

Mental Health Services Resource Sheet

From www.HealthyTransitionsLA.org

Get Help from the Los Angeles County Department of Mental Health.

If you need help with anything from depression to post-traumatic stress disorder (PTSD), the Department of Mental Health (DMH) provides mental health care through a network of clinics, hospitals, and other facilities. They offer crisis intervention, intensive case management, in-patient and out-patient, day treatment, guardianship services, etc.

The Department of Mental Health also provides services for Transitional Age Youth (TAY) suffering from particular mental health issues, including:

- Struggling with substance abuse disorder
- Homelessness
- Aging out of the children's mental health system
- Leaving long-term institutional care
- Experiencing a first episode of major mental illness

CONTACTS/LINKS

[LA County Department of Mental Health portal](#)

Phone Referrals: (800) 854-7771 or (562) 651-2549 - TDD

[Department of Mental Health Service Locator](#) - Find LA County Department of Mental Health services, programs, and facilities serving in your area.

[LA County Department of Health Transition Age Youth Division](#)

Phone: (213) 351-7737

Email: TAYDivision@dmh.lacounty.gov

Call Didi Hirsch Mental Health Services for Help.

Didi Hirsch Mental Health Services can provide mental health services for you, even if you have Medi-Cal, Medicare, or no health insurance. They offer crisis residential care and intensive services for serious mental illnesses. They also offer regular counseling, classes, groups, and projects at their Wellness Centers to develop physical, mental, and spiritual well-being.

[Outpatient Mental Health Services for Children and Families](#) – Outpatient mental health services are offered for children and youth from birth to 20 years old.

CONTACTS/LINKS

Main Address: 4760 Sepulveda Blvd
Culver City, CA 90230

[Locations](#) – link to map

Main Phone: (310) 390-6612 – Monday-Friday, 8:30 a.m. to 5:00 p.m.

Central Intake Phone for Current and New Clients: (888) 807-7250 Monday – Friday, 8:30 am to 5:00 pm

Drop-in Centers for Transition Age Youth Are Available for You.

Pacific Clinics

The Pacific Clinics' Drop-In Center for Transitional Age Youth provides temporary safety and basic supports for Seriously Emotionally Disturbed (SED) and Severe and Persistently Mentally Ill (SPMI) TAY who are living in the streets or in unstable living situations. The Pacific Clinics' Drop-In Center for Transitional Age Youth offer youths between the ages of 16-25 a safe and comfortable place to rest. Their services include therapy/counseling, homeless outreach, independent living skills classes, transportation assistance, indoor/outdoor group activities, and mentoring/tutoring.

LA Gay & Lesbian Center

Operated by the L.A. Gay & Lesbian Center, the Youth Center is a welcoming and comfortable space where you can stay the night (depending on availability) while getting whatever assistance you need to make it on your own, including education and job placement assistance.

Case managers will work with you to provide whatever care, support and counsel you may need and if for some reason they can't help you, they will refer you to an organization that can.

Services include:

- Emergency overnight beds
- Breakfast, lunch, dinner, snacks
- Showers
- Clothing and laundry services
- GED Program
- HIV testing and counseling
- Employment program
- Counseling and support groups
- Housing referrals
- Recreational activities
- Art/music groups
- Computer lab

CONTACTS/LINKS

[Pacific Clinics HOPE Youth Center](#)

Address: 13001 Ramona Blvd., Suite I, Irwindale, CA 91706

Phone: (626) 337-3828

LA Gay and Lesbian Center: [The Youth Center on Highland](#)

Address: 1220 N. Highland Ave., Los Angeles, CA 90038

Phone: (323) 860-2280 or (888) 255-2429 Toll Free

For appointment with a caseworker: (323) 993-7500

Help for Your Transition After Probation.

Juvenile Justice Transition Aftercare Services (JJTAS) Program helps youths transitioning from Probation camp settle back in their home communities. It can help you build coping and life skills. You can also receive services to help you deal with emotional and mental stress to minimize your contact with the juvenile justice system.

CONTACTS/LINKS

Lori Willis, Ph.D.

Phone: (213) 351-7733

Email: LWillis@dmh.lacounty.gov

Do You Have Thoughts About Suicide? Call a Help Line.

If you or someone you know is feeling hopeless, helpless, and having thoughts of suicide, call one of the help lines below. They provide 24 hour crisis counseling and mental health referrals.

Suicide Prevention

The following signs may mean someone is at risk for suicide. The risk of suicide is greater if a behavior is a) new or has increased and b) if it seems related to a painful event, loss, or change. If you or someone you know exhibits any of these signs, seek help as soon as possible by calling any of the numbers below. You can also talk to a doctor, social worker, or a trusted adult.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

CONTACTS/LINKS

National Suicide Prevention Lifeline

Phone: (800) 273-TALK or (800) 273-8255

Trevor Youth Suicide Helpline

A national 24-hour suicide prevention helpline for gay and questioning youth.

Phone: (866) 4-U-Trevor or (866) 488-7386

California Youth Crisis Line

Provides 24-hour counseling service, information and referrals for all areas of California regarding medical services, shelters, crisis centers, AIDS testing, and transportation info.

Phone: (800) 843-5200

Nineline

Provides 24-hour information, referrals and assistance to any youth in crisis.

Phone: (800) 999-9999

National Runaway Switchboard

Provides 24-hour assistance, information, and referrals to youth who have run away and for other youth in crisis.

Phone: (800) RUNAWAY or (800) 786-2929

Didi Hirsch Suicide Hotline – Toll Free

Phone: (877) 7CRISIS