Warmlines

Hotlines

Warmlines are a mental health resource that provide non-crisis related support. You can access these by call or text to be connected to a trained peer counselor who can assist you during hard times.

If you need non-crisis support, reach out to any of the following:



CalHOPE Connect: 833-317-



Enterprise Resource Center: 415-459-4554



California Hugspace Warmline: 800-881-8502



Mental Health Association: Text 741-741



Teen Line: Text 839863

Looking for more resources? Check out these apps!



- Free App + 24/7 Access
- Ages 13-25
- **Brightlife Kids**
 - Free App + 24/7 Access
- Teentalk
 - Free App

Dial 988 for immediate crisis support.

Hotlines offer immediate support in crisis situations. Remember that it is okay to ask for help.

If you need immediate assistance, dial 988 or reach out to any of the following:

- 24/7 Suicide Hotline for LGBTQ+ Youth: (866) 488-7386
- National Sexual Assault Hotline: (800) 656 - 4673
- Runaway Hotline: (800) 786-
- Eating Disorders Hotline: (800)

POSITIVE COPING SKILLS TO CARE FOR YOUR MENTAL HEALTH:

Take a walk or go outside

Try breathing exercises

Talk to someone you trust

Contact Information

thriveca@coreresponse.org െ mindyourmind cal





Mental Health Resources

For Youth Members





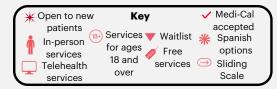
MENTAL HEALTH SERVICES ACROSS LOS ANGELES AND VENTURA COUNTY

San Fernando Valley and Verdugos

- Family Service
 Agency ★ ↑ □ *
 818-845-7671
- Tarzana Treatment
 Center *▼↑ □ *
 888-777-8565
- The Center * [↑] □ *
 818-761- 2227
- Neighborhood
 Counseling Center
 818-788-2738 ★

 □
- Community Center (Glendale)
 888-807-7250

- Valley Family
 Center *** †** □ *****818-365-8588
- ♦ Hillview Mental Health * ↑ □ * 818-896-1161
- West Valley * ↑ □ * ⇒
 Counseling Center
 818-758-9450
- © Foothills Family 626-993-3000 ★▼✓ ♦□
- California Family
 Counseling * ↑□ * ⊕
 818-907-9980



Have any questions or need more resources? Email us at thriveca@coreresponse.org

Central Los Angeles

- The Ness Counseling * / ↑
 Center: 310-360-8512
- Continuation Center 323-935-1807 ★
- Silverlake *
 Psychotherapy
 323-244-2066

East Los Angeles

- Enki Health Services
 (Bell Gardens) ★▼✓ ↑ ↓ *
 323-647-6740
- Human Services
 Association ★ 및 ↑ ★
 562-806-5400 ext.
 146

San Gabriel Valley

- Enki Health Services
 (El Monte) *▼✓↑ □ *
 626-227-7001
- © Enki Health Services (West Covina) ★ 866-227-1302

South Los Angeles

- Airport Marina * † 🖵 🗇
 Counseling Center *
 310-670-1410
- A Place Called Home 323-232-7653 **★** ♠ **《** *

Westside Los Angeles

- C The Maple Center 310-271-9999 ***** ↑ □
- The Wright Center (424) 371-5191 ★ ↑ □ ®

SERVICIOS DE SALUD MENTAL EN ESPAÑOL

- Fuller Psychological & Family Services 626-584-5555
- Valley Family Center 818-365- 8588
- Tarzana Treatment Center 888-777-8565
- The Center 818-761- 2227
- Neighborhood Counseling Center 818-788-2738
- Didi Hirsch Community Center (Glendale) 888-807-7250
- Airport Marina Counseling Center 310-670-1410

- Hillview Mental Health 818-896-1161
- California Family Counseling 818-907-9980
- The Ness Counseling Center 310-360- 8512
- Enki Health Services (Bell Gardens)
- 323-647-6740 Human Services Association 562-806-5400 ext. 146
- Enki Health Services (El Monte) 626-227-7001
- A Place Called Home 323-232-7653

Si necesita ayuda imediata, marque 988.