**Warmlines:** A warmline is a phone number you can call to have a conversation with someone who can provide support during hard times. Warmlines are staffed by trained peers who have been through their own mental health struggles and know what it’s like to need help. Warm lines aim to be an accessible resource that people can use for support before they’ve reached a critical point.

* + [**Emotional Support Warm Line**](https://dmh.lacounty.gov/our-services/disaster-services/access-hotline/)**:** Trained active listeners available from 10:30 AM-9:00PM daily **800-854-7771** (option 2 when dialing in to the helpline)
  + [**California Peer-Run Warm Line**](https://www.mentalhealthsf.org/warm-line/): **855-845-7415** (option 4 English). Provides accessible mental health support by using the wisdom of lived experience to connect, inspire hope, and empower the community toward unlimited recovery.
  + [**The BeWellLine**](https://www.bewellline.com/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)**:** **866-349-6597** a CalHOPE-sponsored initiative, offers 100% free peer support services to all California residents.
  + [**24 Hour Disability Support Line**](https://thearcca.org/project-connect/)**:** If you are a person with a disability, a caregiver, family member, or provide support services and are struggling, call **1-888-847-3209**. Counselors are available 24/7 and provide resource referrals, assessments, & ongoing wellness checks.
  + [**Teen Line:**](https://www.teenline.org/) Provides support, resources, and hope to any teen who is experiencing challenges or mental health struggles. **800-852-8336** Daily from 6:00PM-10:00PM or text TEEN to 83986

**Crisis Resources:**

In case of any mental health or medical emergency, below please find a list of emergency/hotline services:

* + **911**: Call law enforcement if there is an imminent risk of physical danger to self or others or visit your nearest emergency room if someone is having a medical emergency.
  + [**988 Suicide and Crisis Prevention Lifeline**](https://988lifeline.org/)**:** The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Dial, text, or chat with [**988**](https://988lifeline.org/talk-to-someone-now/)for support.
  + [**LACDMH ACCESS Center Helpline**](https://dmh.lacounty.gov/our-services/disaster-services/access-hotline/)**:** The ACCESS Center has a 24/7 Helpline and they also have the *Psychiatric Mobile Crisis Response Teams* which will mobilize a team of clinicians instead of the police. The PMRT will meet an individual wherever they are and will attempt to de-escalate a crisis **1-800-854-7771**.
  + [**Behavioral Health Urgent Care Center (BHUCC):**](https://www.starsinc.com/bhucc-industry/) Is a place where people experiencing a mental health crisis can go to be stabilized or for emergency medication refills. It can be compared to an Urgent Care Center where people often go for a medical emergency instead of going to the hospital ER. The BHUCC is open 24 hours a day, seven days per week. **(626) 626-4997** located at 18501 Gale Avenue, Suite 100, City of Industry, CA 91748