

MENTAL HEALTH RESOURCES

We put together this list of mental health resources that may be beneficial to you at this time. There are many local and nationwide resources available below. We are here to support you if you have any questions or needs.

DISASTER DISTRESS HELPLINE

National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

Toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Phone: 1-800-985-5990 or text **TalkWithUs** to **66746**
Office Hours: 24/7, 365-days-a-year
Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH (LACDMH) HELP LINE

Mental health services for LA County residents.

Services include mental health screening and assessment, referral to a service provider, crisis counseling, links to resources, etc.

Phone: 1-800-854-7771
Office Hours: 24/7
Website: <https://dmh.lacounty.gov/covid-19-information/>

CRISIS TEXT LINE

Connects to a crisis counselor nationwide.

Phone: Text **HOME** to **741-741**
Office Hours: 24/7, 365-days-a-year
Website: <https://www.crisistextline.org/topics/get-help-coronavirus/#for-students-3>

HEADSPACE – LA COUNTY RESIDENTS

Sign up to access meditations, as well as sleep and movement exercises, designed to help you care for your mind — all free through 2020.

Website: <https://www.headspace.com/lacounty>

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

International nonprofit organization dedicated to the prevention, treatment, and curing of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

Includes resources for managing COVID-19 anxiety.

Website: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

NATIONAL SUICIDE PREVENTION LIFELINE

Connects you with a crisis center closest to your location and helps identify mental health services in your area.

Phone: 1-800-273-8255
Office Hours: 24/7
Website: <https://suicidepreventionlifeline.org/chat/>