



RESOURCE GUIDE

This list includes selected offices and community resources that can be helpful before, during and after a crisis. **Remember that your first call in a life-threatening emergency should be to 911.** To reach specific personnel, refer to the LAUSD Guide to Offices at www.lausd.net, under “Offices”.

EMERGENCY SERVICES

<p>LA County Department of Mental Health ACCESS (Psychiatric Mobile Response Team) - 24/7 -collaborates with School Mental Health Crisis Counseling & Intervention Services for the administration and coordination of all mental health and law enforcement 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.</p>	<p>(800) 854-7771</p>
<p>Valley Coordinated Children’s Services - a County funded resource to provide crisis intervention, assessment, short-term stabilization and treatment, and evaluation and referral for psychiatric mobile response team. This agency serves children ages 3 - 17 years old in the San Fernando Valley.</p>	<p>(818) 708-4500</p>
<p>Mental Evaluation Unit (MEU), including SMART - for law enforcement and mental health response, when an individual is a flight risk, violent, or high risk for harm to self or others.</p>	<p>(213) 996-1300 (213) 996-1334</p>

CRISIS LINES

<p>National Suicide Prevention Lifeline (24-hour hotline) – a crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends.</p>	<p>(800) 273-8255 or (800) 273-TALK (800) 784-2433 or (800) SUICIDE</p>
<p>Didi Hirsch Suicide Prevention Center (24-hour hotline) - a 24-hour crisis line for individuals who are contemplating, threatening, or attempting suicide, including their family and friends.</p>	<p>(877) 727-4747</p>
<p>California Youth Crisis Line (24-hours hotline, bilingual)</p>	<p>(800) 843-5200</p>
<p>Trevor Project – Trevor Lifeline (24-hour hotline) - provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.</p>	<p>(866) 4-U-TREVOR (866) 488-7386</p>

Teen Line (6PM – 10PM) - a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily.	(800) 852-8336 (800) TLC-TEEN
Parents, Families and Friends of Lesbians & Gays (PFLAG) Helpline - for individuals or families experiencing issues related to sexual orientation and/or gender identity.	(888) 735-2488
LA County INFO Line (24-hour hotline) – for community resources and information within Los Angeles County.	211 www.211la.org

TEXT AND CHAT RESOURCES

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

Crisis Text Line (24-hours) - provides crisis intervention via text message using your mobile device.	Text LA to 741741
Lifeline Crisis Chat (11am-11pm, 7 days/week) - provides crisis intervention via chat online.	http://www.crisischat.org/chat
Teen Line (6pm–10pm) - provides teen to teen crisis intervention via text message using your mobile device.	Text TEEN to 839863
TrevorChat – Trevor Project (3pm-10pm, 7 days/week) – online instant messaging with a TrevorChat counselor. Visit www.thetrevorproject.org and click on the Chat icon on the right at the top of the page.	www.thetrevorproject.org
TrevorText – Trevor Project (3pm-10pm, Monday-Friday) – provides crisis intervention via text message using your mobile device.	Text TREVOR to 1-202-304-1200

LAUSD RESOURCES

Los Angeles School Police Department (LASPD) Watch Commander (24/7-entire year)	(213) 625-6631
School Mental Health (including Crisis Counseling & Intervention Services) For consultation Monday-Friday from 8:00 am-4:30 pm	(213) 241-3841
Division of Special Education, Behavior Support Unit	(213) 241- 6701

Education Equity Compliance Office	(213) 241-7682
Human Relations, Diversity and Equity, SHHS	(213) 241- 3840
Local District (LD) Operations Coordinators	Refer to LD Directory
Office of Communications	(213) 241-6766
Office of General Counsel	(213) 241- 6601
Division of District Operations	(213) 241-5337
Student Discipline Proceedings and Expulsion Unit	(213) 202-7555
Student Health and Human Services (SHHS)	(213) 241-3840

ONLINE RESOURCES

School Mental Health, LAUSD - <http://smh.lausd.net> - for information and referral forms for mental health services at clinics and Wellness Centers throughout the District.

Suicide Prevention, Crisis Counseling and Intervention Services - <http://suicideprevention.lausd.net> or <http://ccis.lausd.net> - for information and resources related to suicide prevention, intervention and postvention services.

The National Center for School Crisis and Bereavement (NCSCB) – www.schoolcrisiscenter.org – dedicated to helping schools support their students through crisis and loss.

National Suicide Prevention Lifeline – www.suicidepreventionlifeline.org – for resources including therapy and support group finder, self-care, education on risk factors and warning signs, and safety planning. Also includes information for Spanish speakers, hearing impaired individuals, and service members.

Family Acceptance Project – <http://familyproject.sfsu.edu> - for research-based, culturally grounded approaches to helping ethnically, socially and religiously diverse families decrease rejection and increase support for their LGBT children.

“My3” App - <http://www.my3app.org/safety-planning/> - a safety planning tool that allows users to create a safety plan programmed with 3 supportive contact people, the National Suicide Prevention Lifeline, and 911.

LAUSD Staff/Responder Emergency Plan - <http://achieve.lausd.net/emergencyapps> - mobile application.