

Mental Health & Support Resources

Southern California

You matter. Reaching out for help is a sign of strength. These resources can connect LIUNA members and families with confidential mental health, crisis, recovery, and community support.

NEED HELP NOW?

Call or text **988** for 24/7 crisis support.

If you or someone else is in immediate danger, call 911 or go to the nearest emergency room.

For LIUNA Members & Families

Laborers Health & Welfare Trust for Southern California

626-279-3000 | Monday-Friday, 8:00 AM-5:00 PM

Health & Welfare support for Southern California Laborers.

Member Assistance Program (MAP)

800-999-7222

Counseling and behavioral health support for Southern California Laborers and their families.

Mental Health & Crisis Support

988 Suicide & Crisis Lifeline

Call or text 988 - available 24/7

Support for mental health, substance use, and suicidal crises.

NAMI Helpline

800-950-NAMI (6264) | Text NAMI to 62640

Mental health information, emotional support, and resources.

SAMHSA National Helpline

800-662-HELP (4357)

Free, confidential, 24/7 treatment referral and information for mental health and substance use disorders.

Disaster Distress Helpline

800-985-5990

24/7 crisis counseling for emotional distress related to natural or human-caused disasters.

Recovery & Community Support

FindTreatment.gov

FindTreatment.gov

Confidential treatment locator for mental health and substance use services.

Recover Together

Locator for nearby recovery support groups and treatment resources, including AA and NA.

Project Return Peer Support Network - SoCal Warmline

888-448-4055 | Spanish: **888-448-4050**

Peer-run, non-crisis emotional support from people with lived experience.

Southern California Crisis Lines

Los Angeles County

800-854-7771 - 24/7

Mental health crisis intervention, evaluation, and referrals.

Orange County

Warmline: **855-625-4657** | Crisis: **855-622-7474**

Confidential emotional support and crisis response.

San Diego County

888-724-7240 - 24/7

Multilingual crisis support, substance use referrals, and mental health resources.

Riverside County

951-686-HELP (4357)

Local crisis support and assistance.

Support for Specific Needs

National Domestic Violence Hotline

800-799-SAFE (7233) | Text **START** to **88788**

Confidential crisis intervention, information, and referrals.

Veterans & Military Families

Guardian Revival offers no-cost support for military, veterans, first responders, and families. **inTransition** provides confidential mental health coaching for service members and veterans.

Youth & Families

JED Foundation supports teen and young adult emotional health. **Soluna** provides free coaching for young people. **BrightLife Kids** provides free coaching for California families with children ages 0-12.

Additional California support: CalHOPE, NAMI California, and 211 can help connect you with mental health and community services.

YOU MATTER. REACH OUT.