



## Mental Health Resources

- The LACDMH Help Line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health. FOR 24/7 HELP, PLEASE CALL OUR HELP LINE AT (800) 854-7771.
- 211 LA County: Dial 2-1-1 within Los Angeles County  
211 LA County is the hub for all types of health, human and social services in Los Angeles County, providing callers with information and referrals to the services that best meet their needs.

## Crisis Hotlines to Talk immediately to someone:

- LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH - LA WARMLINE. The agency provides counseling services for people of all ages. Service includes a warmline for people of all ages. There are no geographic restrictions. Call (855) 952-9276
- Strength United operates a 24-hour resources and crisis hotline 24 Hours a Day, Seven Days a Week, 365 Days a Year. Call (818) 886-0453 for mental health support. Crisis Text Line: Text LA to 741741
- National Suicide Prevention Lifeline: (800) 273-8255  
The National Suicide Prevention Lifeline connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.
- Trevor Project Lifeline: (800) 788-7386  
The TrevorLifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

- Trans Lifeline (English and Spanish): 1-877-565-8860, offer peer support and crisis management

#### Senior

- Senior/Older Adults: For meals from LA County and City of LA, call 800-510-2020
- Great Plates Program for Seniors- Provides 3 home delivered meals for our most vulnerable, apply here: <https://wdacs.lacounty.gov/greatplates/>
- Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls: 1 (888) 670-1360

#### Housing:

- HCIDLA Evictions preventions documents:  
<https://hcidla2.lacity.org/covid-19-renter-protections>

#### Food:

- CalFresh Food online apply either via <https://dpss.lacounty.gov/en/food/calfresh.html>  
Or call (866) 613-3777
- Women, Infants & Children (WIC) Program:  
[www.phfe.wic.org/how-wic-works/apply-for-wic/](http://www.phfe.wic.org/how-wic-works/apply-for-wic/)
- Go to Los Angeles Regional FoodBank to find a pantry close to you:  
<https://www.lafoodbank.org/find-food/pantry-locator/> Or call 323-234-3030.

#### Jobs

- Employment Development Department of CA-  
<https://www.edd.ca.gov/Unemployment/>
- If you have issues with your EDD please email our office at:  
[Assemblymember.Nazarian@assembly.ca.gov](mailto:Assemblymember.Nazarian@assembly.ca.gov)
- Cal Career Jobs: <https://www.calcareers.ca.gov/>
- LA Economic & Workforce Development:  
<http://www.ewddlacity.com/index.php/employment-service>