



CREATIVE LIFE MAPPING

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Mental Health Resources

The following is variety of self-help and behavioral health resources.

- [The Los Angeles County Department of Mental Health](#) offers mental health services through directly operated and contracted facilities. The 24/7 ACCESS hotline is 1-800-854-7771. The Mental Health Line is 988.
- [The Beach Cities Health District](#) has a resource page to access health, mental health, legal and financial youth and older adults. The [Allcove Beach Cities](#) is a new integrated health center for youth between the age of 12 and 25.
- [South Bay Families Connected](#) offers a variety of resources for parents and youth wellness. Topics include: suicide prevention, depression and mental health, substance abuse prevention, media and technology, bullying, college admissions stress, body image, relationships, sexuality, traumatic events, grief, divorce and LGBTQ. These resources are accessed [here](#).
- [The Los Angeles County Department of Public Health](#) offers a variety of food, health, financial and other resources.
- [The Los Angeles County Domestic Violence Hotline](#) provides emergency referral services and hotlines. The phone number is (800) 978-3600
- 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. Phone: 800-273-8255
- The [Disaster Distress Helpline](#) 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. Phone: 800-985-5990
- [The Crisis Text Line](#) connects individuals with a trained crisis counselor to receive free crisis support via text message. Text LA to 741741
- [The TrevorLifeline](#) provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.
- [The Substance Abuse Service Helpline](#) is operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders. Phone: (844) 804-7500.
- [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. Dial 2-1-1 within Los Angeles County.
- [The Los Angeles Homeless Outreach Portal \(LA-HOP\)](#) is operated by the Los Angeles Homeless Services Authority (LAHSA), LA-HOP is designed to assist people experiencing homelessness by dispatching homeless outreach teams throughout Los Angeles County.

You are able to access behavioral health services through your health insurance. Call the phone number on the back of your insurance card and request behavioral health services.

[Click here if you would like to sign up for my newsletter](#), receive helpful techniques, tools and insights into living mindfully, powerfully and dynamically in our modern world.

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