

Counseling/Mental Health Resource List

[Department of Mental Health Website](#)

has therapists on-call at 800-854-7771

[Diana Dowds, MFT - The Help Shop](#)

LOW COST therapy and tutoring

461 W. 6th Street, Suite 214

San Pedro, CA 90731

310-833-9300 [Map](#)

[Los Angeles County Resources Website](#)

County of Los Angeles INFO Line - 211

and hotline at 800-339-6993 provides referrals for counseling, financial assistance, food and shelter.

[Citywide Services Directory Website](#)

City of Los Angeles INFO Line - 311

provides referrals for counseling resources.

[Suicide Prevention Center Website](#)

hotline at 877-727-4747 has therapists on-call at 800-854-7771

[TEEN LINE Website](#)

310-855-4673 or 800-852-8336 TEEN LINE was founded in 1980 to help adolescents address their problems through a confidential peer hotline and community outreach program.

[Los Angeles County Department of Mental Health](#) is located at:

550 South Vermont Ave

Los Angeles, CA 90020

24/7 Hotline Service 1-800-854-7771