



**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.

<b>Exodus Eastside UCC</b> (Boyle Heights) 1920 Marengo Street Los Angeles, CA 90033 (323) 276-6400	<b>Exodus Martin Luther King (MLK) UCC</b> 12021 S. Wilmington Ave Los Angeles, CA 90059 Intake: (800) 829-3923	<b>Exodus Westside UCC</b> 11444 W. Washington Blvd, Suite D Los Angeles, CA 90066 Intake: (800) 829-3923	<b>Star View BHUCC - Long Beach</b> 3210 Long Beach Blvd. Long Beach, CA 90807 (562)548-6565	<b>Valley Care Olive View - UCLA Medical Center</b> 14445 Olive View Drive Sylmar, CA 91342 Main #: (818) 364-1555
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**ONLINE SERVICE LOCATOR -- <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**

Service Area 1 Antelope Valley	Service Area 2 San Fernando Valley	Service Area 3 San Gabriel Valley	Service Area 4 Los Angeles	Service Area 5 West Los Angeles	Service Area 6 South Los Angeles	Service Area 7 East Los Angeles	Service Area 8 South Bay
<b>Child/TAY:</b> (661) 223-3816 <b>Adult:</b> (661) 223-3813	<b>Main Number</b> (818) 610-6700	<b>Child/TAY:</b> (626) 430-2930 <b>Adult:</b> (626) 430-2900	<b>Main Number</b> (213) 922-8122	<b>Main Number</b> (310) 482-6600	<b>Main Number</b> (310) 668-4272	<b>Main Number</b> (213) 738-4683	<b>Main Number</b> (562) 256-7717
<b>Countywide Older Adult Navigator: Heeyoung Iris Lee: (213) 351-7209</b>							

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-5 Coordinator, Lesli Yoshihara: (213) 739-5487**

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

## LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

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### 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.

**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.*

## OTHER RESOURCES

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**LA County Community Resource Directory:** Call **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/YouthTreatmentMap.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>

## HOTLINES

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**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>