

MENTAL HEALTH SUPPORT HOTLINES

Warmlines:

-LA County Emotional Support Line – Daily 9am-9pm

(800) 854-7771

-LA County Warmline – Nightly 9pm – 6am

(855) 952-9276

Calif. Youth Crisis Line 24/7

1-800-843-5200

Crisis Text Line 24/7

Text LA to 741741

Teen Line (Daily 6pm to 10pm)

1-310-855-4673

1-800-852-8336

OR Text TEEN to 839863 (Daily 6pm to 9pm)

The Trevor Project for LGBTQ Youth (24/7)

1-866-488-7386

Text START to 678678

LAUSD Mental Health Hotline (Weekdays 6am – 6pm)

For Consultation, Support & Referrals

1-213-241-3840

Didi Hirsch Suicide Prevention Hotline

877-727-4747 (24 Hours)

National Suicide Prevention Lifeline 24/7

(800) 273-TALK (8255)

(888) 628-9454 (Spanish)

Friendship Line

(Adults 60+, their caregivers, or younger adults/disabilities)

(800) 971-0016 (Daily 7am – 9pm)