisis intervention via chat online.	<a href="http://www.crisischat.org/chat">http://www.crisischat.org/chat</a>
Teen Line (6pm–10pm)-provides teen to teen crisis intervention via text message using your mobile device.	Text TEEN to 839863
TrevorChat –Trevor Project (3pm-10pm, 7 days/week): online instant messaging with a TrevorChat counselor.	Visit <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a> and click on the Chat icon on the right at the top of the page.
Trevor Text–Trevor Project(3pm-10pm, Monday-Friday): provides crisis intervention via text message using your mobile device.	Text TREVOR to 1-202-304-1200