

Los Angeles County  
DEPARTMENT OF MENTAL HEALTH

We are here to  
**HELP!**



Department of Mental Health's  
Emergency & Non-Emergency  
Helpline!

24 hours / 7 days

**"ACCESS"**

**1-800-854-7771**

A public service brochure prepared by  
The Office of the Mental Health Commission  
Email: [mentalhealthcommission@dmh.lacounty.gov](mailto:mentalhealthcommission@dmh.lacounty.gov)  
(213) 738-4772

Website for Department of Mental Health  
<http://dmh.lacounty.info>

**TOLL-FREE ASSISTANCE**

Beneficiary Info for Medi-Cal programs  
1-800-541-5555

**ACCESS** (Mental Health emergency and  
Non-emergency helpline -24 hours / 7 days)  
1-800-854-7771

Suicide Prevention Center Survivor Hotline  
(Caller inside Los Angeles County 24 hours / 7 days)  
1-877-727-4747

Alzheimer's Association Helpline  
(24 hours / 7 days)  
1-800-272-3900

Boys Family Town  
National Abuse Hotline  
(Teens, young adults and parents)  
1-800-448-3000

California Youth Crisis Hotline  
(Homeless, substance abuse & teen young adult issues)  
(24 hours / 7 days)  
1-800-843-5200

Child Protection Hotline  
(24 hours / 7 days)  
1-800-540-4000

Domestic Violence/Safety Plan Hotline  
(24 hours / 7 days)  
1-800-978-3600

Elder Abuse Hotline  
(24 hours / 7 days)  
1-800-992-1660

Center for Disease Control Information  
(STD, HIV information, counseling and treatment referral)  
1-800-232-4636

Homeless Health Care  
(Adults - 9-5 Monday - Friday)  
1-800-564-6600

REVISED - 7/31/2013

**NON-EMERGENCY NUMBERS**  
211 - Los Angeles County Info Line  
311 - City of Los Angeles Info Line  
For life threatening emergencies, please call 911

(Se Habla Espanol)

## Crisis Hotlines and Resources

<b>National Suicide Prevention Lifeline</b> 24 hours a day, 7 days a week	1 (800) 273 – TALK 1 (800) 273 – 8255	<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>
<b>Didi Hirsch Mental Health Services Suicide Prevention Hotline</b> 24 hours a day, 7 days a week	1 (877) 727 – CRISIS 1 (800) 727 – 4747	<a href="http://www.didihirsch.org">www.didihirsch.org</a>
<b>California Youth Crisis Line</b> 24 hours a day, 7 days a week	1 (800) 843 – 5200	<a href="http://calyouth.org">http://calyouth.org</a> Serves ages 12 – 24.
<b>Your Life Your Voice</b> 24 hours a day, 7 days a week	1 (800) 448 – 3000	<a href="http://www.yourlifeyourvoice.org">http://www.yourlifeyourvoice.org</a> Serves kids, teens and young adults.
<b>Friendship Line</b> Weekdays: 6:00pm – 10:00pm Weekends: 2:00pm – 10:00pm	1 (888) 448 – 9777	<a href="http://www.mhala.org/friendship-line.htm">www.mhala.org/friendship-line.htm</a> Client-run, peer support, non-crisis “warm line” for coping.
<b>The Trevor Project</b> 24 hours a day, 7 days a week	1 (866) 488 – 7386	<a href="http://www.thetrevorproject.org">http://www.thetrevorproject.org</a> Serves lesbian, gay, bisexual, transgender, queer and questioning youth ages 13-24.
<b>Trans Lifeline</b> 24 hours a day, 7 days a week	1 (877) 565 - 8860	<a href="http://www.translifeline.org">http://www.translifeline.org</a> Hotline ran by transgender individuals for the transgender community.
<b>National Domestic Violence Hotline</b> 24 hours a day, 7 days a week	1 (800) 799 – SAFE 1 (800) 799 – 7233	<a href="http://www.ndvh.org">www.ndvh.org</a>
<b>Rape Crisis , Battering and Domestic Violence</b> 24 hours a day, 7 days a week	1 (626) 793 – 3385 1 (310) 392 – 8381 1 (213) 626 – 3393	<a href="http://www.valleyccc.org/lausd-district">www.valleyccc.org/lausd-district</a>
<b>Veterans Crisis Hotline</b> 24 hours a day, 7 days a week	1 (800) 273 – 8255 Press 1 OR text 838255	<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>
<b>Elder Abuse Hotline</b>	1 (800) 992 – 1660	<a href="http://css.lacounty.gov/">http://css.lacounty.gov/</a>
<b>HIV/AIDS Hotline</b>	1 (800) 367 – AIDS 1 (800) 367 – 2437	<a href="http://www.aidshostline.org">www.aidshostline.org</a>
<b>ACCESS Los Angeles County Dept. of Mental Health Access Center</b> 24 hours a day, 7 days a week	1 (800) 854 - 7771	<a href="http://www.dmh.lacounty.org">www.dmh.lacounty.org</a> DMH Access Hotline offers information about and referrals to local mental health systems of care.
<b>Self-Help Recovery and Exchange (SHARE)</b>	1 (310) 846 – 5270	<a href="http://www.shareselfhelp.org">www.shareselfhelp.org</a> Referrals to wide range of self-help support groups including 12-steps.
<b>National Alliance on Mental Illness (NAMI)</b>	1 (800) 799 – NAMI 1 (800) 799 – 7233 1 (661) 341 - 8041	<a href="http://www.nami.org">www.nami.org</a> Nationwide advocacy group representing families and people affected by mental disorders.
<b>Child Protective Services</b>	1 (800) 540 – 4000	<a href="http://dcfs.co.la.ca.us/">http://dcfs.co.la.ca.us/</a>
<b>Adult Protective Services</b>	1 (877) 477 – 3646	<a href="http://css.lacounty.gov/">http://css.lacounty.gov/</a>
<b>Olive View Community Mental Health Urgent Care Center</b>	1 (818) 485 – 0888	14659 Olive View Drive Sylmar, CA 91342
<b>Antelope Valley Hospital Emergency Support</b>	1 (661) 949 – 5000	1600 West Avenue J Lancaster, CA 93534
<b>Palmdale Regional Medical Center</b>	1 (661) 382 – 6000	38600 Medical Center Dr. Palmdale, CA 93551
<b>Antelope Valley Mental Health Center</b>	1 (661) 723 – 4260	349-A East Avenue K-6 Lancaster, CA 93535
<b>Palmdale Mental Health Center</b>	1 (661) 575 – 1800	1529 East Palmdale Blvd., St. 150 Palmdale, CA 93550