

Southern California Mental Health Resources

24/7 Crisis Lines & Emergency Support

- Suicide & Crisis Lifeline (Call or Text) - 988 | <https://988lifeline.org>
- LA County Department of Mental Health ACCESS Line - 1-800-854-7771 (TDD: 1-562-651-2549)
- Trevor Project Lifeline (LGBTQIA+ Youth) - 1-866-488-7386 | Text "START" to 678678 | <https://www.thetrevorproject.org>
- Trans Lifeline - 1-877-565-8860 | <https://www.translifeline.org>
- Didi Hirsch Mental Health Services - 1-877-727-4747 | <https://www.didihirsch.org>

LGBTQIA+ Mental Health Resources

- LA LGBT Center - <https://lalgbtcenter.org>
- The Center OC (Orange County) - <https://www.thecenteroc.org>
- San Diego LGBT Community Center - <https://thecentersd.org>
- GLMA Healthcare Directory - <https://www.glma.org>

General Therapy, Support & Community Resources

- NAMI Greater LA County - 1-800-950-NAMI (6264) | <https://namiglac.org>
- 211 LA County - Dial 211 | <https://www.211la.org>
- SoCal Crisis Text Line - Text "HELLO" to 741741

Sliding Scale & Low-Cost Therapy Clinics

- Southern California Counseling Center - <https://sccc-la.org>
- Open Path Psychotherapy Collective - <https://openpathcollective.org>
- The Maple Counseling Center - <https://www.tmcc.org>