

# MENTAL HEALTH RESOURCES

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## DEPARTMENT OF MENTAL HEALTH

- **Los Angeles County** For free, confidential mental health information, referrals to service providers, and crisis counseling at any day or time, call the ACCESS line 24/7 at 1-800-854-7771.
  - **LA County DMH: TEXT Crisis Line:** (“LA” to 741741)
- **Orange County** 855-OC-LINK (855-625-4657); <https://www.ochealthinfo.com/bhs/>
- **Riverside County** 24/7 Mental Health Urgent Care: 951-509-2499; <https://www.rcdmh.org/>
- **San Bernardino County** 24/7 Access and referral helpline: 888-743-1478; Crisis Line (but don't need 911): 909-386-8256; <https://wp.sbcounty.gov/dbh/mental-health-services/>

OTHER - LA General Medical Center Psychiatry Self-referral Line: 323-409-5440

## CRISIS PHONE NUMBERS

**Are you feeling sad, need to talk to someone, or are having a mental health crisis?**

For help by text message, contact the Crisis Text Line. Text HOME to 741741.

For help **24-hours a day, 7 days a week**, call:

- **Mental Health**
  - **Department of Mental Health ACCESS line** (800) 854-7771
  - **CalHOPE Warmline:** 1-833-317-HOPE (4673)
  - National Suicide Prevention Lifeline (800) 273-8255; Spanish: 1-888-628-9454
  - National Hopeline Network, Suicide & Crisis Hotline 1-(800) 442-HOPE (4673)
- **Domestic Violence:**
  - **National Domestic Violence Hotline:** 800-799-7233 (Spanish: call and press “2”); or **SAFELA:** <http://www.safela.org/>
- **Sexual Assault**
  - National **Sexual Assault** Hotline – 1-800-656-4673 or <https://www.rainn.org/resources>
- **Substance Abuse**
  - Substance Abuse and Mental Health Service Administration (SAMSA) National Helpline (800) 662-4357 or (800) 487-4889 TTY. <https://findtreatment.samhsa.gov/>
  - LA County Substance Abuse Service Helpline – 1-844-804-7500 or <http://publichealth.lacounty.gov/sapc/>
- **National alliance for Mental Illness**
  - <https://www.namiurbanla.org/resources>

## COMMUNITY RESOURCES

- LA 211 - Information about multiple service resources in Los Angeles County
  - Dial: 211, OR go to **Website:** <https://www.211LA.org/>
- One Degree - Website and APP with comprehensive community resource information for Los Angeles county, including urgent physical and mental health, food, health, housing, legal, household, etc.
  - [www.1degree.org](http://www.1degree.org)

URGENT MENTAL HEALTH CENTERS – Los Angeles County

For help in-person, please visit a **mental health urgent care center**.  
**Hours vary by location.**

EXODUS Urgent Mental Health Care Centers:

Exodus Recovery Urgent Care Center-Eastside  
1920 Marengo Street  
Los Angeles, CA 90033  
Phone: 323-276-6400

Exodus Recovery Urgent Care Center – Harbor UCLA  
1000 W. Carson Street, Bldg 2  
South Torrance, CA 90509  
424-405-5888

Exodus Urgent Care Center - MLK  
12021 S. Wilmington Ave, Bldg 10  
Los Angeles, CA 90059  
Phone: (562) 295-4617

Exodus- Westside  
11444 W. Washington Blvd. Ste D  
Los Angeles, CA 90066-6024  
Phone: (310) 253-9494

OTHER Urgent Mental Health Care Centers

Behavioral Health Urgent Care – Long Beach  
3210 Long Beach Blvd  
Long Beach, CA 90807  
Phone: 562-548-6565

La Casa Mental Health Urgent Care Center  
6060 Paramount Blvd.  
Long Beach, CA 90805  
Phone: (562) 790-1860

Olive View Community Mental Health Urgent Care Center  
14659 Olive View Drive  
Sylmar, CA 91342  
Phone: (818) 485-0888

For those in mental health crisis, but not immediate danger, some treatment options are available for short-term care. To contact DMH about Crisis Residential Treatment Programs (CRTPs):

County of Los Angeles-Department of Mental Health  
Intensive Care Division  
(213) 738-4775