

MENTAL HEALTH RESOURCES



CRISIS & HOTLINES

988 CALIFORNIA: 988

DEAFLEAD: 321-800-3323 (VIDEOPHONE)

NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-7233

POSTPARTUM SUPPORT INTERNATIONAL: 800-944-4773

RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN): 800-656-4673

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION LINE: 800-662-4357

WARMLINES

WARMLINES THAT AVOID POLICE INTERVENTION. THE WARMLINES BELOW OFFER TRANSPARENCY ABOUT THEIR REPORTING AND TRACING POLICIES.

CALL BLACKLINE: CALL OR TEXT 800-604-5841

FIRESIDE PROJECT PSYCHEDELIC SUPPORT LINE: 623-473-7433

LGBTQ NATIONAL HELP CENTER: 888-843-4564

STRONGHEARTS NATIVE HELPLINE: 844-762-8483

TRANS LIFELINE: 877-565-8860

WILDFLOWER ALLIANCE PEER SUPPORT LINE: 888-407-4515

THERAPIST DIRECTORIES

ASIAN MENTAL HEALTH COLLECTIVE: [HTTPS://WWW.ASIANMHC.ORG/](https://www.asianmhc.org/)

INCLUSIVE THERAPISTS: [HTTPS://WWW.INCLUSIVETHERAPISTS.COM/](https://www.inclusivetherapists.com/)

LATINX THERAPY: [HTTPS://LATINXTHERAPY.COM/](https://latinxtherapy.com/)

NATIONAL QUEER & TRANS THERAPIST OF COLOR NET: [HTTPS://NQTTCN.COM/](https://nqttcn.com/)

SOUTH ASIAN THERAPISTS: [HTTPS://SOUTHASIANTHERAPISTS.ORG/](https://southasiantherapists.org/)

UNDOCUHEALTH NATIONAL MH DIRECTORY: [HTTPS://UNITEDWEDREAM.ORG/OUR-WORK/UNDOCUHEALTH-WELLNESS/MENTAL-HEALTH-DIRECTORY/](https://unitedwedream.org/our-work/undocuhealth-wellness/mental-health-directory/)



GROUP SUPPORT

OUR HOUSE GRIEF SUPPORT: 310-473-1511 | OURHOUSE@OURHOUSE-GRIEF.ORG
3415 S. SEPULVEDA BLVD, STE 120 LA, 90034 | [HTTPS://WWW.OURHOUSE-GRIEF.ORG/](https://www.ourhouse-grief.org/)

SHARE! SELF-HELP SUPPORT GROUPS: 310-305-8878 | INFO@SHARESELFHELP.ORG
6666 GREEN VALLEY CIRCLE, CULVER CITY, 90230 | WWW.SHARESELFHELP.ORG/

INDIVIDUAL/FAMILY/COUNPLES THERAPY

AIRPORT MARINA COUNSELING SERVICE: 310-670-1410
7891 LA TIJERA LA, 90045 | [HTTPS://WWW.AMCSHELPS.COM/](https://www.amcshehelps.com/) | **SLIDING SCALE**

DIDI HIRSCH: 310-390-6612
4760 S. SEPULVEDA BLVD, CULVER CITY, 90230 | [HTTPS://DIDIHIRSCH.ORG/](https://didihirsch.org/) | **MEDI-CAL**

IMCES: 213-381-1250
3580 WILSHIRE BLVD, SUITE 2000 | [HTTPS://WWW.IMCES.ORG/](https://www.imces.org/) | **MEDI-CAL**

MAPLE COUNSELING CENTER: 310-271-9999 | INFO@TMCC.ORG
1945 S. LA CIENEGA BLVD, LA, 90034 | WWW.MAPLE4COUNSELING.ORG/ | **SLIDING SCALE**

SOUTHERN CALIFORNIA COUNSELING CENTER: 323-937-1344 | INFO@SCCC-LA.ORG
5615 W. PICO BLVD. LA, 90019 | [HTTPS://SCCC-LA.ORG/](https://sccc-la.org/) | **SLIDING SCALE\MEDI-CAL**

UNITED AMERICAN INDIAN INVOLVEMENT: 213-202-3970 | INFO@UAI.ORG
1453 WEST TEMPLE ST. LA, 90026 | [HTTPS://UAI.ORG/](https://uai.ORG/) | **MEDI-CAL**

USC PSYCHOLOGICAL SERVICES CENTER: 213-740-1600
3620 S. MCLINTOCK AVE, STE 1030, LA 90089 | [HTTPS://DORNSIFE.USC.EDU/USC-PSC/](https://dornsife.usc.edu/usc-psc/) | **SLIDING SCALE**

VENICE FAMILY CLINIC: 310-392-8636
2509 PICO BLVD., SANTA MONICA, 90405 | [HTTPS://VENICEFAMILYCLINIC.ORG/](https://venicefamilyclinic.org/) | **MEDI-CAL**

MINDFULNESS APPS

UCLA MINDFULNESS: [HTTPS://WWW.UCLAHEALTH.ORG/UCLAMINDFUL](https://www.uclahealth.org/uclamindful)

HAPPIER MEDITATION: [HTTPS://WWW.MEDITATEHAPPIER.COM](https://www.meditatehappier.com)

CALM: [HTTPS://WWW.CALM.COM/BLOG/ESSENTIALS](https://www.calm.com/blog/essentials)

INSIGHT TIMER: [HTTPS://INSIGHTTIMER.COM/](https://insighttimer.com/)

THE SAFE PLACE: [APPLE](#) | [GOOGLE PLAY](#)

EXHALE APP: [HTTPS://WWW.EXHALE-APP.COM/](https://www.exhale-app.com/)

SMC SUPPORT

BASIC NEEDS: WWW.SMC.EDU/BASICNEEDS

MENTAL HEALTH: WWW.SMC.EDU/WELLNESS
24/7 EMOTIONAL SUPPORT: 800-691-6003

UWILL: [HTTPS://APP.UWILL.COM/](https://app.uwill.com/)

