Mental Health Resources for Children and Youth in Los Angeles County

Los Angeles County Department of Mental Health (DMH)

Suicide Crisis 24/7 - (800) 273-TALK -- Text Line: 741-741
More Suicide Prevention Resources on Next Page

Psychiatric Mobile Response Team (PMRT) and Law Enforcement Teams (LET) (24/7)
-- (800) 854-7771 or 911
DMH staff perform on-site assistance for an individual experiencing a psychiatric emergency. They assess danger to self, others and/or grave disability due to a mental illness.

Other DMH Emergency Mental Health Services:
In addition to the Law Enforcement Teams, DMH also provides mental health services through the School Threat Assessment and Response Team (START), Homeless Outreach Mobile Engagement (HOME), Specialized Prevention Unit (SPU), Mental Health Alert Team (MHAT) with the federal government, Emergency Response Teams (ERT), Homeless Outreach Teams (HOT), and Psychiatric Emergency Teams (PET).

School Threat Assessment and Response Team (START) -- (213) 739-5565

Urgent Care Centers (UCCs) for ages 12-adult – Open 24/7. Psychiatric crisis centers provide crisis stabilization for comprehensive mental health services. Children under 12 must have an open DCFS case, and are evaluated on a case-by-case basis.

Online Service Locator -- [https://locator.lacounty.gov/dmh/](https://locator.lacounty.gov/dmh/)
Find mapped services by address. Detailed information is provided for each mental health provider: address, hours, phone number(s), languages, mental health services, map and directions.

Navigators
Provided locally in each Service Area (SA), geographic areas with the same boundary as Los Angeles County Service Planning Areas (SPAs)

Navigators help connect clients and providers with mental health resources in their communities based on the age of the client.

Ask for the right Navigator who covers the age range of the person you would like to receive mental health assistance ("Can you please connect me to the ______ Navigator?"):

- 0-15 years old: Children’s Navigator
- 16-25 years old: TAY (Transitional Age Youth) Navigator
- 26-59 years old: Adult Navigator
- 60+ years old: Older Adult Navigator

In addition to Navigators, DMH has providers who specialize in serving clients ages 0-5. For general information and to help you connect with the appropriate Service Area Birth-to-Five Coordinator, contact:

Countywide Birth-to-Five Coordinator, Lesli Yoshihara: (213) 739-5487

Note: This is an administrative phone number and does not provide crisis or emergency response.

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HOTLINES

Los Angeles & Orange County

SUICIDE PREVENTION CRISIS LINE (24/7):
1 (877) 727-4747
Calls are free & confidential, & callers can call for themselves or for someone they care about.

National SUICIDE PREVENTION LIFELINE (24/7):
1 (800) 273-TALK (8255)
1 (888) 628-9454 (Español)
Veterans and their families, press 1.

Crisis Text Line (24/7):
Text HELLO to 741-741
A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live, trained crisis counselor will answer your text.

California Youth Crisis Line (24/7):
1 (800) 843-5200
Statewide emergency response for youth (ages 12-24) & families in crisis.

Trevor Project Lifeline for LGBTQ Youth (24/7):
1 (866) 488-7386
Text START to 678-678
Focused on crisis & suicide prevention efforts among lesbian, gay, bisexual, transgender & questioning (LGBTQ) youth.

Trans Lifeline (7am-1am PST):
1 (877) 565-8860
A peer support hotline run by and for trans people.

Didi Hirsch Survivors of Suicide Attempts (SOSA)
1 (424) 362-2901

Didi Hirsch Survivors After Suicide (SAS)
1 (424) 362-2912 (Adult SAS)
1 (424) 362-2911 (Teen SAS)

Bullying & School Violence Advocacy Program (24/7)
1 (866) BE-A-HERO (232-4376)
Live counseling by phone; in-person advocacy; resources & referrals for students, parents, and educators; educational & informational presentations.

Child Protection Hotline (24/7):
1 (800) 540-4000
or visit https://mandreptla.org/cars.web/
to report possible child abuse and/or neglect to the Los Angeles County Dept. of Children and Family Services (DCFS).

Friendship Line
1 (800) 971-0016
For people aged 60 years and older, & adults living with disabilities.

LA Warmline (10pm-6am):
1 (855) 952-WARM (9276)
Confidential overnight phone support service in English & Español for anyone struggling with loneliness, anxiety, substance use, mental health concerns, or information about available mental health services.

Project Return Peer Support Network Warm Line
Non-crisis line for individuals with mental health challenges, staffed by peers with lived experience.
1 (888) 448-9777 (English)
1 (888) 448-4055 (Español)

Teen Line (6pm-10 pm daily): (800) TLC-TEEN (852-8336)
Toll-free confidential helpline for teenage callers.
• http://teenlineonline.org online chat, email help, message boards, resources & information
• Text TEEN to 839-863 (6pm-9pm daily)

Sexual Assault & Rape Hotlines (24/7):
1 (800) 585-6231 (Los Angeles)
1 (800) 656-HOPE (national)
https://ohl.rainn.org/online

OTHER RESOURCES

LA County Community Resource Directory:
2-1-1
or visit https://www.211la.org/
This website helps locate services related to Health and Human Services in Los Angeles County such as Mental Health Providers, Child Care, Health Care, Housing, Local Emergency Resources, etc.

California Children’s Services (CCS)
(800) 288-4584
Serves children with chronic illnesses or disabilities and will address mental health issues related to the medically eligible condition.

Substance Abuse Treatment Referrals:
(800) 564-6600
View map of outpatient and residential treatment programs for youth at:
http://publichealth.lacounty.gov/sapc/resources/YouthTreatm
entMap.pdf

NAMI – National Alliance on Mental Illness
- (M-F, 7am-3pm PST) 1-800-950-NAMI (6264)
Provides information on mental health conditions, treatment options, local support groups, services & programs, recovery strategies, and resource referrals. To find a NAMI organization near you in California:
http://www.nami.org/Local-NAMI?state=CA

OTHER RESOURCES

Patients’ Rights Advocates:
(213) 738-4888 or (800) 700-9996
Advocates for mental health care recipients’ Constitutional & statutory rights.

Public Guardian’s Office:
(213) 974-0515
Information about or to request the appointment of a public conservator.

ACCESS Center Helpline (24/7) -- (800) 854-7771
DMH Staff facilitate referrals to the Psychiatric Mobile Response Team (if indicated), crisis intervention resources, and/or appropriate mental health providers.

Didi Hirsch Survivors After Suicide (SAS)
1 (877) 700-9996
In LA: 1 (424) 362-9996
Adult SAS: 1 (424) 362-2912
Teen SAS: 1 (424) 362-2911
Didi Hirsch Survivors of Suicide Attempts (SOSA)
1 (800) 656-4700

LA County Department of Mental Health – Mental Health Resources for Children and Youth (continued)

CONFIDENTIAL

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