Los Angeles Area Mental Health Resources

If you or someone you know is struggling with mental health, substance use, or emotional distress, help is available. This page provides crisis support and community resources.

If You Are in Immediate Danger

Call 911 or go to your nearest emergency room

Crisis & Immediate Support

National Suicide & Crisis Lifeline Call or Text 988
24/7 support for anyone experiencing suicidal thoughts, mental health crisis, or substance use crisis 988lifeline.org

Crisis Text Line
24/7 crisis support via text message- Text "HELLO" to 741741

LA County Department of Mental Health 24/7 Help Line (800) 854-7771
Central access point for mental health and substance use services in LA County, non-law enforcement crisis response, substance use, and mental health referrals

Didi Hirsch Suicide Prevention Center (877) 727-4747
Community-based suicide prevention services

Psychiatric Mobile Response Team (PMRT) (800) 854-7771
Los Angeles County crisis team, comes to you 24/7 for mental health emergencies, assessment, intervention, and crisis stabilization

California Peer-Run Warm Line (855) 845-7415, 24/7 non-crisis emotional support from trained peer support

Los Angeles Warm Line (855) 952-9276, 10am- 6pm, free non-crisis emotional support and comfort

---

LGBTQ+ Community Support and Crisis Resources

Trevor Project - LGBTQ+ Youth (866) 488-7386 or Text "START" to 678-678. 24/7 Crisis intervention and suicide prevention for LGBTQI+ folks
https://www.thetrevorproject.org/

LGBT National Coming Out Support Hotline (888) 688-5428 talk support and resources for coming out https://lgbtcomingout.org/

Trans Lifeline (877) 565-8860
Peer support for transgender people (not 24/7)

LGBT National Hotline (888) 843-4564
Support for LGBTQ+ community

Los Angeles LGBT Center lalgbtcenter.org
Comprehensive physical and mental health care, therapy groups, and community services

Bienestar (Los Angeles) (323) 727-7896
LGBTQ+ and Latinx health care services, mental health groups and substance use treatment bienestar.org

---

Domestic Violence & Sexual Assault

National Sexual Abuse Hotline, RAINN Hotline: (800) 656-4673, 24/7 Sexual assault support and resources https://rainn.org/

National Domestic Violence Hotline (800) 799-7233 or Text “START" to 88788, 24/7 support

Peace Over Violence (Central Los Angeles) (213) 626-3393, 24/7 hotline, mental health groups and services, resources and advocacy

Los Angeles Area-Specific hotlines, legal support and other DV resources:
https://lacity.gov/residents/community-assistance/domestic-violence-resources

---

Community/ General Mental Health

Cal Hope- Mental health resources for children, families, teens and adults, including disaster and crisis counseling https://www.calhope.org/

Los Angeles County Department of Mental Health (LACDMH) (800) 854-7771. mental health services for LA County residents, regardless of ability to pay dmh.lacounty.gov

Bright Life Kids - free mental health services for children, families anywhere in California, includes coaching, social skills and on demand classes https://www.brightlife.kids/

Easter Seals of Southern California – early childhood to adult programs, employment and senior services to support Autism https://socal.easterseals.com/

California Regional Centers (213) 383-1300 (Los Angeles branch) – no cost assessments, services and case management for children and adults with developmental disabilities, including Autism for those living in CA https://www.dds.ca.gov/rc/

iPrevail - free 24/7 online mental health chat and coaching for Los Angeles Residents iprevail.com/lacdmh

National Alliance on Mental Illness (NAMI) Greater Los Angeles County (818) 208-180. Free support groups, classes and resources namiglac.org

211 LA (Dial 211) Comprehensive information and referral services for food, shelter, health services, crisis support, and more. 211la.org

Painted Brain- free community mental health including arts and wellness classes, peer support (Echo Park) https://www.paintedbrain.org/

Scribble - mental health groups, classes and low fee counseling (Highland Park/ LA) https://www.scribblecommunity.com/

Substance Use and 12-Step Programs

SAMHSA National Helpline (800) 662-4357 treatment & referrals for substance use 24/7

Alcoholics Anonymous (323) 936-4343 (LA) https://al-anon.org/al-anon-meetings/

Narcotics Anonymous (818) 773-9999 https://todayna.org/todaynawp/socal-meetings/

Al-Anon/Alateen (888) 425-2666 for families and friends of those with addiction issues

Co-Dependents Anonymous https://coda.org/

Smart Recovery (855) 979-8614 evidence-based (non-12-Step) online meetings national uses CBT and other evidence-based skills https://www.smartrecovery.org/

Los Angeles Area Low Fee Therapy

Maple Center (310) 271-9999 low fee therapy (Culver City/ LA) https://www.maple4counseling.org/

Relational Center (323) 935-1807 affordable in individual and group therapy for California residents https://www.relationalcenter.org/

Rose City Counseling Center (626) 793-8609 low fee psychoanalytic therapy in person(Pasadena) and online for CA residents https://www.rosecitycenter.org/

Valley Community Counseling (818) 763-2084 Affordable psychotherapy in San Fernando Valley https://www.valleycommunitycounselingclinic.org/

Big Picture

www.bigpicturetherapy.org

3401 Glendale Blvd. Unit B, Los Angeles, CA 90039
323-508-3231

Mental Health Wellness Apps

Calm Harm - Self-harm management
Headspace - Meditation and mindfulness (some free content)
Insight Timer - Free meditation and sleep content
PTSD Coach - PTSD symptom management (VA developed)
Virtual Hope Box - Coping tools and distraction techniques

Important Reminders

In a Crisis

- Never wait to get help if you're in crisis. Call 988, go to the emergency room, or call 911
- Crisis lines are free, confidential, and available 24/7
- You don't have to be suicidal to call a crisis line—any emotional distress qualifies

Finding the Right Support

- Many quality services are available regardless of insurance or ability to pay
- Asking for help is a sign of strength, not weakness
- Finding the right therapist may take time—it's okay to try different providers
- Therapy works best when you're actively engaged in the process

---

© 2025 Big Picture Therapy. All rights reserved.

Last Updated: January, 28, 2026

Big Picture

www.bigpicturetherapy.org

3401 Glendale Blvd. Unit B, Los Angeles, CA 90039
323-508-3231

www.bigpicturetherapy.org

3401 Glendale Blvd. Unit B, Los Angeles, CA 90039
323-508-3231