

LA County Public Health Regional Health Office Service Planning Areas (SPAs) 5 & 6 Monthly Newsletter

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MENTAL HEALTH AWARENESS MONTH



May is recognized as **Mental Health Awareness Month** and has been observed since 1949 to raise awareness and reduce stigma.

The LA County Department of Mental Health hosts **“Take Action”** countywide events, featuring community-based activities that promote well-being, resilience, and connection.

See the next page for events in our service area and more information.



MLK JR CENTER FOR PUBLIC HEALTH

[11833 S. Wilmington Ave. Los Angeles CA 90059](#)

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

Mental Health Awareness



Countywide May Mental Health Awareness Event
at Magic Johnson Park:
905 E El Segundo Blvd., Los Angeles, CA 90059
May 3, 1:00 - 4:00 p.m.

Service Area 5: May Mental Health Awareness Event
at Santa Monica College:
1900 Pico Blvd., Santa Monica, CA 90405
May 14, 11:00 a.m. - 2:00 p.m.

Visit takeactionla.com for more events throughout cities near you.
For additional mental health resources, click [here](#).



Mental Health Insights from the SAMHSA Website

Mental health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. This year's theme highlights the importance of:

- Noticing early signs of mental health concerns
- Strengthening the support around us
- Responding with care and compassion during challenging moments

Mental health touches every part of life—from housing and work to relationships and community. When mental health challenges arise, they often intersect with substance use, and whole-person care that addresses both is essential to lasting recovery and well-being.

SAMHSA has created a helpful toolkit that you can use in various ways to spread awareness and find support.

Click [here](#) to access the toolkit.

For more information and resources, visit the [SAMHSA website](#).



Mental Health Awareness

Join us for our Public Health Talks focusing on mental health. Scan code or click [here](#) to register.

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Regional Health Office of West & South LA.

Tune in to learn more about various public health topics, get your questions answered, and share resources for communities in SPAs 5&6.

Mental Health and Whole - Person Wellbeing

Join us for our Tuesday topic, Mental Health and Whole Person Wellbeing, where we will define Mental Health, describe the impact of Mental Health among youth and adults, share LA County Mental Health resources, and engage in activities that support Mental Health.

May 19th, 2026
1:00- 2:00 PM

REGISTER HERE:



<https://tinyurl.com/yc77pc6j>

For more information contact
Janay Ezekwe : JEzekwe@ph.lacounty.gov



WOMEN'S MENTAL HEALTH

In addition to Mental Health Awareness Month, National Women's Health Month is also observed in May, with a dedicated Women's Health Week from May 12-18. This time encourages women, girls, and those who support them to prioritize their physical and mental well-being.

With Mother's Day celebrated during this month, mothers and parenting women are especially encouraged to seek support in addressing concerns related to stress, anxiety, and depression.



WELLNESS PROGRAM FOR MOMS WITH CHILDREN 0-5!

MATERNAL MENTAL HEALTH

Educational Success | Emotional Wellbeing | Lifelong Health | Economic Mobility

NEW PERINATAL PROGRAM AT CII!

Happy Mommies, Healthy Babies is a FREE community-based maternal mental health initiative serving mothers of color living in South Los Angeles (SPA 6).

Our program aims to reduce stigma around mental health, increase access to culturally responsive services, and strengthen early childhood development. Through education, peer support, and integrated care, we will empower mothers and ensure that their babies thrive.

*ACTIVITIES INCLUDE:

- Stress Reduction for Moms
- Healing Arts & Crafts
- Music & Movement
- Developmental Play
- Cultural Storytelling
- Baby Sign Language Basics
- Peer Sharing Circles
- Nutrition & Self-Care Workshops
- Doula & lactation support, and so much more!

***FREE lunch and giveaways at every gathering!**



FOR REFERRAL & ENROLLMENT,
PLEASE CONTACT:
MMHinfo@childrensinstitute.org

ALSO VISIT:
childrensinstitute.org
TO EXPLORE THE VARIOUS
SERVICES OFFERED AT CII

OR CALL US AT:
323-753-2401

For parents in Los Angeles County.

Sharing community wisdom for your journey through parenthood.

1-888-823-SANA

1-888-823-7262 | sana@maternalmentalhealthnow.org



CALL, TEXT OR EMAIL
MONDAY - FRIDAY
9 AM - 5 PM PST

AVAILABLE IN
SPANISH & ENGLISH

For additional information visit
www.sanasana.support or email
sana@maternalmentalhealthnow.org



Sana sana colita de rana.
Si no sanas hoy, sanarás mañana

Welcoming a baby to the family can create mental health challenges for the parents. **We are here to help!** An empathetic and supportive ear from a peer who has been there!

- Gender affirming
- Culturally congruent support
- Connections to local resources
- Access to free support groups
- Weekly follow up
- Co-created care plan

This service is available to all expectant and new parents in Los Angeles County, including:

- Mothers
- Fathers
- Partners
- Adoptive Parents
- Birth parents who choose adoption
- Black, Indigenous and Birthing People of Color
- Queer & gender expansive people
- Those who have lost a pregnancy
- Those suffering from infertility
- Those who have lost an infant
- Those who have terminated a pregnancy

This program is offered by Maternal Mental Health NOW. The mission of Maternal Mental Health NOW is to remove barriers to the prevention, identification and treatment of perinatal mood and anxiety disorders in Los Angeles County. This program is supported by the Conrad N. Hilton Foundation.

Sana sana colita de rana is a popular nursery rhyme in the Spanish language. It's sung when a child bumps their elbow or otherwise hurts themselves. Its literal translation is "heal little frog's tail. If you don't heal today, you will heal tomorrow." We decided to call the Perinatal Peer Support program Sana Sana because new and expectant parents often need healing too.

Community-Based Resources for Maternal Mental Health in LA County

(Above) **Maternal Mental Health NOW** offers various programs, such as SANA SANA and Strength in Tiny Steps, to improve access to the prevention, screening, and treatment of perinatal depression.

(Left) **Children's Institute** uses a "whole-family approach" to support parents and families. **Healthy Mommies, Healthy Babies** is their maternal mental health initiative for mothers of color in South LA.

WHOOPING COUGH (PERTUSSIS)



What is Whooping Cough (Pertussis)?

Whooping cough is a respiratory illness that spreads easily when an infected person coughs or sneezes. It gets its name because people—especially babies—may make a loud “whoop” sound when trying to catch their breath after intense coughing. This disease can be very serious. It may lead to hospitalization or even be life-threatening, especially for babies younger than six months old.

What are the symptoms?

Whooping cough usually starts out like a common cold. You might have a runny nose, watery eyes, and a mild cough. After a week or two, the coughing gets much worse and comes in sudden attacks that are hard to stop. These fits can make a person vomit, feel very tired, or have trouble breathing.

While kids often make a “whooping” sound when trying to breathe, teens and adults might just have a cough that lasts a long time. Babies are at the highest risk; they might stop breathing for a few seconds or lose their appetite.

Because this illness can get worse very quickly, you should see a doctor right away if a child:

- Throws up and can't stay hydrated
- Has a hard time breathing or turns blue
- Seems very weak and stops acting like themselves

Babies under four months old should always see a doctor if they develop whooping cough.

What is the treatment?

Doctors can use medicine called antibiotics to treat the illness. It is important to start this treatment as soon as possible. Babies often have to stay in the hospital because they can become much sicker than adults. If you think you or someone in your family has whooping cough, call a doctor right away.

How do you prevent it?

The best way to stay safe is to get vaccinated. Children usually get a shot called DTaP. This vaccine is safe and protects against three diseases, including whooping cough. To stay fully protected, children should receive five doses between the ages of two months and six years.

As you get older, protection from the vaccine can fade. Because of this, preteens (ages 11–12), adults, and pregnant women should get a booster shot called Tdap. Parents and anyone who takes care of babies should also get this shot to help protect themselves and infants.

MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing & Trauma Prevention Center, or the “Healing Center,” offers services to help children, families, and individuals improve their well-being. Located in the MLK Center for Public Health, it serves the South LA communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact: MLKHealingCenter@ph.lacounty.gov

To view our monthly calendar, visit the [MLK Healing Center website](#).

MLK Healing Center on Wheels

Growing Together: Seniors Find Healing Through Art and Nature

At the MLK Healing Center's newest healing workshop, seniors came together for a creative and grounding experience centered on art and nature. The gathering offered a welcoming space for participants to slow down, connect, and engage in hands-on activities designed to support emotional well-being and community connection.

Participants began by decorating planting pots, adding personal touches that reflected their creativity and individuality. The room was filled with conversation, laughter, and moments of quiet focus as each person brought their own style and story to their work.

To continue the experience beyond the workshop, each senior was given sprouting wildflowers to take home, offering a living reminder of growth, renewal, and the connections formed during the session. These small but meaningful takeaways serve as ongoing symbols of care and nurturing.

Through simple yet intentional activities, the workshop created a warm, supportive environment where creativity and nature worked hand in hand to foster healing, reflection, and a deeper sense of community.



MLK Healing Center Featured Programs



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

FOOD	HOUSING	HEALTHCARE	EDUCATION	EMPLOYMENT
CHILDCARE	TRANSPORTATION	UTILITIES	LEGAL AID	ELDER CARE
EMOTIONAL HEALTH	FINANCIAL ASSISTANCE	DOMESTIC VIOLENCE	SUBSTANCE USE & RECOVERY	AND MORE...

FOR MORE INFORMATION CONTACT:

SCAN ME

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CARGP) & funded by Governor's Office of Business and Economic Development (GO-BED) | County of Los Angeles Public Health | WELLNESS COMMUNITY



SCAN THE QR FOR HELP.

Need resource assistance? Reach out to our systems navigator for support with needs such as housing, food, and financial assistance.

Click [here](#) to download the flyer.

213-360-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV



TASTY THURSDAYS

5/7 and 5/21
12pm

Join us for a produce giveaway.
First come, first served.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us on the first and third Thursdays of the month for a produce giveaway.



Cafecito

5/21 10am-11am

Join us for an open conversation on mental health, where we'll explore important topics, build connections and enjoy coffee together.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us for coffee and mental health discussions.



Beads and Bonding

5/12 12pm - 4pm

Unwind with a Kandi and Perler bead making activity. A calming, creative outlet that supports self-expression and relaxation in a welcoming space.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us to create your own bracelets.

MLK Healing Center Featured Programs (cont.)



**STRESSED OUT?
WALK IT OFF!**

Tuesdays and Wednesdays
5/5, 5/6, 5/12, 5/13, 5/19, 5/20, 5/26, 5/27
9am - 9:30am

Join our mindful walks to bring focus and calmness.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for a calming mindful walk.



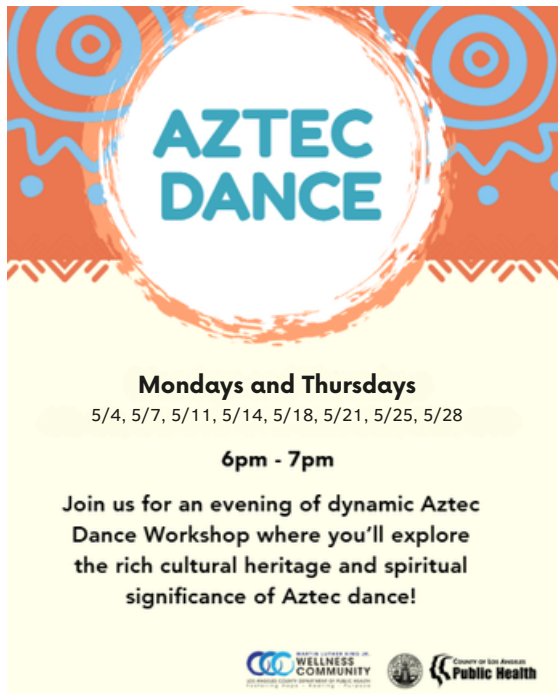
Meditation

Every Tuesday
5/5, 5/12, 5/19, 5/26
1:15pm - 1:45pm

A guided meditation session designed to promote relaxation, mindfulness, and emotional wellbeing.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for a calming mindful meditation workshop.



AZTEC DANCE

Mondays and Thursdays
5/4, 5/7, 5/11, 5/14, 5/18, 5/21, 5/25, 5/28
6pm - 7pm

Join us for an evening of dynamic Aztec Dance Workshop where you'll explore the rich cultural heritage and spiritual significance of Aztec dance!

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for an Aztec dance workshop celebrating ancestral traditions.



Paint & Sip

5/13 4:30pm

Enjoy a relaxing and fun-filled Canvas Painting Workshop, where you'll discover the joy of painting in a calming environment.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for an evening of canvas painting.

Community Resources

Community Update



Public Health clinic services at the **Dr. Ruth Temple Health Center** at **3834 S. Western Avenue Los Angeles, CA 90062** will be ending on February 27.



Services will be limited during the week of February 23-27 as we transition.

**Similar services are available at the following nearby clinics.
Please call ahead to check service availability.**

THE CLOSEST PUBLIC HEALTH CLINIC IS:



Martin Luther King, Jr. Center for Public Health

11833 S. Wilmington Avenue
Los Angeles, CA 90059
(323) 568-8100



Los Angeles LGBT Center South

2313 W. MLK Jr. Boulevard
Los Angeles, CA 90008
(323) 860-3799

Approx. 0.9 miles from
Dr. Ruth Temple Health Center



T.H.E. (To Help Everyone) Clinic

3834 S. Western Avenue
Los Angeles, CA 90062
(323) 730-1920

**This clinic is located at the same site
as the Dr. Ruth Temple Health Center**



Universal Community Health Center-MLK Clinic

1021 W. MLK Jr. Boulevard
Los Angeles, CA 90037
(323) 233-3100

Approx. 1.3 miles from
Dr. Ruth Temple Health Center



St Johns Community Health - Rolland Curtis Gardens Health Center

1060 Exposition Boulevard
Los Angeles, CA 90007
(323) 541-1411

Approx. 1.0 miles from
Dr. Ruth Temple Health Center

The LA County Public Health Infoline is available to help locate the nearest clinic in your area and to answer any questions you may have.



Call the Public Health Infoline:

(833) 540-0473

Open 7 days a week, 8:00 AM 8:00 PM



COUNTY OF LOS ANGELES
Public Health

Community Resources (cont.)

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS

Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Regional Health Office of West & South LA.

Tune in to learn more about various public health topics, get your questions answered, and share resources for communities in SPAs 5 and 6.

Understand Flea-Borne Typhus in LA County

May 12, 10:00 - 11:00 a.m.

May 26, 1:00 - 2:00 p.m. (Spanish)

Click the date to access the link.



PUBLIC HEALTH TALKS

Vision: Healthy People in Healthy Communities

Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Regional Health Office of West & South LA.

Tune in to learn more about various public health topics, get your questions answered, and share resources for communities in SPAs 5&6.

Understanding Flea-Borne Typhus in LA County

Join us for our Tuesday discussion, **Understanding Flea-Borne Typhus in LA County: Protecting Yourself and Your Community.**

This informative session aims to educate participants about how this bacterial disease is transmitted from animals to humans and provides guidance on how to stay safe.

May 12, 2026
10:00 AM - 11:00 AM

REGISTER HERE:



<https://tinyurl.com/2senczc7>

For more information, contact:
Janay Ezekwe: JEzekwe@ph.lacounty.gov



Community Resources (cont.)

LOS ANGELES COUNTY OFFICE OF VIOLENCE PREVENTION & PROVIDENCE

Youth Mental Health First Aid Online Certification Training

Youth Mental Health First Aid teaches us how to recognize, understand, and respond to signs of mental health and substance use challenges among youth **ages 12-18**. Space is limited- register today! Please note: Attendance on both days of a session is required to receive certification.

MAY 12 & 14

- Day 1: 9:30 AM – 11:30 AM
- Day 2: 9:00 AM – 12:00 PM

https://YMHFA_Morning.eventbrite.com
Registration deadline: April 29, 2026



REGISTER FOR
MAY 12 & 14

MAY 26 & 27

- Day 1: 2:00 PM – 4:30 PM
- Day 2: 1:30 PM – 4:30 PM

https://YMHFA_Afternoon.eventbrite.com
Registration deadline: May 13, 2026



REGISTER FOR
MAY 26 & 27

This training will cover:

- Common signs of mental health and/or substance use challenges, including anxiety, depression, and eating disorders.
- How to interact with youth in crisis and connect with help
- Overview of trauma, mental illness, substance use, and the impact of social media and bullying.

WHAT IS THE YMHFA CERTIFICATION PROCESS?

To join the class and become certified, pre-work is required.

- Register by scanning the QR code above
- Participants complete 2-hour independent online learning module using a personalized login, which will be provided to you via email.
- Complete 2-day sessions of live instruction on Zoom. The first session is 2.5 hours and the second session is 3 hours.
- Successfully complete a quiz and evaluation.

Contact aleiva@ph.lacounty.gov with any questions.



Community Resources (cont.)



DECO FAMILIA
RACHAL'S
FUNERAL HOME

Community Convening

Wednesday, May 13, 2026

4:30PM - 6:30PM

Rachal's Funeral Home

5708 S. Broadway Ave., Los Angeles, CA, 90037

Free Transportation Provided



Join us to :

LEARN

MediCal: Coverage and Eligibility Changes

Rising Communities will give an update on the most recent MediCal changes and information on medical insurance options for all.

Public Health Alert: Flea-borne Typhus

The Department of Public Health will provide education on prevention, symptoms, and when to seek care.

ENJOY

Free Dinner

Enjoy dinner, groceries and raffles!

RESOURCES

People for Mobility Justice

Pedestrian safety information

St. John's Community Health

Healthcare services including primary care, dental, behavioral health, and support programs

CONTRIBUTE

Your Voice Matters

Share your ideas to strengthen your community

REGISTER

To register click the link
https://bit.ly/SCH_communitymeeting
or scan the QR code



SCAN ME

QUESTIONS?



(213) 791-2089

sch@esperanzacommunityhousing.org

[@southcentral.heals](https://www.instagram.com/southcentral.heals)

Presented by:



Community Resources (cont.)

JOB FAIR

LOOKING FOR NEW JOB OPPORTUNITIES OR CAREER GROWTH?
LOOK NO FURTHER!

JOIN US
10 AM - 1 PM

SAVE THE DATE
**WEDNESDAY
MAY 13TH**

**FREEDOM PLAZA
PARKING LOT
9901 S. ALAMEDA ST. LOS ANGELES, CA 90002**

HACLA
Housing Authority of the City of Los Angeles

WorkSource
CALIFORNIA
Building Business and Careers

PRIMESTOR

ROSS
Smart & Simple

EXPLORE JOB OPENINGS FROM LOCAL EMPLOYERS & CONNECT WITH COMMUNITY RESOURCES

FOR MORE INFORMATION CONTACT:
FIDELINA RIVAS: FIDELINA.RIVAS@HACLA.ORG | 213-605-0034
MARIBEL RAMOS: MARIBEL.RAMOS@HACLA.ORG | 213-507-5246

THIS IS WIOA TITLE I FINANCIALLY ASSISTED PROGRAM OR ACTIVITY IS AN EQUAL OPPORTUNITY EMPLOYER / PROGRAM. AUXILIARY AIDS AND SERVICE ARE AVAILABLE UPON REQUEST TO INDIVIDUAL WITH DISABILITIES. ALL QUALIFIED APPLICANTS WILL RECEIVE CONSIDERATION WITHOUT REGARD TO RACE, ANCESTRY, COLOR, NATIONAL ORIGIN, RELIGION, SEX, DISABILITY, MEDICAL CONDITION, AGE, GENERIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION, GENDER IDENTIFY, OR ANY OTHER STATUS PROTECTED BY LAW. TO REQUEST A REASONABLE ACCOMMODATION, PLEASE CALL BRITNEY CHINE EO COMPLAINT OFFICER (HOUSING AUTHORITY OF THE CITY OF LOS ANGELES)

Community Resources (cont.)



LA Hood Kid

PRESENTS



**Parks
Make
Life
Better!**

Community Free Market!

GIVE ♥ **TAKE** ♥ **BARTER**



**NO MONEY NEEDED
TAKE WHAT YOU NEED**



Everyone welcome!



SATURDAY MAY 16, 2026

11AM TO 3PM

LYNWOOD CITY PARK

11301 BULLIS RD.,
LYNWOOD CA 90262
(BASKETBALL COURTS)



**INTERESTED IN HOSTING A
TABLE OR SHARING YOUR
ITEMS/SERVICES?
PLEASE SCAN QR CODE**



SPOTS ARE LIMITED & THERE'S NO FEE.

The Survivor's Guide

A safe and supportive space for individuals who have experienced emotional, mental, physical, or spiritual abuse and trauma.

Gain a deeper understanding of domestic violence and trauma, share your experiences, and find strength and healing alongside other survivors.

Dates:

4/21/26

5/26/26

Time: 1:00 PM PST

Use the QR Code
to register.



www.helpinghandsrc.org

Visit helpinghandsrc.org
for more information.

Community Resources (cont.)



children's
institute



Head
Start



Every Superhero Needs a Strong Start!

Give your child the start they deserve—at no cost to your family. At Children's Institute (CII), they'll be welcomed by loving teachers, build meaningful friendships, enjoy healthy meals, and truly thrive. Serving Watts, Compton, Echo Park, Wilmington, South Los Angeles, and more.



Enrolling in Your Neighborhood

- Childcare available from birth to five years
- Children with special needs welcome
- Support for pregnant mothers
- Full-day, trusted preschool care
- Services also available in your home



The USDA and Children's Institute are equal opportunity providers and employers. CII does not provide transportation. Families may be provided with resources to obtain transportation (if available).



NATIONAL HEAD START ASSOCIATION'S
**Program of
Excellence**



Enroll Today
323-753-2401

Community Resources (cont.)

HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR - 10th DISTRICT

FREEDOM

Juneteenth

6th Annual CELEBRATION & RESOURCE FAIR

**KICKING-OFF OUR ANNUAL
FREEDOM SUMMER PROGRAM**
8-WEEKS OF FREE SERVICES, CLASSES, AND RESOURCES!

- ON-SITE COUNTY SERVICES
- PERFORMANCES
- FUN ACTIVITIES
- POOL TIME & LESSONS
- FOOD TRUCKS
- RECORD EXPUNGEMENT
- TENANT & LANDLORD RESOURCES
- HEALTH & WELL-BEING
- LIVE ART

AND MORE!

FREE EVENT!
SATURDAY JUNE 13
2026
12:00pm - 4:00pm

OPEN TO ALL

**GEORGE WASHINGTON CARVER PARK
1400 E. 118th Street
Los Angeles, 90059**

REGISTER HERE: MITCHELL.LACOUNTY.GOV/JUNETEENTH-2026

Youth Resources

Public Health Youth Leaders 2026

Youth ages 16-19 years old living in LA County are invited to participate in this virtual program to learn how public health saves lives. You will have the opportunity to learn about public health and gain new skills that you can use to make a difference in your community!

Public Health Youth Leaders is a FREE virtual 6-week program starting Thursday, June 25, 2026, which includes:

- Expert speakers
- Professional development
- Volunteer and network opportunities
- Learn about public health
- Certificate of completion & letter of recommendation from the Department of Public Health



Scan QR Code for application !

DEADLINE TO APPLY: Sunday, May 31, 2026 at 11:59PM

All accepted applicants must submit completed consent forms by June 12, 2026 at 11:59PM



Youth Resources



Find mental health and substance abuse support options available in your community.

Visit [FindHelp.org](https://www.findhelp.org)

For Students

Life can be both exciting and stressful. Free resources are available to support your mental health throughout the year. You don't have to go it alone.



Support your mental health on your terms. **Soluna** is a free app offering confidential support for 13- to 25-year-olds.



You are never a bother. Whether it's a low point or a crisis get help for yourself or a friend at [NeveraBother.org](https://www.NeveraBother.org).



Healing strategies, also known as Stress Busters, can help you deal with stress now, and have a healthier future. Check out ways you can start healing at [livebeyondca.org](https://www.livebeyondca.org).



Find resources to balance your stress and get ahead of your breaking points. Learn to make a pause plan at [takespacetopause.org](https://www.takespacetopause.org).



Mirror



Mirror is a free, confidential digital journaling app co-developed with teens designed to enhance mental wellness for youth.

Need Crisis Support Now?

If you or someone you care about is experiencing thoughts of suicide, **access free, 24/7 support by calling 988**. Confidential and judgement free. Available in English and Spanish.

Need a listening ear?

Talk about anything with youth who can relate - whether it's a rough day at school, relationships issues or a mental health crisis.



A program of DIDI HIRSCH

Call **800-852-8336**
6-10pm* PT OR

Text **TEEN to 839863**
6-9pm* PT
(Staffed by trained teams)

*Calls and Texts will be redirected to **988** after hours.

Music Meditation



Listen to this [Spotify Playlist](#) to get you started.

- Find a quiet space and relax into a comfortable position.
- How does the song make me feel emotionally?
- What are some sounds I might not have noticed?
- How does my body feel?
- Pick one of your favorite songs or create a playlist.

WHY MUSIC MEDITATION?

Music can lower our heart rate and release endorphins, also known as the "feel good" hormones.

IMMIGRATION SUPPORT

Recent federal actions targeting immigrant communities—the heartbeat of Los Angeles—have created deep fear for many across the county. These events have disrupted daily life for individuals and families, who are often left without access to essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status. This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food access programs.
- **Mental Health Resources** - Access mental health support services, including helplines and youth-focused programs.
- **General Support** - Find information about rights, education, and resources for immigrant families.

To access direct links to immigration support services and live workshops, click [here](#).

Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support \(800\) 854-7771 or text "LA" to 741741](#)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

[Request a Mobile Vaccination Team](#)

[Report a violation \(888\) 700-9995, Monday – Friday from 8:00AM to 5:00PM](#)

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

[VaccinateLACounty.com](#)

For additional resources, please dial 2-1-1.

For more information on COVID-19, please [visit our website](#).

Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth

