

Trauma Resources for Los Angeles-Area Communities

[SAMHSA National Disaster Distress Helpline](#)

- A 24/7, free, confidential national helpline that connects you to immediate crisis counseling if you are experiencing emotional distress related to a disaster. This includes survivors of the disaster, loved ones of victims, first responders, rescue and recovery workers, faith leaders, local leaders, and parents and caregivers. Call for yourself or for someone else.
- Contact the helpline by phone:
 - English: Call or text "talk" to 1-800-985-5990 and press "1"
 - Español: Llama o envía un mensaje de texto 1-800-985-5990 presiona "2"
 - Deaf and Hard of Hearing ASL: [Connect directly with an agent](#) in American Sign Language or call 1-800-985-5990 from your videophone
 - Disaster Distress webpage in other languages:
 - Arabic [العربية](#)
 - Chinese [繁體中文](#)
 - Creole [Kreyòl Ayisyen](#)
 - Farsi [فارسی](#)
 - French [Français](#)
 - German [Deutsch](#)
 - Vietnamese [Tiếng Việt](#)
 - Italian [Italiano](#)
 - Japanese [日本語](#)
 - Korean [한국어](#)
 - Polish [Polski](#)
 - Portuguese [Português](#)
 - [Tagalog](#) a major language spoken in the Philippines
 - Russian [Русский](#)

[988 Suicide & Crisis Lifeline](#)

Available 24 hours a day, 7 days a week for free, confidential help if you or somebody you know is experiencing a mental health, substance use, or suicide crisis. Call or text 988, or chat at 988lifeline.org in English or Spanish to be connected to a trained crisis counselor. Deaf and Hard of Hearing call 711, then 988 or [click here for ASLNow](#). Veterans call 988, then press 1 or text any word to 838255. For other language support, you must call 988 and ask for help in the language you speak. They will get you a Tele-Interpreter.

NAMI HelpLine Article, [“Wildfires, hurricanes and other disasters can have significant mental health impacts. What do I need to know?”](#)

[Wildfire trauma resources for children and adolescents](#) by the National Child Traumatic Stress Network

Local Resources

- [NAMI Greater Los Angeles County](#)
 - For local NAMI resources in the Los Angeles Area [click here](#)
 - NAMI GLAC *Connect with Hope Warmline* is here for you if you need somebody to talk to during this difficult time. It is staffed by Certified Peer Support Specialists and is available Monday through Friday from 10 AM to 8 PM PT
 - Call 818-208-1801 or email Hope@NAMIGLAC.org
 - Free support groups for individuals living with mental health conditions (Connections Recovery Support Group) and for those loving someone with a mental health condition (Family Support Group) are also available.
 - [Find a support group here](#)
- [NAMI Westside Los Angeles](#)
 - English Warmline: 1-424-293-0645
 - Línea de apoyo emocional: 1-424-293-0646
 - Free support groups are also available
 - [Family Support Group](#)
 - [NAMI Connections Peer Support Group](#)
 - [De Persona a Persona](#), un espacio especializado para nuestra vibrante comunidad hispanohablante.
- [NAMI Urban Los Angeles](#)
 - Free support groups are also available. You can find the next one on the [calendar found here](#).
 - [Family Support Group](#)
 - [NAMI Connections Peer Support Group](#)
 - [NAMI 가족 지원 그룹](#) (NAMI Korean Support Group)
 - [Grupo de Apoyo para Familiares de NAMI](#) (Family Support Group in Spanish)
 - [Grupo de Apoyo “Conexión y Recuperación” de NAMI](#) (Peer Support Group in Spanish)
- [NAMI California](#)
 - The state chapter of NAMI, National Alliance on Mental Illness, that provides support, education, advocacy, and awareness for people with mental health conditions and their families.
- [Los Angeles Department of Mental Health \(DMH\) Disaster Mental Health Resources](#)

- Mental Health Help Line -- 24/7 multilingual LA County hotline enables disaster victims to receive screening, assessment, referrals and crisis counseling over the telephone.
- Call (800) 854-7771 or text “LA” to 741741 to find immediate help or access local mental health services.
- Para cualquier pregunta relacionada con el manejo del estrés y problemas de salud mental, comuníquese con nuestro departamento de salud mental al numero (800) 854-7771
- [Mental Health and Stress After An Emergency](#)
 - Discusses common reactions to emergencies like wildfires and outlines things you can do for both you and your child to stay safe and well
- [LA County Emergency Response and Recovery](#) Page
 - Disaster Distress Helpline at 800-985-5990
 - CalHOPE Warmline at 833-317-4673
- [Mobile Crisis Rapid Response Team \(MCRRT\)](#)
 - Available 24/7
 - Phone Number: 800-854-7771 (Press 1 for crisis services)
 - Main Office: 11080 W Olympic Blvd, Los Angeles, CA 90064
 - Opción de habla española disponible (Spanish speaking option available)
 - Services include deployment of crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and patient transport. Request Psychiatric Mobile Response team made up of two DMH clinicians; law enforcement will be involved only if requested by clinicians based on danger assessment.
- [211LA](#)
 - Text your zip code to 898211
 - Opción de habla española disponible (Spanish speaking option available)
 - 24/7 help in finding disaster services, support or referrals you or your family may need during or after a disaster.

Recursos en Español

Explora estos recursos en español para ayudarte a comenzar una conversación sobre la salud mental con miembros de tu familia y tu comunidad.

- [Salud Mental y Estrés Después de Una Emergencia](#)
- [SanaMente.org](#)
- [Actividades sencillas para niños y adolescentes](#)

- Ofrece ideas de actividades para padres y cuidadores cuyas familias se están refugiando en el lugar, sin electricidad y recuperándose de un huracán u otro evento.

[NAMI HelpLine 2025 Selected Resources](#)

[Please click here for access to NAMI HelpLine's online directory in English](#)

[Please click here for access to NAMI HelpLine's online directory in Spanish](#)

- [Child Mind Institute](#) offers information about signs, symptoms, and treatment for common mental health issues, including trauma, that affect children and teens. The organization's website also offers a symptom checker to inform parents about possible diagnoses and offer information about possible diagnoses to discuss with a mental health professional.
- [Handouts for Survivors](#) is a free downloadable subsection of the Psychological First Aid Manual, features coping strategies, including information about post-disaster emotional and physical reactions and tips on social support, relaxation, parenting after disasters, and self-care for adults.
- [International Society for the Study of Trauma and Dissociation \(ISSTD\)](#) offers a treatment locator for finding therapists and treatment facilities that specialize in treatment of trauma and dissociation, and FAQs about dissociation.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers a webpage with coping tips for traumatic events and disasters.
- [TF-CBT National Therapist Certification Program](#) offers a "Find a Therapist" locator on its website to find a clinician in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) treatment for people impacted by trauma; search by location, name and other criteria.
- [The EMDR International Association \(EMDRIA\)](#) offers a "Find an EMDR Therapist" locator on its website; search by location, name and other criteria. EMDR therapy is psychotherapy for the treatment of trauma.
- [The JED Foundation](#) protects emotional health and prevents suicide for adolescents and young adults; the organization's website offers a webpage on "[How to Cope with Traumatic Events](#)," including tips on coping and recognizing when trauma requires professional help.
- [The National Institutes of Health \(NIH\)](#) is the lead federal agency for research on mental health conditions. NIMH offers a [fact sheet on self-care](#), including an overview of self-care, tips to get started, information about when to seek professional help and videos on managing stress and anxiety, that may be helpful for coping in the aftermath of a traumatic event.
- [The National Institutes of Health \(NIH\)](#) is the largest biomedical research agency in the world. NIH offers an [emotional wellness toolkit](#) that includes fact sheets on managing emotions, stress reduction, sleep, mindfulness and coping with loss, that may be helpful for coping in the aftermath of a traumatic event.



- [The U.S. Department of Veterans Affairs National Center for PTSD](#) offers a webpage with resources for survivors and the public following disaster and mass violence, including information sheets about common reactions, short- and long-term coping strategies, tips on self-care after disasters, tools to help with symptoms following trauma and links to crisis services.