

External Mental Health Resources

Where to look for help outside of USC.

211: Call 211 for free referral service for basic needs and various human services including mental health. Can assist with mental health crises and long-term care resources.

Archangels: A clearinghouse for caregiver resources. Search by location and across various caregiver needs, including veteran-specific needs.

Asian American Psychological Association Provider Directory: Connects Asians and Asian Americans to culturally aware mental health providers.

California Department of Health Care Services Mental Health Services Division: General information for county mental health services from prevention to acute care. Contact 800-854-7771 for Los Angeles County. Income-based eligibility requirements.

Caregiver Action Network: Resources for caregivers and a caregiver helpline (855-227-3640) weekdays 8 a.m. to 7 p.m. ET (5 a.m. to 4 p.m. PT).

The Loveland Foundation: Financial support to subsidize therapy for Black women and girls.

Mental Health America: Comprehensive resource directory and information hub for mental health conditions including assistance in finding care.

National Alliance on Mental Illness (NAMI): Helpline via phone (800-950-6264), text (62640), and email (helpline@nami.org) weekdays 10 a.m. to 10 p.m. ET (7 a.m. to 7 p.m. PT), free support groups (in-person and virtual), and mental health education.

National Domestic Violence Hotline: Free, confidential 24/7 hotline via phone (800-799-7233), text “start” to (88788), and live chat. Local resources, legal help, deaf services, and Native American services available.

National Maternal Mental Health Hotline: Free, confidential 24/7 hotline via phone or text message (800-852-6262). Connection to a professional counselor in English and Spanish within minutes for individuals, concerned partners, or family members. Provides local resources and free support groups.

National Suicide Prevention Lifeline: 24/7 hotline via phone (988). Specific crisis lines for Spanish speakers (888-628-9454), veterans, and the deaf and hard of hearing.

Postpartum Support International: Provides non-emergency perinatal mental health education, resources, and direct support to families and new parents. Free support groups. PSI helpline in English and Spanish (800-944-4773) provides a callback within 24 hours.

RAINN/National Sexual Assault Hotline: Free, confidential 24/7 hotline via phone (800-656-4673). Spanish language support specialists are available.

Therapy for Latinx: One-stop shop for individuals looking for a Latinx therapist.

Zencare: Vetted search engine to find therapists. Can search by location, type of care, specialty, insurance, treatment modalities, languages spoken, accessibility, and identity.

If you or someone you know is experiencing a medical or mental health emergency, please call 911 or go to your nearest emergency room.

