



U.S. CENTER  
**MENTAL HEALTH  
& SPORT**

## National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

### National Suicide Prevention Lifeline

988

#### Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

#### En Español

1-888-628-9454

### Crisis Text Line

Text "HOME" to 741741

### Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

### IM Alive – Online Crisis Chat

[www.imalive.org](http://www.imalive.org)

### LGBT National Hotline

1-888-843-4564

### LGBT National Help Talkline

1-800-246-7743

### National Mental Health Hotline

1-866-903-3787

### National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at [www.nami.org/help](http://www.nami.org/help)

### National Eating Disorders Association (NEDA)

1-800-931-2237

#### Text – Crisis

"NEDA" to 741741

#### Text – Non-Crisis

1-800-931-2237

### RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at [www.rainn.org](http://www.rainn.org)

### Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

<https://www.samaritans.org/>

### SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

#### Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

### Teen Line

1-800-852-8336

Text "TEEN" to 839863

<https://www.teenline.org/>

### The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at [www.thetrevorproject.org/get-help](http://www.thetrevorproject.org/get-help)

### Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

### Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

### Youthline

1-877-968-8491

Text "teen2teen" to 839863





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## Southern CA, AZ, NV Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

### American Foundation for Suicide Prevention (AFSP) Arizona



**In a Crisis Call** 988

**In a Crisis Text "TALK" to** 741741

*Focuses on eliminating the loss of life from suicide by delivering prevention programs, educating the public, raising funds for suicide research and programs, & reaching out to individuals who have lost someone to suicide.*

### American Foundation for Suicide Prevention (AFSP) Greater Los Angeles and Central Coast

**In a Crisis Call** 988

**In a Crisis Text "TALK" to** 741741

*Focuses on eliminating the loss of life from suicide by delivering prevention programs, educating the public, raising funds for suicide research and programs, & reaching out to individuals who have lost someone to suicide.*

### American Foundation for Suicide Prevention (AFSP) Nevada

**In a Crisis Call** 988

**In a Crisis Text "TALK" to** 741741

*Focuses on eliminating the loss of life from suicide by delivering prevention programs, educating the public, raising funds for suicide research and programs, & reaching out to individuals who have lost someone to suicide.*

### Crisis Support Services of Nevada

**Ayuda en Español** <https://cssnv.org/linea-directa-de-crisis/>

**Línea Directa de Crisis en Español** 888-628-9454

**Sexual Assault Help Line** 775-221-7600

**Email** [info@cssnv.org](mailto:info@cssnv.org)

*For more than 50 years, Crisis Support Services of Nevada – formerly known as the Crisis Call Center – has provided an empathetic ear, a caring heart and a helping hand to anyone in need.*

### AZ Department of Health Services

**Call** 602-542-1025

**Hearing or Speech Challenges Call** 711 for Relay

*Promotes and protects the health of Arizona's children and adults. Strives to set the standard for personal and community health through direct care, science, public policy, and leadership.*

### California Department of Health Care Services – Mental Health Services Division

**Call** 888-452-8609

*Administers a number of mental health programs for Children and Youth, Adults and Older Adults.*

### LA County Department of Mental Health

**24/7 Help Line** 800-854-7771

**Emotional Support Warm Line** Option 2 when calling help line

**Housing and Job Development Division**

<https://dmh.lacounty.gov/our-services/housing/>

**Additional Resources**

<https://dmh.lacounty.gov/resources/>

*LACDMH operates more than 85 programs and contracts with providers to provide a spectrum of mental health services to people of all ages to support hope, recovery, and wellbeing. Mental health services provided include assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services.*

### Nevada Division of Public and Behavioral Health

**24/7 Public Health Emergency** 775-684-5920

**Email** [dpbh@health.nv.gov](mailto:dpbh@health.nv.gov)

**Phone** 775-684-4200

*Protects, promotes, and improves the physical and behavioral health and safety of all people in Nevada, equitably and regardless of circumstances, so they can live their safest, longest, healthiest, and happiest life.*

## **NAMI AZ**

**Email** [info@namica.org](mailto:info@namica.org)

**24/7/365 Crisis Line** 602-222-9444 or

**Hearing Impaired** 800-327-9254

**Find your local NAMI**

<https://namiarizona.org/local-affiliates/>

*A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness programs.*

## **NAMI CA**

**Email** [info@namica.org](mailto:info@namica.org)

**Phone** 916-567-0163

**Find your local NAMI** <https://namica.org/find-your-local-nami/>

*A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness programs.*

## **NAMI NV**

**Email** [info@naminevada.org](mailto:info@naminevada.org)

**Phone** 775-470-5600

**NAMI Southern NV**

<https://namisouthernnevada.org/>

*A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness programs.*

## **Mental Health America (MHA) Arizona**

**Warm Line** 602-347-1100

**Call** 602-576-4828

**Email** [mhaofarizona@gmail.com](mailto:mhaofarizona@gmail.com)

*Assists and encourage communities, families and individuals to experience hope, wellness and recovery from mental health and substance use disorder issues. Serves individuals of all ages; sexual orientations, gender identities or expressions; languages, racial and ethnic backgrounds, national origins, and immigration statuses; spirituality and religious affiliations; or socioeconomic statuses.*

## **Mental Health America (MHA) California**

**Warm Line** 855-845-7451

**Resource List** <https://www.mhac.org/resources-supports-screenings/>

*Assists and encourage communities, families and individuals to experience hope, wellness and recovery from mental health and substance use disorder issues. Serves individuals of all ages; sexual orientations, gender identities or expressions; languages, racial and ethnic backgrounds, national origins, and immigration statuses; spirituality and religious affiliations; or socioeconomic statuses.*

## **211 Arizona**

**Call** 211 OR 877-211-8661

**Text your zip code to:** 898-211

**Chat**

<https://m2.icarol.com/ConsumerRegistration.aspx?org=89125&pid=117&cc=en-US>

*Provides information and referrals to social services and other assistance such as for crisis & emergency, housing, food, and health. Caring local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.*

## **211 LA County (or any other county)**

**Call** 211

**Text your zip code to:** 898-211

**Chat** [https://home-](https://home-c6.incontact.com/inContact/ChatClient/ChatClientPatron.aspx?poc=23fa4a25-6519-4634-a932-8587a4269789&bu=4593165)

[c6.incontact.com/inContact/ChatClient/ChatClientPatron.aspx?poc=23fa4a25-6519-4634-a932-8587a4269789&bu=4593165](https://home-c6.incontact.com/inContact/ChatClient/ChatClientPatron.aspx?poc=23fa4a25-6519-4634-a932-8587a4269789&bu=4593165)

*Provides information and referrals to social services and other assistance such as for crisis & emergency, housing, food, and health. Caring local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.*

## **211 Nevada**

**Call** 211 OR 866-535-5654

**Text your zip code to:** 898-211

**Chat**

<https://m2.icarol.com/ConsumerRegistration.aspx?org=89125&pid=117&cc=en-US>

*Provides information and referrals to social services and other assistance such as for crisis & emergency, housing, food, and health. Caring local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.*

## **California HHS Mental Health Resources for Youth**

*A groundbreaking new program providing free, safe, and confidential mental health support for young people and families across the state with two easy-to-use mobile apps: [Brightlife Kids](#) and [Soluna](#).*



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