



GLENDALE UNIFIED SCHOOL DISTRICT
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Students Wellness Services
Dr. Ilin Magran
Director

Mental Health Resources

- **[LA County Department of Mental Health Hotline](#)**
You can call 1-800-854-7771, or if you prefer texting with someone, use the crisis text line and initiate a conversation with trained counselors by texting “home” to 741741
 - People struggling with substance abuse can reach out to the Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).
- **[National Suicide Prevention Lifeline](#)**
Call 800-273-8255 or text “Hope” to 916-668-ICAN) offers free, confidential 24/7 help.
- **[Crisis Text Line](#)**
Text “Home” to 741741 and it lets people connect to a trained crisis counselor without having to talk on the phone.
- **[National Alliance on Mental Illness](#)**
They have put together a helpful [PDF guide with coronavirus-related questions and resources](#).
- **LA Forward - [Crisis Response Guide for Mental Health Care](#)**