



**MENTAL HEALTH RESOURCES  
FOR CHILDREN AND YOUTH IN LOS ANGELES COUNTY**  
Los Angeles County Department of Mental Health (DMH)  
<http://dmh.lacounty.gov/about/contact/>

**SUICIDE CRISIS 24/7 - (800) 273-TALK -- Text Line: 741-741**  
MORE SUICIDE PREVENTION RESOURCES ON NEXT PAGE

**Psychiatric Mobile Response Team (PMRT) and Law Enforcement Teams (LET) (24/7)**  
-- (800) 854-7771 or 911

DMH staff perform on-site assistance for an individual experiencing a psychiatric emergency. They assess danger to self, others and/or grave disability due to a mental illness.

**Other DMH Emergency Mental Health Services:**

In addition to the Law Enforcement Teams, DMH also provides mental health services through the School Threat Assessment and Response Team (**START**), Homeless Outreach Mobile Engagement (**HOME**), Specialized Prevention Unit (**SPU**), Mental Health Alert Team (**MHAT**) with the federal government, Emergency Response Teams (**ERT**), Homeless Outreach Teams (**HOT**), and Psychiatric Emergency Teams (**PET**).

**SCHOOL THREAT ASSESSMENT and RESPONSE TEAM (START) – (213) 739-5565**

**URGENT CARE CENTERS (UCCs) for ages 12-adult** – 23-hour psychiatric crisis centers provide crisis stabilization for comprehensive mental health services. Children under 12 must have an open DCFS case, and are evaluated on a case-by-case basis.

<b>Exodus Eastside UCC</b> (in Boyle Heights) 1920 Marengo Street Los Angeles, CA 90033 (323) 276-6400	<b>Exodus Martin Luther King (MLK) UCC</b> 12021 S. Wilmington Ave Los Angeles, CA 90059 Intake: (800) 829-3923	<b>Exodus Westside UCC</b> 11444 W. Washington Blvd, Suite D Los Angeles, CA 90066 Intake: (800) 829-3923	<b>Star View BHUCC p– Long Beach</b> 3210 Long Beach Blvd. Long Beach, CA 90807 (562)548-6565	<b>Valley Care Olive View-UCLA Medical Center</b> 14445 Olive View Drive Sylmar, CA 91342 Main #: (818) 364-1555
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**ONLINE SERVICE LOCATOR -- <http://dmh.lacounty.gov/>**

Find mapped services by zip code – see dark blue box on the far right in the top row on the website’s Home Page (click on the logo if you do not see the row of four colored boxes). Detailed information is provided for each mental health provider: address, hours, phone number(s), languages, mental health services, map and directions.

**NAVIGATORS**

Provided locally in each Service Area (SA), geographic areas with the same boundary as Los Angeles County Service Planning Areas (SPAs)

*Navigators help connect clients and providers with mental health resources in their communities based on the age of the client.*

Ask for the right Navigator who covers the age range of the person you would like to receive mental health assistance (“Can you please connect me to the \_\_\_\_\_ Navigator?):

- 0-15 years old: **Children’s Navigator**
- 16-25 years old: **TAY (Transitional Age Youth) Navigator**
- 26-59 years old: **Adult Navigator**
- 60+ years old: **Older Adult Navigator**

Service Area 1 Antelope Valley	Service Area 2 San Fernando Valley	Service Area 3 San Gabriel Valley	Service Area 4 Los Angeles	Service Area 5 West Los Angeles	Service Area 6 South Los Angeles	Service Area 7 East Los Angeles	Service Area 8 South Bay
<b>Child/TAY:</b> (661) 223-3816 <b>Adult:</b> (661) 223-3813	<b>Child/TAY:</b> (626) 430-2930 <b>Adult:</b> (818) 610-6700	<b>Child/TAY:</b> (626) 430-2930 <b>Adult:</b> (626) 430-2900	<b>Main Number</b> (213) 922-8122	<b>Main Number</b> (310) 482-6600	<b>Main Number</b> (310) 668-4272	<b>Main Number</b> (213) 738-4683	<b>Main Number</b> (562) 256-7717
<b>Countywide Older Adult Navigator: Heeyoung Iris Lee: (213) 351-7209</b>							

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In addition to Navigators, DMH has providers that specialize in serving clients ages 0-5 . These contacts can connect you with the Birth-to-Five Coordinator in each Service Area. To help you connect with the right Service Area Birth-to-Five Coordinator, contact:

**Countywide Birth-to-5 Coordinator, Lesli Yoshihara: (213) 739-5495**

## LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

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### ACCESS Center Helpline (24/7) -- (800) 854-7771

DMH Staff facilitate referrals to the Psychiatric Mobile Response Team (if indicated), crisis intervention resources, and/or appropriate mental health providers.

**Patients' Rights Advocates:** (213) 738-4888  
or (800) 700-9996

These advocates protect the Constitutional and statutory rights of mental health care recipients.

**Public Guardian's Office:** (213) 974-0515  
Contact this office to ask about or to request the appointment of a public conservator.

## OTHER RESOURCES

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**LA County Community Resource Directory:** Call **2-1-1** or visit <http://crg.lacounty.gov/dmh/>  
This website helps locate services related to Health and Human Services in Los Angeles County such as Mental Health Providers, Child Care, Health Care, Housing, Local Emergency Resources, etc.

**Los Angeles County California Children's Services (CCS) - Children's Medical Services:** (800) 288-4584  
This County agency serves children with chronic illnesses or disabilities and will address mental health issues related to the medically eligible condition.

**NAMI – National Alliance on Mental Illness** - The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. To find a NAMI organization near you in California: <http://www.nami.org/Local-NAMI?state=CA>

**Substance Abuse Treatment Referrals:** (800) 564-6600  
View map of outpatient and residential treatment programs for youth at:  
<http://publichealth.lacounty.gov/sapc/resources/YouthTreatmentMap.pdf> or visit  
<http://publichealth.lacounty.gov/sapc/findtreatment.htm>

## HOTLINES

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**California Youth Crisis Line:** (800) 843-5200

**Child Protection Hotline (24/7):** (800) 540-4000  
or visit <http://dcfs.lacounty.gov/contactus/childabuse.html>  
to report possible child abuse and/or neglect to the Los Angeles County Dept. of Children and Family Services (DCFS).

**Los Angeles & Orange County SUICIDE PREVENTION CRISIS LINE (24/7):** (877) 727-4747

This service is run by the Didi Hirsch Community Mental Health Services Suicide Prevention Center  
<http://www.didihirsch.org/>  
Calls are free and confidential, and callers can call for themselves or for someone they care about.

**National SUICIDE PREVENTION LIFELINE (24/7):**  
(800) 273-TALK (8255)  
*For military and their families, press 1 for the Crisis Line.*  
Callers will be routed to the nearest crisis line in your area.

**Teen Line (6-10 pm daily):** (800) TLC-TEEN (852-8336)  
or (310) 855-4673  
This is a toll-free confidential helpline for teenage callers.  
• **TEEN LINE** website <http://teenlineonline.org/> offers online chat, email help, message boards, resources and information  
• **Text "TEEN"** to **839863** between 5:30-9:30pm to speak with peer counselors

**Trevor Project Lifeline for LGBTQ Youth (24/7):**  
(866) 488-7386  
This is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.  
<http://www.thetrevorproject.org>

**Sexual Assault & Rape Hotlines (24/7):**  
(800) 585-6231 (Los Angeles) and  
(800) 656-HOPE (national) or visit  
<https://ohl.rainn.org/online/>