



MENTAL HEALTH RESOURCES

LOS ANGELES

▶ **Free and Low-Cost Resources - NAMI Westside Los Angeles**

NAMI Westside Los Angeles offers free education programs along with support, guidance and hope for the growing number of Angelenos affected by mental health conditions. The linked site contains free and low-cost resources in the Westside LA area, from crisis response lines to longer-term care. The resources span hotlines, support groups, counseling centers, private practices, legal aid and treatment paths.

▶ **Resources - NAMI Urban Los Angeles**

NAMI Urban Los Angeles (NULA) provides education about severe brain disorders, supports increased funding for research and advocates for adequate health insurance, housing rehabilitation and jobs for people with serious psychiatric illnesses in communities of color. Here you'll find a list of mental health and mental health related resources that service the LA area.

▶ **Resources for Women in Los Angeles - Do LA**

They have a vast array of clinics, organizations and community support programs in LA that are here to assist and uplift women. They have put together a list of resources from health clinics to housing and social services.

▶ **Mental Health Resources - Mental Health America of Los Angeles**

Mental Health America of Los Angeles works to ensure that people with mental health needs achieve meaningful, healthy lives in their communities. Their resources page provides information and hotlines for crises management, early intervention as well as culturally competent and gender identity-specific resources.

▶ **Mental Health Resources - Los Angeles Department of Mental Health**

The Los Angeles County Department of Mental Health (LACDMH) supports the wellbeing of county residents and communities. LACDMH's Help Line is available 24/7 to provide mental health support, resources and referrals at 800-854-7771.

Those with hearing or speech disabilities may use their preferred relay service or call 711 to connect with the Help Line. With 711, please ask the operator – who will serve as the interpreter between the caller and our staff – to call the Help Line at 800-854-7771. For additional resources to help those living with disabilities, refer to this resource guide developed by Access for All UsCC.

▶ **Get Support - BEAM: Black Emotional and Mental Health Collective**

BEAM is a national training, movement building and grant-making institution that is dedicated to the healing, wellness and liberation of Black and marginalized communities. In addition to their other support resources, they spotlight their BlackLine, which provides a space for peer support, counseling, witnessing and affirming the lived experiences to folx who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. This resource is divested from the police. BlackLine: 800-604-5841



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▶ **Resources for Those Affected by the Fires - LA Homeless Services Authority**

This resource directory outlines both Federal and local support resources for those affected by the LA fires, including emergency housing, food support, health and medical care, mental health and emotional support and resources for rebuilding and recovery.

▶ **Resources - Health Services Los Angeles County**

They can connect you with community resources, such as food, housing and financial help. Los Angeles is a big county. If you don't see what you need below, ask your clinic, visit [here](#) or call 211.

▶ **Mental Health & Psychiatry Services for LGBTQ+ - Los Angeles LGBT Center**

They offer individual, couples, family, group therapy and psychiatric care — plus, a renowned program to support those dealing with substance use or abuse. They are also home to one of the few programs in the country designed to assist LGBTQ+ people involved in intimate partner abuse and/or family violence. You can access care regardless of your ability to pay — call to get started at 323-993-7500.

▶ **AAPI/BIPOC Mental Health Resources in LA & Pasadena - Oak and Stone**

They offer one of the few safe spaces where lived experiences as Asian & Asian Americans are centered. Their therapists understand the nuanced experience of suffering from anxiety & depression, being marginalized in any shape or form, the lived experience of being a child of immigrants or traumatized parents, the impact of intergenerational and complex trauma, the struggles of the neurodivergent brain such as ADHD and autism and the complexity of relational patterns in your family and relationships.

▶ **Resources - Los Angeles Veterans Collaborative**

The Los Angeles Veterans Collaborative is a structured network of public, private and government agencies working together to reduce suffering and improve the lives of veterans, service members, and military families in LA County. This is achieved through strategically improving their access to services, reducing barriers and coordinating care and influencing policy to improve their lives. To reach their Veteran Peer Access Network (VPAN) information and referral line, call 213-763-0300.