



Call or text 988

to contact the Suicide and Crisis Lifeline
for support with mental health-related distress.

Call 1-800-854-7771 (24/7 Help Line)

for crisis response teams in the field or mental
health resources through the LACDMH.

Text "LA" to 741741

to connect with a trained crisis counselor to receive
free crisis support via text message.

Call 211

for general information on resources or to be
connected to health, human and social services.