






Warmlines

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: 833-317-4673
-  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!





-  Soluna
 - 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

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) 786-2929
-  Eating Disorders Hotline: (800) 931-2237

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](https://www.instagram.com/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
- ☎ Didi Hirsch * ♀ ♂ *
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

Key

- * Open to new patients
- ♀ In-person services
- ♂ Telehealth services
- 18+ Services for ages 18 and over
- Waitlist
- Free services
- Medi-Cal accepted
- Spanish options
- Sliding Scale

Central Los Angeles

- ☎ The Ness Counseling Center * ♀ ♂ *
310-360- 8512
- ☎ The Relational Center *
323-935-1807
- ☎ Silverlake *
Psychotherapy
323-244-2066

East Los Angeles

- ☎ Enki Health Services (Bell Gardens) * ♀ ♂ *
323-647-6740
- ☎ Enki Health Services (Commerce) * ♀ ♂ *
323-832-9795
- ☎ Human Services Association * ♀ ♂ *
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

- ☎ Colors LGBTQ Youth Counseling Center * ♀ ♂ *
310-574-2813
- ☎ 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 inmediata,
marque 988.**

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