

COVID-19

Los Angeles County Department of Public Health Coping with Stress

This document has been retired

- If you need to speak with someone about your mental health, contact your doctor or call the Los Angeles County Department of Mental Health (LAC DMH) 24/7 Helpline at 1-800-854-7771.
- Local mental health & wellbeing resources are available on the LAC DMH dmh.lacounty.gov/get-help-now/ and the 211LA webpage 211la.org/resources/subcategory/mental-health.
- More information, including a list of crisis hotlines, is available on the CDC webpage [Coping with Stress](#).
- LA County residents have free access to iPrevail.com, an online mental health resource in English and Spanish. Features include on-demand chat with trained peer coaches, community support groups, and self-paced lessons to help with life's everyday stressors.

