



ABCD Resource Sheet

Clinics and local resources for the Los Angeles Area

Apps and Tech Services

Beacon 2.0

Beacon is a portal to online applications (websites, mobile applications and internet support groups) for mental disorders reviewed and rated by health experts.

<http://www.beacon.anu.edu.au>

Mindfulness for Teens

This website has resources to help teens use mindfulness to handle stress, including apps to practice meditation and guided meditation recordings.

<http://www.mindfulnessforteens.com>

Strength of Us

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing.

<http://www.strengthofus.org>

Bereavement Resources

Hospice of the Conejo – Adults and Children Services, Spanish Speakers

<http://www.hospiceoftheconejo.org>

80 E Hillcrest Dr., Suite 204, Thousand Oaks, CA 91360

Call: (805) 495-2145

Maple Counseling Center – Adults and Children Services

<http://www.tmcc.org>

439 N. Canon Dr., Suite 209, Beverly Hills, CA 90210

Call: (310) 271-9999

National Hospice and Palliative Care Organization

<http://www.nhpco.org>

Call: (800) 658-8898

Call (Multilingual): (877) 658-8896

Clinics

The Saban Free Clinic

<http://www.thesabanfreeclinic.org>

General Info: (323) 653-1990

Teen Health Hotline: (310) 855-4673 or text TEEN to 839863

Venice Family Clinic

<http://www.venicefamilyclinic.org>

604 Rose Ave., Los Angeles, CA 90291

Call: (310) 392-8636

The Wallis Annenberg Children and Family Health Center at Hollywood Wilshire Health Center

<http://www.sabancommunityclinic.org>

5205 Melrose Ave., Los Angeles, CA 90038

Call: (323) 653-1990

Hotlines

Didi Hirsch – Suicide Prevention Hotline

<http://www.didihirsch.org>

Call: (877) 7-CRISIS (727-4747)

National Suicide Prevention Lifeline – 24 Hours, Local Referrals

<http://www.suicidepreventionlifeline.org>

Call: 998

(800) 273-TALK (8255)

(888) 628-9454 (En Español)

(800) 799-4TTY (4889)

The Trevor Project

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk.

<http://www.thetrevorproject.org>

Text: (866) 488-7386 or text START to 678678

Mental Health Online Resources

Center for Young Women’s Health and Young Men’s Health

These websites provide a series of guides on emotional health, including on test anxiety, depression, bullying, and eating disorders.

<http://www.youngwomenshealth.org>

<http://www.youngmenshealthsite.org>

Go Ask Alice!

Geared at young adults, this question and answer website contains a large database of questions about a variety of concerns surrounding emotional health.

<http://www.goaskalice.columbia.edu>

PACER'S National Bullying Prevention Center

<http://www.pacer.org/bullying/resources>

Reach Out

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal and helpful tips on how to relax.

<http://www.au.reachout.com>

Other Resources

Childhelp National Child Abuse Hotline

<http://www.childhelp.org>

Call: (800) 4-A-CHILD (422-4453)

Los Angeles Department of Social Services Child Protection Hotline

<http://www.dcss.lacounty.gov/child-protection-hotline-digital-toolkit/>

Call: (800) 540-4000

Kids Under Twenty One (KUTO) Crisis Helpline

<http://www.kuto.org>

Call: (888) 644-5886

National Alliance on Mental Illness

<http://www.nami.org>

Call: (800) 950-NAMI (6264)

National Dating Abuse Hotline

<http://www.loveisrespect.org>

Call: (866) 331-9474

National Domestic Violence Hotline

<http://www.thehotline.org>

Call: (800) 799-SAFE (7233)

National Safe Place

<http://www.nationalsafeplace.org>

Call: (800) RUN-AWAY (786-2929) or text SAFE to 44357 with your current location to get the. Contact information of the closest safe place to you.

National Sexual Assault Hotline

<http://www.rainn.org>

Call: (800) 656-HOPE (4673)

Rape, Abuse & Incest National Network (RAINN)

<http://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones>

Start your Recovery

<http://www.startyourrecovery.org/experiences/sexual-assault>

Stop It Now Hotline

<http://www.stopitnow.org/>

Call: (888) PRE-VENT (773-8368)