



FOR IMMEDIATE RELEASE
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L.A. County Department of Mental Health Offers Supportive Services and Resources to Those Impacted by Recent Mass Shooting Incidents

LOS ANGELES — In response to the mass shooting incident that took place in Monterey Park on Saturday, January 21, alongside similar recent tragedies in Northern and Central California, the Los Angeles County Department of Mental Health (LACDMH) is providing services and resources to support the mental health and well-being of victims, their loved ones, communities, Los Angeles County residents and others who are impacted and need assistance. Language-specific mental health resources are available on [this page](#) on the LACDMH website.

Dr. Lisa H. Wong, Interim Director of LACDMH, provides the following statement regarding the Monterey Park incident's effect on mental health, particularly among the Asian-American Pacific Islander (AAPI) community:

In the aftermath of the Lunar New Year's Eve mass shooting in Monterey Park, it is critical to recognize and respond to the emerging mental health and wellbeing needs of the victims, their loved ones, survivors and the community. There was a time when we really didn't know much about the aftereffects of mass shootings, but we now have a growing body of research that tells us that these events can be associated with a variety of adverse psychological outcomes in survivors and proximal community members. Even for those who are indirectly exposed, there can be increases in fears and anxiety, along with declines in perceived safety and the community's general sense of well-being. These effects are amplified when there have been multiple trauma exposures, or vulnerabilities in the population, such as with the AAPI population, who have not only experienced the COVID pandemic and associated losses, but also the significant increase in anti-AAPI hate crimes. Additionally, the time when this senseless tragedy occurred can have an impact as well – it happened during the time when many people were celebrating the Lunar New Year, the most important holiday of the year for many in the AAPI community. In response, the Los Angeles County Department of Mental Health has set up dedicated crisis resources and is developing outreach and interventions which will focus on needs going forward.

LACDMH encourages L.A. County residents and community members to seek help if they or their loved ones are experiencing mental or emotional distress by calling **LACDMH's Help Line at (800) 854-7771** as well as the **988 Suicide & Crisis Lifeline**, both available 24/7.

LACDMH first responders have been providing in-person mental health support at the Survivors Resource Center at Langley Senior Center, 400 W. Emerson Avenue, Monterey Park, CA 91754, 7 a.m.-7 p.m. and will continue to do so at least through Friday, January 27th.

Additional information and resources are also available through our website at <https://dmh.lacounty.gov>.

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About The Los Angeles County Department of Mental Health (LACDMH)

As the nation's largest public mental health department, we ensure access to care and treatment for our most vulnerable residents in a region with more than 10 million people. With an annual budget approaching \$3B and a committed staff of 6,000, LACDMH embodies a "heart-forward" approach to supporting hope, recovery and well-being across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).