

CAROLYN'S RESOURCES

50
Years
ACW
EST. 1974

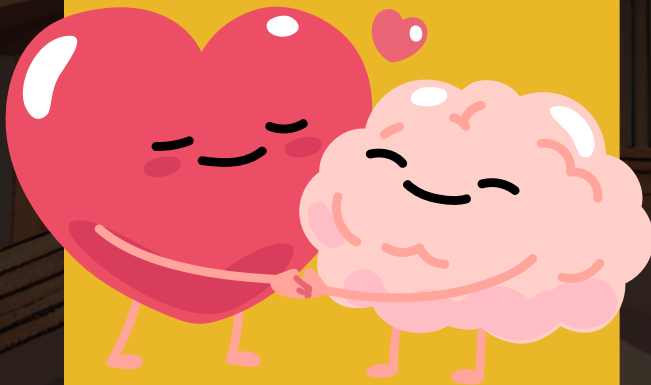
RESOURCES

MENTAL HEALTH

Help is available
Speak with someone today
988 Suicide & Crisis Lifeline
Substance use support
Languages: English, Spanish
Hours: 24/7

SAMHSA'S NATIONAL HELPLINE

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
1-800-662-HELP (4357)



SAD

SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal affective disorder, or SAD, is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression. [CLICK TO SEE SYMTOMS & HELP](#)

Self
care


MENTAL WELLBEING

RESOURCES BY NAMI

"A list of mental health and mental health related resources that service the LA area. If you are interested in more information regarding a resource, feel free to expand the area and click on the particular link."

SUBSCRIBE

- Invite your family and friends to subscribe to our newsletter!
 - Visit acwla.org - scroll to the bottom of the page and enter your email to receive monthly recourses and ACW updates.

 Links embedded on each description! Click to visit sites.