

Suicide Prevention and Mental Health Support Resource Guide

1 in 5 people may struggle with a mental health condition. Here is a list of resources available to support you or a loved one during a mental health crisis or challenging time.

All services are free and confidential. Crisis lines available 24/7/365 are highlighted in **yellow**.

GENERAL SUPPORT

988 (National Suicide, Crisis Lifeline, and Veteran Crisis Line)

OPEN 24/7

- Text or call 988 for anyone experiencing a suicidal or mental health-related crisis, or chat online at <https://988lifeline.org/chat/>
- Users will be connected with the National Suicide Prevention Lifeline network of crisis centers and trained counselors across the U.S.
 - For the Veteran Crisis Line, users have the option to press 1 after dialing 988, Text 838255, or chat at <https://www.veteranscrisisline.net/get-help-now/chat/> Users will be connected with a qualified responder who is ready to listen and connect you to useful resources, regardless of enrollment in VA benefits or healthcare
 - To speak with a Spanish counselor, users can press 2 after dialing 988

Crisis Text Line

OPEN 24/7

- Text "LA" to 741741 or chat at <https://www.crisistextline.org/>
- Users will connect with a trained crisis counselor within minutes, and can talk about any type of mental health challenge

Los Angeles County Department of Mental Health Help Line

OPEN 24/7

- Call 1-800-854-7771 and press 1 for service referrals, crisis counseling, or field response team deployment.
 - Press 2 for an Emotional Support Line for non-emergency challenges with active listeners available from 10:30 a.m. - 9 p.m. daily, or press 3 for Veteran Support 9 a.m. - 8 p.m. daily

YOUTH:

allcove Beach Cities

- allcove centers welcome young people ages 12 to 25 with mild to moderate needs looking for support
- Open Tuesday through Friday 1 - 7 p.m., Saturday 10 a.m. - 2 p.m., Closed Mondays and Sundays
- Drop in during open hours or call (310) 374-5706 to make an appointment
- Address: 514 N. Prospect Ave Suite 400 (fourth floor), Redondo Beach, CA 90277

Teen Line

- Call 1-800-852-8336 (6 - 10 p.m.), Text "TEEN" to 839863 (6 - 9 p.m.)
- Users will be connected with another teen who can listen, understand, and answer questions
- <https://www.teenline.org/youth>

LGBTQ+

Trevor Lifeline

OPEN 24/7

- Call 1-866-488-7386, Text "START" to 678-678, Chat at thetrevorproject.org/get-help
- Users will be connected with Trevor counselors who are understanding of LGBTQ+ issues
 - If there is a wait time to be connected, users are encouraged to use the breathing exercise
 - <https://www.thetrevorproject.org/breathing-exercise/>

LGBT National Help Center

- National Hotline: 1-888-843-4564 (all ages)
- National Youth Talkline: 1-800-246-7743 (ages 25 and younger)
- National Senior Hotline: 1-888-234-7243 (ages 50 and older)
- Online Chat: <https://www.lgbthotline.org/peer-chat.html>
- Open weekdays 1 - 9 p.m. and weekends 9 a.m. - 2 p.m.

OLDER ADULTS

The Friendship Line

OPEN 24/7

- Call 1-888-670-1360
- Older and disabled adults and caregivers of older and disabled adults will be connected with a staff member who can provide reassurance, crisis intervention, information and referrals, and emotional support

BLACK, INDIGENOUS, PEOPLE OF COLOR:

- Various organizations offer subsidized therapy with culturally competent counselors or resources for navigating mental health rooted in your racial or ethnic identity
- Visit <https://988lifeline.org/help-yourself/black-mental-health/> or <https://988lifeline.org/help-yourself/native-americans/>

QUESTIONS OR NEED FOR ADDITIONAL RESOURCES?

Contact Beach Cities Health District's Assistance, Information and Referral Line, (310) 374-3426 and press option 1, Open Monday – Friday: 8:30 a.m. – 5 p.m.