



RESOURCES

This list includes selected offices and community resources that can be helpful before, during and after a crisis and that may be shared with students and parent’s/caregivers.

EMERGENCY SERVICES

Los Angeles School Police Department (LASPD) (213) 625-6631
Watch Commander (24/7-entire year)

LA County Department of Mental Health ACCESS (Psychiatric Mobile Response Team) - 24/7 - Mobile response services in the event of a critical incident, including Psychiatric Mobile Response Teams (PMRT) and School Threat Assessment Response Teams (START). These teams respond to schools, offices, and homes. (800) 854-7771

CRISIS LINES

National Suicide Prevention Lifeline (24-hour hotline) – a crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends. (800) 273-8255 or (800) 273-TALK
 (800) 784-2433 or (800) SUICIDE

Institute on Aging - Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. (800) 971-0016

PATH Addiction Treatment Crisis Support – Telehealth and phone recovery support line that provides linkages to online support groups and interim brief therapy prior to linkage (323) 205-7088

LA County INFO Line (24-hour hotline) – for community resources and information within Los Angeles County. 211
www.211la.org

ONLINE TOOLS

Standard data fees and text messaging rates may apply based on your plan.

[National Center for PTSD \(Post Traumatic Stress Disorder\)](https://www.ptsd.va.gov/apps/ptsdcoachonline/handouts.htm)
<https://www.ptsd.va.gov/apps/ptsdcoachonline/handouts.htm>

[Emotions Anonymous](https://emotionsanonymous.org/welcome.html) – Emotions Anonymous International is a nonprofit organization that offers support groups based on the 12 Steps of Alcoholics Anonymous.
<https://emotionsanonymous.org/welcome.html>

[ACTCoach APP](#) – Acceptance and Commitment Therapy App developed by the US Department of Veterans Affairs that offers tools, resources and information to help combat Post Traumatic Threat Disorder.

<https://apps.apple.com/us/app/act-coach/id804247934>

[Depression and CBT Self Help Guide](#) – An App that contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system to help the user learn to manage stress in their life and engage in self-care behaviors can improve symptoms and mood.

<https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en>
