

# Suicide Prevention and Mental Health Support Resource Guide

1 in 5 people may struggle with a mental health condition. Here is a list of resources available to support you or a loved one during a mental health crisis or challenging time.

## Resources During a Crisis

All of these services are free, confidential, and open 24/7/365 (with some limitations noted below)

### 988 (National Suicide and Crisis Lifeline)

- 3-digit code to text or call for anyone experiencing a suicidal or mental health related crisis; or chat online at <https://988lifeline.org/chat/>
- Users will be connected with the National Suicide Prevention Lifeline, network of crisis centers and trained counselors across the U.S.
  - After dialing, users have the option to press 1 for the Veteran Crisis Line or 2 for Spanish

### Veterans: Veteran Crisis Line

- Call 988 and press 1, Text 838255, Chat at <https://www.veteranscrisisline.net/get-help-now/chat/>
- Users will be connected with a qualified responder who is ready to listen and connect you to useful resources, regardless of enrollment in VA benefits or healthcare

### LGBTQ+: Trevor Lifeline

- Call 1-866-488-7386, Text "START" to 678-678, Chat at [thetrevorproject.org/get-help](http://thetrevorproject.org/get-help)
- Users will be connected with Trevor counselors who are understanding of LGBTQ+ issues
  - If there is a wait time to be connected, users are encouraged to use the breathing exercise <https://www.thetrevorproject.org/breathing-exercise/>

### Los Angeles County Department of Mental Health Help Line

- Call 1-800-854-7771
- Users can get service referrals, crisis counseling, or field response team deployment
  - After dialing, press 2 for an Emotional Support Line for non-emergency challenges with active listeners available from 10:30 AM to 9 PM daily, or press 3 for Veteran Support 9 AM to 8 PM daily

### Crisis Text Line

- Text "LA" to 741741
- Users will connect with a trained crisis counselor within 5 minutes, can talk about any type of mental health challenge

## Additional Mental Health Resources

Consider utilizing these resources as mental health challenges appear and before they reach the point of crisis. All of these resources are confidential and free.

### Youth Resources

#### Teen Line

- Call 1-800-852-8336 (6-10 PM), Text “TEEN” to 839863 (6-9 PM)
- Users will be connected with another teen who can listen, understand, and answer questions about anything the user is going through
- <https://www.teenline.org/youth>

### LGBTQ+ Resources

#### LGBT National Help Center

- National Hotline: 1-888-843-4564 (all ages)
- National Youth Talkline: 1-800-246-7743 (ages 25 and younger)
- National Senior Hotline: 1-888-234-7243 (ages 50 and older)
- Online Chat: <https://www.lgbthotline.org/peer-chat.html>
- Open weekdays 1-9 PM and weekends 9 AM-2 PM

#### Trevor Project Resource Center

- Online resources and guides for navigating sexual orientation and gender identity challenges
- <https://www.thetrevorproject.org/resources/>

### Black, Indigenous, and People of Color Resources

- Various organizations offer subsidized therapy with culturally competent counselors or resources for navigating mental health rooted in your racial or ethnic identity
- Visit <https://988lifeline.org/help-yourself/black-mental-health/> or <https://988lifeline.org/help-yourself/native-americans/>

**Mindfulness Apps\*** \*Available for download on the App Store for iPhone or Google Play for Android

#### Healthy Minds Program

- Offers guided meditations surrounding mindfulness, stress and anxiety management, and resilience building
- App Store: <https://apps.apple.com/us/app/healthy-minds-program/id1326310617>
- Google Play: [https://play.google.com/store/apps/details?id=com.healthyminds&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.healthyminds&pcampaignid=web_share)

#### Virtual Hope Box

- Guides users through coping skills, positive thinking, relaxation and distraction
- App Store: <https://apps.apple.com/us/app/virtual-hope-box/id825099621>
- Google Play: [https://play.google.com/store/apps/details?id=mil.dha.vhb&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=mil.dha.vhb&pcampaignid=web_share)