

Navigating DMH System

THERE ARE MANY WAYS TO NAVIGATE THE DMH SYSTEM SUCH AS:

DMH website : dmh.lacounty.gov

911 Call right away for life threatening mental or medical issues.

DMH ACCESS LINE 1-800-854-7771 Need assistance for mental health? Please call for general services, urgent care centers; locate local mental health clinics, food banks, jobs, community activities, etc.

SUICIDE HOTLINE 1-877-727-4747 If you or someone you know is considering suicide. Help is a phone call away

PSYCHIATRIC MOBILE RESPONSE TEAM (PMRT) 1-800-854-7771

Does your loved one need urgent mental health services? Request PMRT to come to your home for an assessment?

DIAL 211 or log on to **WEBSITE: www.211la.org** 211 LA is a nonprofit organization that provides access to comprehensive health and social services as well as disaster support for LA County residents.



DMH Office of Consumer and Family Affairs

Family Helpline 213 738-3948 email: FamilyAdvocate@dmh.lacounty.gov

Who are we?

There are times families do not know who to turn to. You can contact our Family Advocates. They are waiting to take your calls. We receive family inquiries, request for services, resources, complaints and praises for services rendered.

On-duty family advocates and community workers are available Monday through Friday 8 am – 5 pm.

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PATIENTS RIGHTS OFFICE (213) 738-4888 OR 1800 700-9996 as a consumer you do you know you have rights? If you have questions, concerns or complaints about mental health treatment call an advocate for assistance.

PUBLIC GUARDIAN'S OFFICE 213 974-0515 If you or someone you know is no longer able to care for themselves, their property, or finances a legal representative called a conservator may be appointed by the court to give assistance. You can call for more information or obtain an appointment.

JAIL (213) 473-6100/ LASD. Org website

For men, Twin Towers: call 213-473-6183

For women, Lynwood (CRDF): call 323-568-4678

It can be a difficult and stressful experience when a loved one with a mental illness is in jail. The tips below may be helpful for families to advocate for their loved one including: ensuring receipt of proper psychiatric treatment, medication support, and mental health diagnosis is considered during the court process

- ❖ Los Angeles Sheriff Department website at LASD.org and click on "inmate information".
- ❖ General custody or locating inmate- call (213) 473-6100.
- ❖ Healthcare concerns, call the medical command center at (213) 893-5544 or
 - complete form "*Inmates with Medical or Mental Illness*" (available in Spanish or English)
- ❖ Visitation concerns call Visiting at (213) 893-5150.
- ❖ Concerns about the inmate mental health treatment share your concerns with clinician first. If it is not resolved call Patient Rights (213) 738-2679.
- ❖ Inquire about the Mental Health Court Liaison Program - 626-403-4370

assists mentally ill defendants in the criminal justice system. Not all clients can have a court liaison.

A court liaison can only be involved at the request of the public defender.

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ADULT URGENT CARE CENTERS

LA County has walk in clinics to provide immediate help? You can stay up to 24 hours without being hospitalized, get assistance and return home when you feel better.

- **SERVICE AREA 2 – SAN FERNANDO VALLEY**
OLIVE VIEW URGENT COMMUNITY CARE SERVICES
14659 Olive View Dr.,
Sylmar, CA 91342
Ph: (818) 485-0888
- **SERVICE AREA 4 – DOWNTOWN**
(EASTSIDE) EXODUS URGENT CARE CENTER
1920 Marengo Street
Los Angeles, CA 90033
Ph: (323) 276-6400
Fax: (323) 276-6498
<https://www.exodusrecovery.com/l-a-eastside-ucc/>
- **SERVICE AREA 5 – WEST LOS ANGELES**
(WESTSIDE) EXODUS URGENT CARE CENTER
11444 W. Washington Blvd. STE D
Los Angeles, CA 90066-6024
Ph: (310) 253-9494
Fax: (310) 253-9495
<https://www.exodusrecovery.com/urgent-care-center-ucc-westside/>
- **SERVICE AREA 6 – SOUTH LOS ANGELES**
MLK Urgent Care Center by Exodus
12021 S. Wilmington Ave.
Los Angeles, CA 90059
Ph: (562) 295-4617
Intake: 1-800-829-3923
<https://www.exodusrecovery.com/urgent-care-center-mlk/>
- **SERVICE AREA 8 – SOUTH**
LA CASA MENTAL HEALTH URGENT CARE CENTER
6060 Paramount Blvd.
Long Beach, CA 90805
Ph: (562) 630-8672
Fax: (562) 529-2463
<http://www.telecarecorp.com/mental-health-urgent-care-center/?rq=urgent%20care>

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HOUSING INFO WEBSITES

- ❖ **DMH Housing services** www.dmh.lacounty.gov-> Our Services-> Housing (*go to website and follow these links*)
- ❖ **Housing for LA County**-www.Housing.lacounty.gov-Assisting residents in locating affordable housing and resources (Sec8, low income, disability, etc.)
- ❖ **Entry System (CES)** All single adults that are experiencing homelessness, should be assessed by the Housing Coordinator- *Speak with your case manager at DMH Mental Health Clinics*
- ❖ **Homeless Families & Pregnant Women** Call 211 ask for Homeless Family Solution System (HFSS) or website: www.211la.org
- ❖ **Housing Rights Center** (800) 477-5977 or www.HousingRightsCenter.org -to speak with housing counselor for questions about tenant rights, rental, evictions and more.
- ❖ **LAC Office of Consumer & Business Affairs** (800) 593-8222 www.dcba.lacounty.gov Provides information for rentals, eviction, owners, consumer rights and more.
- ❖ **Shelters and Drop In centers**- call 211 or website www.211la.org

They provide emergency housing, some provide showers, and clothing and laundry services may be available.
- ❖ **Veterans Mental Health Program & VALOR**-Provides housing and resource for veterans
- ❖ **Housing Resource Center**-877-428-8844 or www.socialserve.com- Assisting residents in locating housing resources for affordable housing (Sec8, low income, disability) nationwide.