



# Resources for Mental Health

**ALL** Los Angeles County Department of Mental Health (LAC DMH) clinics are **open** during regular business hours and provide urgent mental health services. Additionally, LAC DMH provides over the phone triaging, intake, and other mental health services

Resources	Contact Number
<b>1) L.A. Warmline:</b>	1 (855) 952-WARM 1 (855) 952-9276 The L.A. Warmline is available 7 nights a week, 10:00PM to 6:00AM (English & Spanish)
<b>2) National Suicide Prevention Lifeline:</b>	1 (800) 273-TALK 1 (800) 273-8255 1 (888) 628-9454 (Spanish)
<b>3) Community Helpline:</b>	1 (877) 541-2525 Services are available 7 days a week, 8:00am to 8:00PM
<b>4) Los Angeles County Department of Mental Health ACCESS:</b>	1 (800) 854-7771 (24 hours/day, 7 days/week)
<b>5) Los Angeles County Info Line:</b>	211
<b>6) Friendship Line (Institute on Aging):</b>	1 (800) 971-0016 24-hour toll-free crisis for 60+ or adults with disabilities. Can also make ongoing outreach calls to older adults.
<b>7) Genesis:</b>	1 (213) 351-7284 Program to meet the needs of older adults 60+.

<https://dmh.lacounty.gov/>