

LOS ANGELES ORGANIZATIONS FOR MENTAL HEALTH & SUICIDE PREVENTION

- [Didi Hirsch Mental Health Services](https://didihirsch.org/services/)—<https://didihirsch.org/services/>
- [American Foundation for Suicide Prevention \(AFSP\): Greater Los Angeles and Central Coast Chapter](https://afsp.org/blog/) (support groups and advocacy efforts) : <https://afsp.org/blog/>
- [California Black Women's Health Project](#)
- [Mindful Connections](#)
- [National Alliance on Mental Illness \(NAMI\): Westside Los Angeles](https://www.nami.org/support-education/support-groups/nami-family-support-group/) (support groups for families that have suffered a suicide loss): <https://www.nami.org/support-education/support-groups/nami-family-support-group/>
- 988 National Suicide and Crisis Hotline: for suicidal, mental health, and substance use crisis or any other emotional distress [Call](https://988lifeline.org) and [Chat & Text](https://988lifeline.org) : <https://988lifeline.org>
- DMH Warmline's Angeles County residents, primary entry point for mental health services
- Teen Line: ages 10-20 text TEEN to 839863—calls 6-10pm, chats, email, text from 6-9pm PST

[Gender Wellness of Los Angeles](#)

- [Los Angeles LGBT Center: Mental Health Resources](#)

SUPPORT GROUPS FOR THOSE IMPACTED BY SUICIDE LOSS

- [SOLACE – Support Group for Survivors of Suicide Loss](#)
- [Survivors After Suicide – Support Group for Teens](#)
- [Friends for Survival – In Person & Virtual Support Group Meetings](#)
- [Alliance of Hope – Community Forum](#)

CRISIS SUPPORT

- The Trevor Project: LGBTQ+ Youth – [Call, Chat & Text 1-866-488-7386](https://www.thetrevorproject.org/)
- Trans Lifeline Hotline – [Call 1-877-565-8860](https://www.translifeline.org/)—available 7am-1am
- Veterans Crisis Line – [Call, Chat & Text](https://www.veteranscrisisline.net/)

- California Youth Crisis Line – [Call & Text](#)
- Crisis Text Line – [Call & Text](#)
- Didi Hirsch Teen Line – [Call, Email & Text](#)

Together for Wellness website; suicide prevention resources curated by [Jocelyn Meza, Ph.D.](#)

- <https://www.togetherca.org/m/tfw-2/73?topic=101258564>