

SUICIDE PREVENTION



GET SUPPORT

24/7 Suicide Prevention Hotlines

Resources are available with experienced professionals who can lend a listening ear, answer questions related to suicide or self-harm, or make a connection to mental health support services.

National Suicide Prevention Lifeline

National Resource to assist anyone in suicidal crisis or emotional distress through comprehensive online resources or lifeline support

Telephone: 1-800-273-8255 (English)

1-888-628-9454 (Español)

800-799-4889 (Deaf or Hard of Hearing)

Chat: <https://suicidepreventionlifeline.org/chat/>

24/7 Crisis Text Line

Text-based mental health support and crisis intervention

Text: "HOME" to 741741

(Text "HEARME" to 839863 for Deaf and/or Hard of Hearing)

Didi Hirsch Mental Health Life Line

LA based suicide prevention and substance abuse treatment center

Telephone: 1-800-273-8255 (24/7 English/Español)

877-727-4747 (Korean 4:30pm - 12:30am 7 days a week PST)

Website: <https://didihirsch.org/>

California Youth Crisis Line

Crisis counseling and resource sharing for youth and families

Telephone: 1-800-843-5200 (24/7 English Only)

Text: 1-800-843-5200 (24/7 English Only)

Website: <http://calyouth.org/cycl/>

Scan for more prevention tips & resources.



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Crisis Support Hotlines/Warmlines

The resources below are additional hotlines, text, and chat services that provide crisis intervention and mental health support to individuals looking for support or for concerned loved ones.

For All Ages

LA County Department of Mental Health ACCESS Warm Line

Resource to connect LA County residents with mental health services

Telephone: 1-800-854-7771 (English/Español)

Veterans Crisis Line

Crisis support for anyone who has served in any military/armed forces

Telephone: 1-800-273-8255 and Press 1
(24/7 English | 24/7 Español)

Text: 838255 (English Only)

Chat: <https://www.veteranscrisisline.net/get-help/chat>
(24/7 English Only)

National Disaster Distress Helpline

Crisis counseling following disasters, both physical and human-made (including COVID-19)

Telephone: 800-985-5990 (24/7 English | 24/7 Español)

National Alliance on Mental Illness

Support services and resource sharing for those with a mental illness

Telephone: 800-950-NAMI[6264] (Monday through Friday, 7 am - 7 pm PST English Only)

Text: NAMI to 741-741 (24/7 English Only)

Chat: <https://nami.org/help> (English Only)

Los Angeles County Human Services Hotline

Resource sharing and referrals for providers throughout LA County

Telephone: Dial "211" (24/7 English, Spanish & Additional Languages)

CalHOPE Connect Warm Line

CA resource that offers safe, secure, and culturally sensitive emotional support for all Californians who may need support relating to COVID-19

Telephone: 833-317-5200 (24/7 English | Español)

Website: <https://www.211la.org/>

For Children, Youth & Families

The Trevor Project

Crisis support for LGBTQ+ young people and allies

Telephone: 1-866-488-7386 (24/7 English Only)

Text: "START" to 678-678 (24/7 English Only)

Chat: thetrevorproject.org/get-help (24/7 English Only)

Teen Line

Crisis hotline operated by teens for teens

Telephone: 310-855-4673 (6 to 10 pm PST English Only)

Text: "TEEN" to 839863 (6 to 9pm PST English Only)

Scan for more prevention tips & resources.



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GET SUPPORT

Mental Health & Suicide Prevention Resources (for individuals and groups)

Additional sources of support are available for groups or for individuals with unique identities. Some resources offer telephone or chat support while others offer referrals or online spaces for connection.

Resources for Specific Identities or Cultural Groups

Asian Pacific Counseling and Treatment Centers

LA County Department of Mental Health led mental health center to meet the unique needs of Asian Pacific individuals, including immigrants and refugees

Website: <https://www.apctc.org/>

Telephone: 213-252-2100

LA County Department of Mental Health Older Adult Services

Programs and services designed for older adults (ages 60+)

LA County Elder Abuse Hotline: 877-477-3646

Website: <https://dmh.lacounty.gov/our-services/older-adults/>

Telephone: 213-351-7284

National Alliance on Mental Illness - Resources for Specific Identities and Cultural Groups

Specific mental resources for individuals with unique backgrounds and needs

Website: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>

- [Asian American and Pacific Islander](#) • [Black/African American](#)
- [Hispanic/Latinx](#) • [Indigenous](#) • [LGBTQI](#) • [People with Disabilities](#)

National Parent Helpline

Resource for parents to connect with trained advocates who provide emotional support and empowerment strategies

Website: <https://www.nationalparenthelpline.org/>

Telephone: 1-855- 4A PARENT (1-855-427-2736)

(Monday - Friday 10 am - 7 pm PST)

Postpartum Support International

Provides supportive resources to recent childbearing individuals

Website: <https://www.postpartum.net/>

Telephone: 1-800-944-4773 (Dial 1 para Español or 2 for English)

Text: "Help" to 800-944-4773 (EN) "Help" 971-203-7773 (Español)

Suicide Prevention Resource Center Resources for Survivors of Suicide Loss

Resources for those who have survived a suicide attempt or lost a loved one to suicide

Website:

<https://www.sprc.org/sites/default/files/resource-program/Survivors.pdf>

The Trevor Project

Crisis for LGBTQ+ Young People and allies

Telephone: 1-866-488-7386 (24/7 English Only)

Text: "START" to 678-678 (24/7 English Only)

Chat: thetrevorproject.org/get-help (24/7 English Only)

Suicide Prevention Lifeline Native Americans and Alaskan Natives

Culturally specific resources and referrals for Native Americans and Alaskan Natives

Website: <https://suicidepreventionlifeline.org/help-yourself/native-americans/>

Scan for more prevention tips & resources.



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Mental Health & Suicide Prevention Resources (for individuals and groups)

The resources below are additional sources of support that are available for individuals and groups. While some of these resources may offer telephone or chat support, they also offer provider referrals or online spaces for connection.

Resources Based in Los Angeles County

Los Angeles County Youth Suicide Prevention Project

Resources for educators, parents, and students

Website: <https://preventsuicide.lacoe.edu/>

Los Angeles Suicide Prevention Network

Los Angeles based network of mental health professionals and advocates

Website: <http://lasuicidepreventionnetwork.org/about-laspn/>

Email: info@lasuicidepreventionnetwork.org

Instagram/Twitter: @lac_spn

Why We Rise LA

LA County Department of Mental Health led-project to encourage wellbeing and healing through art, connection, community engagement and creative expression

Website: <https://whywerise.la/werisela/>

Email: info@werise.la

Know the Signs

California's suicide prevention, education, and awareness campaign, in partnership with Every Mind Matters

Website: <https://www.suicideispreventable.org/>

Online Resource Center:

<https://emmresourcecenter.org/collections>

Scan for more prevention tips & resources.

