

MENTAL HEALTH RESOURCES

24/7 HELP LINE

LA County Department of Mental Health

1(800)854 -7771

RACIAL EQUITY AND ANTI -RACISM RESOURCES

LA County Department of Mental Health

[https:// dmh.lacounty.gov /resources/ racial -equity/](https://dmh.lacounty.gov/resources/racial-equity/)

ASSOCIATION OF BLACK PSYCHOLOGISTS

[https:// abpsi.site -ym.com /search/ custom.asp?id =5934](https://abpsi.site-ym.com/search/custom.asp?id=5934)

BLACK PSYCHOLOGISTS

From Psychology Today

[https:// www.psychologytoday.com /us/therapists/ african -american /ca/los -angeles -county](https://www.psychologytoday.com/us/therapists/african-american/california-los-angeles-county)

UCLA MINDFUL AWARENESS

Resource Center

[https:// www.uclahealth.org /marc/](https://www.uclahealth.org/marc/)