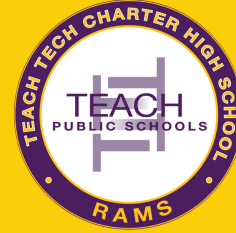


# How to Get Mental Health Help



## 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](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:  
Ms. Haydel, or any other support  
staff at school for help with  
linkage to counseling services  
School number: (323) 872-0707