



California

988 Suicide & Crisis Lifeline — Call or text 988

- California Peer-Run Warm Line — ☎ 855-845-7415
Talk to trained peers for emotional support (not just crisis)
- CalHOPE — ☎ 833-317-HOPE (4673)
Free emotional support and crisis counseling
- 211 California — Dial 211
Connects to housing, food, mental health, and local services

Mental Health Services & Counseling

Statewide Public Mental Health System

- California Department of Health Care Services
Oversees Medi-Cal mental health services (free/low-cost care)
- County Behavioral Health Departments
Every county in California offers:
 - Free or low-cost therapy
 - Crisis stabilization
 - Medication support
 - Case management

Los Angeles Area

- Los Angeles County Department of Mental Health
Largest public mental health system in the U.S.
24/7 Help Line: 800-854-7771

- Didi Hirsch Mental Health Services
Crisis counseling, suicide prevention, therapy, and substance-use support
- The People Concern
Mental health care + housing support for homeless individuals

Northern California (San Francisco Bay Area)

- San Francisco Department of Public Health Behavioral Health Services
Therapy, crisis care, addiction services
- Felton Institute
Counseling, family support, and community programs
- Progress Foundation
Residential mental health recovery programs

San Diego Area

- San Diego County Behavioral Health Services
Crisis services, therapy, addiction treatment
- Mental Health Systems
Community-based mental health and substance-use programs

Addiction Recovery & Rehabilitation Programs

Statewide Access

- California Department of Health Care Services Substance Use Disorder Services
Provides:
 - Free/low-cost rehab (via Medi-Cal)
 - Detox programs
 - Medication-assisted treatment

Major Rehab Providers

- Tarzana Treatment Centers [🌐 Our Services](#)
Detox, inpatient, outpatient, and mental health care
- Phoenix House California Residential recovery and long-term treatment
- HealthRIGHT 360 [🌐 Homepage](#)
Addiction recovery, reentry programs, and housing support

Shelters & Housing Assistance

Statewide & Major Cities

- Union Rescue Mission
Emergency shelter, meals, and recovery programs
- Midnight Mission
Shelter, counseling, job support
- St. Anthony's Foundation
Meals, shelter referrals, and health services
- Father Joe's Villages
Housing, healthcare, addiction recovery

Transitional & Supportive Housing

- Brilliant Corners
Helps individuals transition from homelessness into permanent housing
- PATH (People Assisting The Homeless)
Outreach, housing navigation, and case management

Women, Youth & Domestic Violence Support

- WEAVE
Crisis intervention and shelter for survivors
- 1736 Family Crisis Center
Emergency shelter, counseling, and hotlines
- Covenant House California
Shelter and services for homeless youth