

Were you affected by COVID 19?

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

Are you interested in talking with someone?

Attend a short presentation on. . .

- Recognizing common reactions to Covid 19
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting children's needs

We are . . .

- Confidential
- Anonymous
- Free

We will come to your. . .

- School
- Meetings
- Workplace
- Place of worship
- Club
- Events



Urban Los Angeles

Contact Us!

Crisis Counselor Assistance Team
(323) 294-7814 ext. 114,115,116
or 117; info@namiurbanla.org

We are here for YOU.

In Partnership With



CalHOPE | CONNECT

Warm Line: (833) 317-HOPE (4673)