

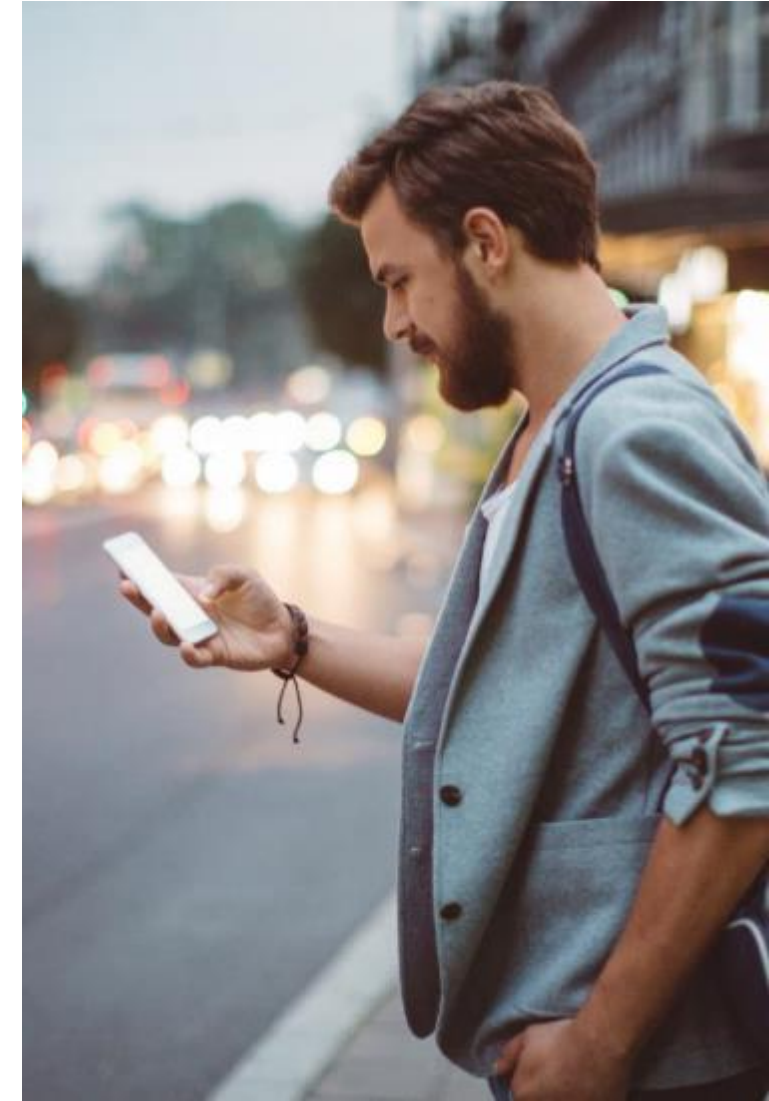


ACCESS CENTER
1(800) 854-7771



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

ACCESS operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. Services include deployment of crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and patient transport.



ACCESS CENTER SERVICES

- Handle COVID related calls to disseminate resources (shelters, testing, food banks, facilities closures etc.)
- Provide referrals and dispatch field response teams on crisis calls.
- Handle transfers from the two newly implemented lines
 - LA County DMH Helpline in 2020 and has been assisting callers with appropriate information, referrals, and crisis response. This is an Emotional Support Line that went live on April 20, 2020 to provide emotional support to DMH teleworkers, volunteers and volunteer organizations and to help callers with increased anxiety related to COVID -19.
 - The Veteran's Line (Veteran Peer Access Network – VPAN Support Line) went live on June 6, 2020 to assist callers needing support or assistance connecting to resources. This VPAN Support Line is staffed by Veterans and military-related family members.
- Most recently ACCESS has been handling calls related to the Bobcat and Lake Fires.

THANKYOU!

Disaster Distress Helpline

DDH is the only national hotline dedicated to providing year-round disaster crisis counseling for first responders and anyone impacted by a disaster.

24/7, Call or Text 800-985-5990

After a manmade or natural disaster, DDH offers support and extra assistance to cope with unfolding events and uncertainties.



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WARNING SIGNS OF DISASTER DISTRESS

If you find yourself or a loved one experiencing some of the feelings and reactions listed below for 2 weeks or longer, you can always #TalkWithUs at 1-800-985-5990. We want to help you through.

1. Crying spells or bursts of anger
2. Difficulty eating
3. Difficulty sleeping
4. Losing interest in things
5. Increased physical symptoms, such as headaches or stomachaches
6. Fatigue
7. Feeling guilty, helpless or hopeless
8. Avoiding family and friends



Stress is the way we react emotionally, mentally, and physically to situations that we find difficult, threatening, or unmanageable.

Barriers to Reaching Out

Why might people hide their distress?

I don't want others to judge me

I should know how to handle this

Others have it so much worse

I NEED to be strong!

I can't fall apart

I'm scared


Nothing can be done

My family is counting on me



Stories of strength and recovery after a disaster.

If you are experiencing emotional distress or other mental health concerns after a disaster, the **DISASTER DISTRESS HELPLINE** is here for you 24/7/365:

 **1-800-985-5990**

Or, text **1-800-985-5990**.

For TTY Users: Use your preferred relay service or dial **711** then **1-800-985-5990**



Explore stories about strength after...



EARTHQUAKE →



HURRICANE OR
FLOOD →



MASS VIOLENCE →



PUBLIC HEALTH
CRISIS →



TORNADO →



WILDFIRE →

www.strengthafterdisaster.org



WILDFIRE

“A lot of people would have thrown their hands up and walked away.”

Flying W Ranch plans to reopen in 2018

VIA THE DENVER POST



BOSTON MARATHON
BOMBINGS

“Don’t be afraid to talk to people. One of the worst things we do with mental health is that there’s this huge stigma around it. We don’t talk about it...don’t be afraid to send someone a text and check in on other people.”

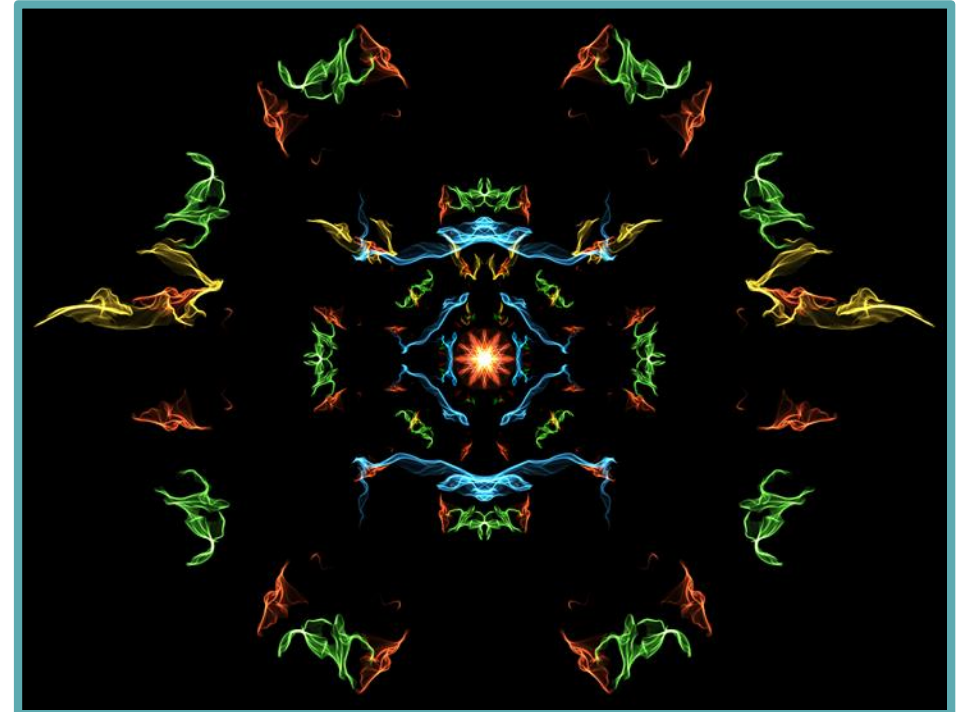
www.strengthafterdisaster.org

VIA ASSOCIATED PRESS

WELCOME TO A SAFE SPACE.

brought to you by Vibrant Emotional Health

The Safe Space is home to resources and tools to provide you with some extra support in an emotionally safe environment.



www.vibrant.org/safespace/

Reaching Out

Disaster Distress Helpline:

800-985-5990

Suicide Prevention Lifeline:

800-273-8255

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