

You Matter

ask for help.



The Lifeline is a national network of over 200 local, independent crisis centers that provide free and confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.

Call or Text 988 or Chat
988lifeline.org



Text "LA" to 741-741 to reach the 24/7 support Crisis Text Line for anyone in the U.S. A live trained counselor will reach you over text within minutes.

Text "LA" to 741-741



The Trevor Project is a Lifeline for LGBTQ+ Youth. They offer 24/7 suicide prevention support over live chat, text and their suicide prevention hotline.

(866)488-7386
Text "START" to 678-678



Teens Helping Teens. Text or call the number between 6 – 10 p.m. to talk to another teenager. Other hours are operated by qualified volunteers.

(310)855-HOPE (4673)
Text "Teen" to 839-863



The nonprofit National Eating Disorder Association Helpline is available by phone Monday - Thursday from 11 a.m. - 9 p.m. ET, and Friday from 11 a.m. - 5 p.m. ET and by text Monday - Thursday from 3 - 6 p.m. ET and Friday from 1 - 5 p.m. ET.

(800)931-2237
Text "NEDA" to 741-741



The Asian American Drug Abuse Program supports substance abuse services in Los Angeles County. Programs and services are provided to all individuals, regardless of race or ethnicity.

(323)293-6284

Coping Strategies to Use:

- ✓ Meditation
- ✓ Mindfulness
- ✓ Yoga
- ✓ Breathing exercises
- ✓ Grounding skills (putting your hands in water, picking up or touching items near you, breathing deeply, savoring a food or drink or even taking a short walk)
- ✓ Journaling
- ✓ Acceptance
- ✓ Seeking therapy

Coping Strategies to Avoid:

- ✗ Substance abuse or self-medication
- ✗ Violence and abuse
- ✗ Self-harm
- ✗ Compulsivity or repeatedly engaging in actions that are unpleasant or troubling to you
- ✗ Dissociation or disconnecting from your thoughts and feelings
- ✗ Catastrophizing or imagining the worst possible outcome of an action or event
- ✗ Isolating from your loved ones