

What do I do in the case of an emergency after hours?

In the case of a life threatening emergency, immediately call 911. If you are having thoughts of suicide or self-harm call the:

- ❖ National Suicide Prevention Lifeline at: 1-800-273-8255
- ❖ Los Angeles Warm Line: 888-448-9777
- ❖ National Domestic Violence Hotline: 1-800-799-7233
- ❖ National Sexual Assault Hotline: 1-800-656-4673
- ❖ Addiction Resource Rehab Hotline: 1-888-459-5511
- ❖ CA Youth Crisis Line: 1-800-843-5200 (talk/text/chat)
- ❖ Panic Disorder Info Hotline: 1-800-647-2642
- ❖ Crisis Text Line: Text HOME to 741-741
- ❖ Emotional Support (7 Cups of Tea): [7cups.com](https://www.7cups.com)
- ❖ NAMI's National Helpline: 1-800-950-6264

