MENTAL HEALTH RESOURCES
FOR CHILDREN AND YOUTH IN LOS ANGELES COUNTY
Los Angeles County Department of Mental Health (DMH)
http://dmh.lacounty.gov/wps/portal/dmh/contact_info

ACCESS Center Helpline (24/7) -- (800) 854-7771
DMH Staff facilitate referrals to the Psychiatric Mobile Response Team (if indicated), crisis intervention resources, and/or appropriate mental health providers.

Psychiatric Mobile Response Team (PMRT) and Law Enforcement Teams (LET) (24/7) -- (800) 854-7771 or 911
DMH staff perform on-site assistance for an individual experiencing a psychiatric emergency. They assess danger to self, others and/or grave disability due to a mental illness.

Other DMH Emergency Mental Health Services: in addition to the Law Enforcement Teams, DMH also provides mental health services through the School Threat Assessment and Response Team (START), Homeless Outreach Mobile Engagement (HOME), Specialized Prevention Unit (SPU), Mental Health Alert Team (MHAT) with the federal government, Emergency Response Teams (ERT), Homeless Outreach Teams (HOT), and Psychiatric Emergency Teams (PET).

SCHOOL THREAT ASSESSMENT and RESPONSE TEAM (START) – (213) 739-5565

UGRNT CARE CENTERS (UCCs) for ages 12-adult – 24-hour psychiatric crisis centers provide crisis stabilization for comprehensive mental health services. Children under 12 must have an open DCFS case, and are evaluated on a case-by-case basis.

Exodus Eastside UCC (in Boyle Heights)
1920 Marengo Street
Los Angeles, CA 90033
(323) 276-6400

Exodus Martin Luther King (MLK) UCC
12021 S. Wilmington Ave
Los Angeles, CA 90059
Intake: (800) 829-3923

Exodus Westside UCC
11444 W. Washington Blvd, Suite D
Los Angeles, CA 90066
Intake: (800) 829-3923

Valley Care Olive View-UCLA Medical Center
14445 Olive View Drive
Sylmar, CA 91342
Main #: (818) 364-1555

ONLINE SERVICE LOCATOR -- http://dmh.lacounty.gov/wps/portal/dmh
Find and map services by address, neighborhood or city. Detailed information is provided for each mental health provider: age group served, the services offered, available languages, hours of operation, walk-in availability, and contact information.

NAVIGATORS
Listed by Service Area (SA), a geographic region that has the same boundary as a Los Angeles County Service Planning Area (SPA)
These teams help connect clients and providers with mental health resources in their communities.

<table>
<thead>
<tr>
<th>Service Area</th>
<th>Service Area Supervisor</th>
<th>Children’s Navigators (0-15)</th>
<th>TAY Navigators (16-25)</th>
<th>Adult Navigators (26-59)</th>
<th>Impact Coordinators for 60+ for All Service Areas</th>
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</thead>
<tbody>
<tr>
<td>1 Antelope Valley</td>
<td>Cindy Ferguson (661) 223-3842</td>
<td>Salem Redding (661) 223-3816</td>
<td>Salem Redding (661) 223-3816</td>
<td>Angela Coleman (661) 223-3813</td>
<td>Nicole Beaubien (213) 738-2327</td>
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<tr>
<td>2 San Fernando Valley</td>
<td>Child: Michelle Rittel (213) 739-552 Adult: La Tina Jackson (818) 610-6708</td>
<td>Fang “Colin” Xie (818) 610-6729 Susan Mendez (818) 610-6739</td>
<td>Gerri Washington (213) 598-0970</td>
<td></td>
<td>Darrell Scholte (818) 610-6705 Michele L. Renfrow (818) 610-6724</td>
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<tr>
<td>3 San Gabriel Valley</td>
<td>Child/TAY: Frances Liese (626) 430-2914 Adult: Eugene Marquez (626) 430-2915</td>
<td>Vanessa Torres (626) 430-2948</td>
<td>Socorro Ramos (626) 430-2949</td>
<td>Eugene Marquez (626) 430-2915</td>
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<tr>
<td>4 Los Angeles</td>
<td>Nancy Weiner (213) 922-8120 Navigator Main Phone Number (213) 922-8122</td>
<td>Luz Smith (213) 922-8123</td>
<td>Christina Padilla (213) 922-8132</td>
<td>Phyllis Moore-Hayes (213) 922-8129</td>
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<tr>
<td>5 West Los Angeles</td>
<td>Child &amp; TAY: Monika Johnson (310) 482-6609 Adult: Gwenoldyn Davis (310) 482-6613</td>
<td>Jeong Min Rhee (310) 482-6610</td>
<td>Jeong Min Rhee (310) 482-6610</td>
<td>Samantha Howard (310) 482-6612 Kim Phan (310) 482-6616</td>
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<tr>
<td>6 South Los Angeles</td>
<td>Angela Shields (323) 298-3671</td>
<td>Dana Calloway (310) 688-4374</td>
<td>Jasminder Chahal (213) 435-3362</td>
<td>Perla Cabrera (310) 688-4902</td>
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</tr>
<tr>
<td>7 East Los Angeles</td>
<td>Jessica Ahearn (213) 639-6733 Main Phone Number: (213) 738-4683</td>
<td>Cheryl Lopez (213) 738-2900</td>
<td>Cheryl Lopez (213) 738-2900</td>
<td>Alicia Ibarra (213) 738-6150</td>
<td></td>
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<tr>
<td>8 South Bay</td>
<td>Chad Brinderson (213) 276-5503 Main: (562) 256-7717</td>
<td>April Hagerty (562) 256-1280</td>
<td>Emily Serna (562) 256-1277</td>
<td>Jenny Nguyen (562) 256-1278 Trisha Deeter (562) 256-1279</td>
<td>Older Adult Navigator Jenny Nguyen (562) 256-1278</td>
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</tbody>
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Los Angeles County Department of Mental Health – Mental Health Resources for Children and Youth (continued)

Los Angeles County Department of Mental Health

Patients' Rights Advocates: (213) 738-4888  
or (800) 700-9996  
These advocates protect the Constitutional and statutory rights of mental health care recipients.

Public Guardian’s Office: (213) 974-0515  
Contact this office to ask about or to request the appointment of a public conservator.

Other Resources

LA County Community Resource Directory: Call 211  
or visit http://crg.lacounty.gov/dmh/  
This website helps locate services related to Health and Human Services in Los Angeles County such as Mental Health Providers, Child Care, Health Care, Housing, Local Emergency Resources, etc.

Los Angeles County California Children’s Services (CCS)  
- Children's Medical Services: (800) 288-4584  
This County agency serves children with chronic illnesses or disabilities and will address mental health issues related to the medically eligible condition.

NAMI – National Alliance on Mental Illness - The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. To find a NAMI organization near you in California: http://www.nami.org/LocalNAMI?state=CA

Substance Abuse Treatment Referrals: (800) 564-6600  
View map of outpatient and residential treatment programs for youth at:  
http://publichealth.lacounty.gov/sapc/resources/YouthTreatmentMap.pdf or visit  
http://publichealth.lacounty.gov/sapc/findtreatment.htm

Hotlines

California Youth Crisis Line: (800) 843-5200

Child Protection Hotline (24/7): (800) 540-4000  
or visit http://dcfs.lacounty.gov/contactus/childabuse.html  
to report possible child abuse and/or neglect to the Los Angeles County Dept. of Children and Family Services (DCFS).

Los Angeles & Orange County Suicide Prevention Crisis Line (24/7): (877) 727-4747  
This service is run by the Didi Hirsch Community Mental Health Services Suicide Prevention Center  
http://www.didihirsch.org/  
Calls are free and confidential, and callers can call for themselves or for someone they care about.

Teen Line (6-10 pm daily): (800) TLC-TEEN (852-8336)  
or (310) 855-4673  
This is a toll-free confidential helpline for teenage callers.  
- TEEN LINE website http://teenlineonline.org/ offers online chat, email help, message boards, resources and information  
- Text "TEEN" to 839863 between 5:30-9:30pm to speak with peer counselors

National Suicide Prevention Lifeline (24/7):  
(800) 273-TALK (8255)  
For military and their families, press 1 for the Crisis Line.  
Callers will be routed to the nearest crisis line in your area.

Trevor Project Lifeline for LGBTQ Youth (24/7):  
(866) 488-7386  
This is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.  
http://www.thetrevorproject.org

Sexual Assault & Rape Hotlines (24/7):  
(800) 585-6231 (Los Angeles) and  
(800) 656-HOPE (national) or visit  
https://ohl.rainn.org/online/