

Mental Health Resources

Crisis Support and Help Lines

Los Angeles Suicide Prevention

(310) 391-1253
24-hour Crisis Hotline

The National Suicide Prevention

1-800-273-TALK (8255)
24-hour, toll-free suicide prevention services

Los Angeles Warm Line

(855) 952-9276
*Monday through Sunday, 10:00pm to 6:00am,
including holidays*

Crisis Text Line

741-741

7 Cups

<https://www.7cups.com>

*Free, anonymous and confidential online text chat
with trained listeners, online therapists & counselors*

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

RAINN: Rape, Abuse, Incest National Network

1-800-656-HOPE (4673)

National Domestic Violence Hotline

1-800-799-SAFE

Trevor Lifeline: LGBTQ Suicide Prevention

1-866-4-U-TREVOR

LGBTQ National Helpline

1-888-843-4564

