

SUICIDE PREVENTION



GET SUPPORT

24/7 Suicide Prevention & Crisis Hotlines

Resources are available to connect with experienced professionals who can lend a listening ear, answer questions related to suicide or self-harm, or make a connection to mental health support services.

988 Suicide Prevention & Crisis Lifeline

National Resource to assist anyone in suicidal crisis or emotional distress through comprehensive online resources or lifeline support

English: Call or text 9-8-8

Spanish: Marque 9-8-8 y luego presione "2" o textee "AYUDA" a 9-8-8

LGBTQ+ Youth Under 25: Call 9-8-8 and press "3" or text "PRIDE" to 9-8-8

Veterans: Call 9-8-8 and press "1" or text 838-255

Deaf and/or Hard of Hearing: 988lifeline.org/help-yourself/for-deaf-hard-of-hearing/

Website/Chat: 988lifeline.org

24/7 Crisis Text Line

Text-based mental health support and crisis intervention services

English: Text "HOME" to 741741 or text "443-787-7678" on WhatsApp

Spanish: Textee "AYUDA" to 741741 o textee "442-AYUDAME" en WhatsApp

Deaf and/or Hard of Hearing: Text "HEARME" to 839863

Website/Chat: <https://www.crisistextline.org/>

The Trevor Project

Crisis support for LGBTQ+ young people and allies under age 25

English: Call 1-866-488-7386 or text "START" to 678-678

Website/Chat: thetrevorproject.org/get-help

Scan for suicide prevention tips & resources.



SUICIDE PREVENTION



GET SUPPORT

Mental Health Support Hotlines/Warmlines

The resources below are additional phone, text, and chat services that provide crisis intervention and mental health support to individuals looking for support or who are concerned about loved ones.

For All Ages

LA County Department of Mental Health ACCESS Warm Line

Resource to connect LA County residents with mental health services

English/Spanish: 1-800-854-7771

LA County Human Services Hotline

Resource sharing and referrals for providers throughout LA County

Telephone: Dial "211" (24/7 English, Spanish & Additional Languages)

CalHOPE Connect Warm Line

CA resource that offers safe, secure, and culturally sensitive emotional support for all Californians who may need support relating to COVID-19

Telephone: 833-317-5200 (24/7 English | Español)

Website: <https://www.211la.org/>

National Alliance on Mental Illness

Support services and resource sharing for those with a mental illness

Telephone: 800-950-NAMI[6264] (Monday through Friday, 7 am - 7 pm PST English Only)

Text: NAMI to 741-741 (24/7 English Only)

Chat: <https://nami.org/help> (English Only)

National Disaster Distress Helpline

Crisis counseling following disasters, both physical and human-made (including COVID-19)

Telephone: 800-985-5990 (24/7 English | 24/7 Español)

Veterans Crisis Line

Crisis support for anyone who has served in any military/armed forces

English: Call 1-800-273-8255 and Press 1 or text 838255

Website/Chat: <https://www.veteranscrisisline.net/get-help/chat>

For Children, Youth & Families

California Youth Crisis Line

Crisis counseling and resource sharing for youth and families in California

English: Call or text 1-800-843-5200

Website: <http://calyouth.org/cycl/>

Teen Line, a program of Didi Hirsch

Crisis hotline operated by teens for teens

Telephone: 310-855-4673 (6 to 10 pm PST English Only)

Text: "TEEN" to 839863 (6 to 9pm PST English Only)

The Trevor Project

Crisis support for LGBTQ+ young people and allies

Telephone: 1-866-488-7386 (24/7 English Only)

Text: "START" to 678-678 (24/7 English Only)

Chat: thetrevorproject.org/get-help (24/7 English Only)

Scan for suicide prevention tips & resources.



SUICIDE PREVENTION



GET SUPPORT

Mental Health & Suicide Prevention Resources (for individuals and groups)

Additional sources of support are available for groups or for individuals with unique identities. Some resources offer telephone or chat support, while others offer referrals or online spaces for connection.

Community Resources for Cultural Groups & Identities

Asian Pacific Counseling and Treatment Centers

Southern California mental health center available to meet the unique needs of Asian Pacific individuals, including immigrants and refugees

Telephone: 213-252-2100 (Services available in Asian Languages, Spanish, & English)

Website: <https://www.apctc.org/>

Didi Hirsch Suicide Prevention Center

Support center for those who have attempted suicide and/or have lost a loved one to suicide

Telephone: (888) 807-7250

Website: <https://didihirsch.org/services/suicide-prevention/>

LA County Department of Mental Health Older Adult Services

Programs and services designed for older adults (ages 60+)

LA County Elder Abuse Hotline: 877-477-3646

Telephone: 213-351-7284

Website: <https://dmh.lacounty.gov/our-services/older-adults/>

National Alliance on Mental Illness - Resources for Specific Identities and Cultural Groups

Mental health resources available for cultural groups, communities, and identities

Website: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>

- [Asian American and Pacific Islander](#) • [Black/African American](#)
- [Hispanic/Latinx](#) • [Indigenous](#) • [LGBTQI](#) • [People with Disabilities](#)

New Hope Grief Support Community

Support groups and family programming to help bereaved children and families find hope and healing through connection and support

Telephone: 562-429-0075 (English Only)

Email: support@newhopegrief.org

Website: <https://www.newhopegrief.org/>

Postpartum Support International

Provides supportive resources to recent childbirthing individuals

English: Call 1-800-944-4773 (4PPD) and press "2" or text 800-944-4773

Spanish: Marque 1-800-944-4773 (4PPD) y presione "1" o textee 971-203-7773

Website: <https://www.postpartum.net/>

The Trevor Project 24/7 Suicide Hotline

Crisis support for LGBTQ+ young people and allies under age 25

Telephone: 1-866-488-7386 (English Only)

Text: "START" to 678-678 (English Only)

Chat: thetrevorproject.org/get-help (English Only)

Suicide Prevention Lifeline

Native Americans and Alaskan Natives

Culturally specific resources and referrals for Native Americans and Alaskan Natives

Website: <https://suicidepreventionlifeline.org/help-yourself/native-americans/>

Scan for suicide prevention tips & resources.



SUICIDE PREVENTION



GET SUPPORT

Mental Health & Suicide Prevention Learning Resources (for individuals and groups)

The resources below provide opportunities to learn more about mental health, and to get connected and involved in the movement to normalize conversations around prevention, healing, and wellbeing.

Local & State Resources

Los Angeles County Youth Suicide Prevention Project

Resources for educators, parents, and students related to suicide prevention in school settings.

Website: <https://preventsuicide.lacoe.edu/>

Los Angeles Suicide Prevention Network

Los Angeles based network of mental health professionals and advocates

Website: <http://lasuicidepreventionnetwork.org/about-laspn/>

Email: info@lasuicidepreventionnetwork.org

Instagram/Twitter: @lac_spn

Why We Rise LA

LA County Department of Mental Health led-project to encourage wellbeing and healing through art, connection, community engagement and creative expression.

Website: <https://werise.la/>

Email: info@werise.la

Instagram: @werise_la

“Never A Bother” Campaign

Youth designed strategy to prevent suicide among teens and young adults in California by reducing self-harm, while encouraging friends to recognize the power they have to support someone in crisis.

Website: neverabother.org

Instagram: @neverabother

Tiktok: @neveraboth

Scan for suicide prevention tips & resources.



COUNTY OF LOS ANGELES
Public Health

