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 that collaborate with 7 cities and agencies, 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**

**URGENT CARE CENTERS (UCCs) for ages 12-adult** – 23-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.

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**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 Avenue  
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

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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>Older Adult Navigators (60+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</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></td>
</tr>
</tbody>
</table>
| 2            | Child: Michelle Rittel (213) 739-5526  
Adult: La Tina Jackson (818) 610-6708 | Fang “Colin” Xie (818) 610-6729  
Susan Mendez (818) 610-6739 | Gerri Washington (213) 598-0970 | Darrell Scholte (818) 610-6705  
Michele L. Renfrow (818) 610-6724 |
| 3            | Child/TAY: Frances Liese (626) 430-2914  
Adult: Eugene Marquez (626) 430-2915 | Vanessa Torres (626) 430-2948 | Socorro Ramos (626) 430-2949 | Eugene Marquez (626) 430-2915 |
| 4            | Nancy Weiner (213) 922-8120  
Navigator Main Phone Number (213) 922-8122 | Luz Smith (213) 922-8123 | Christina Padilla (213) 922-8132 | Phyllis Moore-Hayes (213) 922-8129 |
| 5            | Child & TAY: Monika Johnson (310) 482-6609  
Adult: Gwendolyn Davis (310) 482-6613 | Jeong Min Rhee (310) 482-6610 | Jeong Min Rhee (310) 482-6610 | Samantha Howard (310) 482-6612  
Kim Phan (310) 482-6616 |
| 6            | Angela Shields (323) 298-3671 | Dana Calloway (310) 668-4374 | Jasmin Cherhal (213) 435-3362 | Perla Cabrera (310) 668-4902 |
| 7            | Jessica Ahearn (213) 639-6733  
Main Phone Number: (213) 738-4683 | Cheryl Lopez (213) 738-2900 | Cheryl Lopez (213) 738-2900 | Alicia Ibarra (213) 738-6150 |
| 8            | Chad Brinderson (213) 276-5503  
Main: (562) 256-7717 | April Hagerty (562) 256-1280 | Emily Serna (562) 256-1277 | Jenny Nguyen (562) 256-1278  
Trisha Deeter (562) 256-1279  
Nicole Beaubien (213) 738-2327  
Jung Ahn (213) 738-3446 |
LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Prevention Bureau: (213) 738-2147
- Child Welfare Division: (213) 739-5465
- Medical Hubs/Specialized Foster Care: (213) 739-5474
- Family Preservation/Wraparound/Intensive In-Home Mental Health Services: (213) 739-5475
- Countywide Case Management Administration: (213) 739-2360
- Family and Community Partnerships (213) 739-5428

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.

Transition-Age-Youth (TAY) System of Care: (213) 738-4644

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.

Children’s Medical Services: (800) 288-4584
This County agency serves children with chronic illnesses or disabilities and will address mental health illness 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
This is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.

Los Angeles & Orange County Suicide Prevention Crisis Line (24/7): (877) 727-4747
This 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/