



MENTAL HEALTH RESOURCES

CRISIS

National Suicide Prevention Lifeline 800-273-8255

National Domestic Violence Hotline 800-799-7233

Los Angeles County Department of Mental Health 800-854-7771
<https://dmh.lacounty.gov/our-services/disaster-services/access-hotline/>

Department of Children and Family Services (DCFS)
<https://dcfs.lacounty.gov>

Adult Protective Services (APS)
www.cdss.ca.gov/adult-protective-services

SAMHSA SAMHSA's National Helpline
www.samhsa.gov/find-help/national-helpline
www.mentalhealth.gov/get-help/immediate-help

SMART Recovery www.smartrecovery.org

Alcoholics Anonymous www.aa.org

Narcotics Anonymous <https://na.org>

Gamblers Anonymous <https://www.gamblersanonymous.org>

Adult Children of Alcoholics <https://adultchildren.org>

Codependents Anonymous <https://coda.org>

Al-Anon and Ala-teen Meetings <https://al-anon.org>

MENTAL HEALTH (MINDFULNESS) APPS

- Calm
- Headspace
- Abide

REFERRALS & LOWER FEE THERAPY OPTIONS

- www.psychologytoday.com
- www.opencounseling.com/California/Los-Angeles
- www.opencounseling.com/California/Santa-Monica
- www.opencounseling.com/California/Pasadena
- www.opencounseling.com/California/Irvine
- www.opencounseling.com/California/Costa-Mesa
- www.opencounseling.com/California/San-Diego

- **TRC Counseling Services**

www.cachurch.com/ministries/trc/counseling-services

- **Sync Counseling Center**

www.sync.org

- **Fuller Psychological and Family Services**

www.fuller.edu/fuller-psychological-and-family-services

- **La Vie Counseling Center**

www.laviecounseling.org