



MENTAL HEALTH RESOURCES

EMERGENCY HEALTH SERVICES

*HARBOR/UCLA MEDICAL CENTER
PSYCHIATRIC EMERGENCY ROOM*
1000 W. Carson Street, Bldg. D6
Torrance, CA 90509
(310) 222-3144

*DEL AMO HOSPITAL
PSYCHIATRIC EMERGENCY ROOM*
23700 Camino Del Sol
Torrance, CA 90505
(310) 530-1151

PSYCHIATRIC MOBILE RESPONSE TEAM
(800) 854-7771

COUNSELING



*SOUTH BAY CHILDREN'S HEALTH CENTER
CHILD GUIDANCE CLINIC*
(310) 328-0855

TORRANCE JUVENILE DIVERSION
(310) 618-5555

*MANHATTAN BEACH
COMMUNITY COUNSELING*
(310) 529-4946

FREEDOM 4 U
(800) 501-9801

HOTLINES

In cases of emergency, dial 911.

Crisis Text Line

Text "HELLO" to 741-741 & a counselor will respond

LA County Suicide Prevention Crisis Line 24/7
(877) 727-4747

National Suicide Prevention Lifeline 24/7
(800) 273-TALK (8255)

Trevor Project Lifeline for LGBTQ Youth 24/7
(866) 488-7386

Teen Line
(800) TLC-TEEN (852-8336) or text "TEEN" to
839863 to speak with peer counselors.

PROGRAMS & RESOURCES

South Bay Families Connected
www.southbayfamiliesconnected.org

Care Solace
www.caresolace.com/torranceparents

BCHD Resources & Referrals
www.bchd.org/resources

Didi Hirsch Mental Health Services
www.didihirsch.org

Teen Line
www.teenlineonline.org

Your mental health matters.

Social-Emotional Programs & Resources



South Bay Families Connected - <https://www.southbayfamiliesconnected.org/tusd>
Resources for students (in middle and high) and parents (in all grades) for wellness and substance use prevention. SBFC offers TUSD parents access to free resources, education events, authentic South Bay stories from parents and teens, current videos, and resources for issues related to social media, stress, depression, peer pressure, and yes, drugs, vaping, alcohol, and more.



Care Solace - <https://caresolace.com/torranceparents>
This platform is for students struggling with substance use addiction and/or mental health issues. Care Solace is a safe, simple, confidential, and efficient way to select the right provider for the individual needing care.



BCHD Resources & Referrals - <http://www.bchd.org/resources>
Find health-related resources and information for students, adults and families who need additional support and assistance with mental health, medical, dental, vision & hearing, substance use, and more. Contact Beach Cities Health District's Community Services Department for more information at 310-374-3426, ext. 256.



Weekly Parent Chat - <https://www.southbayfamiliesconnected.org/events>
Wondering if your child is experimenting with drugs or alcohol? Trying to manage student stress? Seeking guidance around social media and technology? A free weekly support group provided in partnership with [Beach Cities Health District](#), [Thelma McMillen Center](#), and South Bay Families Connected. All parents are welcome! Every Monday at 10 a.m. at the Beach Cities Health District ([map](#))

Know the five signs.



Adapted from the national Change Direction initiative. Learn more at changedirection.org.

Suicide Prevention

Torrance Unified School District acknowledges the importance of recognizing warning signs for crisis/trauma/suicide to prevent, intervene, and provide post-care for students who have considered or attempted suicide. TUSD has implemented a suicide prevention, intervention, and post-vention policy that specifically addresses the needs of students who exhibit suicidal ideation. Please see your school counselor for more information.

In cases of emergency, dial 911. For help, please utilize the resources below:

- Crisis Text Line – Text "HELLO" to 741-741 and a counselor will respond
- LA County Suicide Prevention Crisis Line (24/7): (877) 727-4747
- Teen Line (800) TLC-TEEN (852-8336) or <http://teenlineonline.org> or text "TEEN" to 839863 to speak with peer counselors
- National Suicide Prevention Lifeline (24/7): (800) 273-TALK (8255)
- Trevor Project Lifeline for LGBTQ Youth (24/7): (866) 488-7386



The Gathering Place – Bereavement Support

The mission of The Gathering Place is to encourage healing, health, strength and confidence in those who have experienced the death (within the last two years) of a loved one. They focus is on support groups that specialize in bereavement services for adults, teens and children. (310) 546-6407