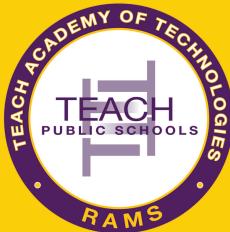


# How to Get Mental Health Help

I or my trusted adult can call..

- 911 for immediate support
- Los Angeles County Department of Mental Health
  - (800) 854-7771 - 24 hour ACCESS
- National Suicide Prevention Lifeline
  - (800) 273-8255 - 24 hour ACCESS
- California Youth Crisis Line
  - (800) 843-5200 - 24 hour ACCESS, bilingual
- TEEN LINE
  - (800) 852-8336 - a teen-to-teen hotline with community outreach services. Hours: 6pm - 10 pm PST daily. Text, email and message board also available, with limited hours. For more information, visit [www.teenline.org](http://www.teenline.org)
- The Trevor Project
  - (866) 488-7386 - a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available 24/7, visit [www.thetrevorproject.org](http://www.thetrevorproject.org) for more information



**GET HELP NOW!**  
**If you need immediate help,**  
**call 011**

For a psychiatric emergency, contact The Department of Mental Health 24-hour access center at  
(800) 854-7771



For more resources contact: Mr. Ms. Ramirez or any other support staff at school for help with linkage to counseling services  
School number: (323) 872-0809