

IF IT DOESN'T FEEL RIGHT, IT PROBABLY ISN'T.



If you see someone struggling with their mental health and showing behavior that could lead to violence towards others or themselves:

- Talk to a trusted person like a teacher, counselor, parent, or caregiver
- Contact **START** - call **(213) 739-5565** or email **START@dmh.lacounty.gov**

You will be anonymous. You will talk to a trained person. You will receive help.

If there is an immediate danger, call 911.