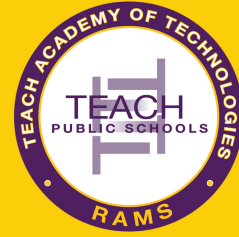


How to Get Mental Health Help



For 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
- **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 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**