



## SCHOOL MENTAL HEALTH

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smh.lausd.net | ccis.lausd.net

# MAY — MENTAL HEALTH AWARENESS MONTH

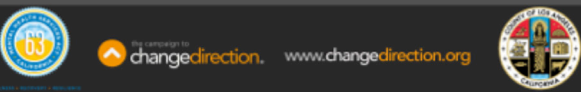
May is nationally recognized as Mental Health Awareness Month, an opportunity to raise awareness about the importance of mental health, promote wellness, and fight the stigma associated with mental illness and accessing mental health treatment.

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps influence how we relate to others, make choices, and handle stress. Mental health is important at every stage of life, from childhood through adulthood, and ranges on a continuum from well-being to mental illness. Life experiences may affect where we are on the continuum at different points in our lives. This is a reminder that emotional well-being is just as important as physical well-being.

### Healthy Habits of Emotional Well-being

<b>Take care</b> Eat well, sleep well, exercise	<b>Check in</b> With family, friends & counselors	<b>Engage</b> You can't be healthy emotionally if your relationships aren't	<b>Relax</b> Be active, meditate, garden, dance, laugh, cook, sing.	<b>Know</b> Know the Five Signs of emotional suffering



The biggest barrier to addressing mental health issues is our own perception. Here are five ways we can begin to change the way we view mental health in our school communities:

1. **Create Dialogue** – around barriers and access to mental health care; encourage care for those we love and for ourselves; and build community awareness.
2. **Know the Five Signs of Emotional Suffering** – personality changes; uncharacteristic anger, anxiety or agitation; isolation or withdrawal; self-neglect or risky behavior; and hopelessness.

know the five signs.

Reach out, connect, inspire hope, and offer help.

personality changed? agitated? withdrawn? poor self-care? hopeless?

#ChangeMentalHealth  
visit  
[www.changedirection.org](http://www.changedirection.org)

3. **Learn Healthy Habits** – proper eating, sleeping, and physical activity; engage in positive relationships; relax to reduce stress; identify the five signs of emotional suffering; and reach out, connect with and helping others.
4. **Choose an Idea** – set the stage in your community.
5. **Get Involved** – register at [www.changedirection.org/engage-la/](http://www.changedirection.org/engage-la/); take photos and post to social media using #ChangeMentalHealth; and share with others.

# SMH Clinics and Wellness Centers

## North Valley Clinic

6651-A Balboa Blvd., Van Nuys 91406  
Tel: 818-758-2300 | Fax: 818-996-9850

## West Crenshaw Wellness Center

3206 W. 50th St., Los Angeles 90043  
Tel: 323-290-7737 | Fax: 323-290-7713

## Hyde Park Clinic

6519 S. 8th Ave., Bungalow #46, Los Angeles 90043  
Tel: 323-750-5167 | Fax: 323-759-2697

## Washington Wellness Center

1555 West 110th St., Los Angeles 90043  
Tel: 323-241-1909 | Fax: 323-241-1918

## South 97th Street School Mental Health Clinic

Barrett Elementary School  
439 W. 97th St., Los Angeles 90003  
Tel: 323-754-2856 | Fax: 323-418-3964

## San Pedro Clinic

704 West 8th St., San Pedro 90731  
Tel: 310-832-7545 | Fax: 310-833-8580

## Locke Wellness Center

316 111th St., Los Angeles 90061  
Tel: 323-418-1055 | Fax: 323-418-3964

## Carson Wellness Center

270 East 223rd St., Carson 90745  
Tel: 310-847-7216 | Fax: 310-847-7214

## East Bell/Cudahy School Mental Health Clinic

Ellen Ochoa Learning Center  
7326 S. Wilcox, Cudahy 90201  
Tel: 323-869-1352 | Fax: 323-271-3657

## Ramona Clinic

231 S. Alma Ave., Los Angeles 90063  
Tel: 323-266-7615 | Fax: 323-266-7695

## Gage Wellness Center

2880 Zoe Ave., Huntington Park 90255  
Tel: 323-826-1520 | Fax: 323-826-1524

## Elizabeth LC Wellness Center

4811 Elizabeth St., Cudahy 90201  
Tel: 323-271-3650 | Fax: 323-271-3657

## Central Belmont Wellness Center

180 Union Place, Los Angeles 90026  
Tel: 213-241-4451 | Fax: 213-241-4465

## Roybal Clinic

1200 West Colton St., Los Angeles 90026  
Tel: 213-580-6415 | Fax: 213-241-4465

**For clinic referrals visit:**  
[smh.lausd.net](http://smh.lausd.net)

# Treatment is available and treatment works

In any given year, 1 in 5 American youth and adults will experience mental illness. Fifty percent of individuals experiencing mental illness had symptoms that started by age 14. However, on average, there is an 8 to 10 year wait from the time a person starts experiencing mental health symptoms to when they get treatment. Know the signs and help yourself or someone you know get treatment early.

LAUSD School Mental Health has Clinics and Wellness Centers with clinicians that can provide treatment for students and families. For a referral form or more information, visit <http://smh.lausd.net> or call 213.241.3841.



## 13 Reasons Why

A new Netflix series, *13 Reasons Why*, is currently trending with our youth. It portrays the death by suicide of a young adolescent and includes graphic depictions of her death, bullying, substance abuse, and sexual assault. Watching this series without having a healthy adult to guide and process the content can be dangerous to some of our most vulnerable youth. For more information including a parent letter and talking points for discussing the series, visit <http://smh.lausd.net>.

## Resources for Parents/Caregivers & Children/Adolescents

### EMERGENCY INFORMATION/AFTER HOURS SERVICES

If you need IMMEDIATE help, call 911.

For a psychiatric emergency, contact the Department of Mental Health 24-hour ACCESS Center at (800) 854-7771.

### COMMUNITY HOTLINES

Didi Hirsch Suicide Prevention Hotline (877) 727-4747 (24 hours)  
National Suicide Prevention Lifeline (800) 273-TALK (8255) (24 hours)  
Trevor Lifeline (866) 488-7386 (24 hours)  
Teen Line (800) 852-8336 (6pm-10pm daily)

### TEXT AND CHAT RESOURCES

Crisis Text Line – 24/7, free confidential crisis support, all by text message. Text LA to 741741 to reach a trained crisis counselor.  
Crisis Chat (11am-11pm, daily) <http://www.crisischat.org/chat>  
Teen Line - text “TEEN” to 839863

### ONLINE RESOURCES

- Los Angeles County Department of Mental Health <http://dmh.lacounty.gov/wps/portal/dmh>
- California Mental Health Services Authority, Each Mind Matters <http://www.eachmindmatters.org/>
- National Alliance on Mental Illness (NAMI) <https://www.nami.org/>, (800) 950-NAMI
- Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- Mental Health Myths and Facts [www.mentalhealth.gov/basics/myths-facts/](http://www.mentalhealth.gov/basics/myths-facts/)