



## Cityline Cares – Mental Health Resources

### Mental Health Support:

- [Suicide Hotline](#): 9-8-8
- [Mental Health Hotline](#)- 800-854-7771
- [Crisis Text Line](#)- TEXT “LA” to 741741
- [National Suicide Prevention Hotline](#)- 1800-273-8255 / 1-888-628-9454 (En Español)
- [The Trevor Project](#)- 866-488-7386
- [Asian Pacific Counseling and Treatment Centers](#)- 213-252-2100 (Multilingual)
- [Los Angeles Gay and Lesbian Center](#)- 323-993-7400
- [Bellflower Behavioral Health Hospital](#)- 800-249-5551
- [Project Return-Peer Support Network](#) - 323-346-0960 : Tina Enwall
- LA County Mental Health Support - <https://dmh.lacounty.gov/our-services/>

### Substance Abuse

[SAMHSA National Helpline](#)- 1-800-662-4357

[SASH](#)- 844-804-7500

[Little House](#)- 562-925-2777 (women only)