



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

FOR IMMEDIATE RELEASE

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CONTACT

LACDMH Public Information Office
(213) 738-3700

pio@dmh.lacounty.gov

LACDMH KICKS OFF 2025 TAKE ACTION FOR LA COUNTY CAMPAIGN

The countywide campaign renews its focus on underrepresented and underserved communities, with an emphasis on transition-age youth and young adults

LOS ANGELES — Today, the Los Angeles County Department of Mental Health (LACDMH) introduced its annual *Take Action for Mental Health L.A. County* campaign ahead of its official launch during May which is nationally recognized as Mental Health Awareness Month. This year's campaign details were presented to the Department's community-based partners at the St. Anne's Conference Center near downtown Los Angeles.

The 2025 *Take Action for Mental Health L.A. County* campaign is supported by the [California Mental Health Services Authority](#) (CalMHSA). Sixty-eight (68) local, community-based organizations were collectively granted more than \$4.15 million to host mental health events throughout the month of May. Alongside grantees, LACDMH is also hosting nine large-scale community events at various locations, including the Antelope Valley, South Bay, San Gabriel Valley and more. A final countywide celebration will occur on Saturday, May 31 at Gloria Molina Grand Park in downtown Los Angeles. For a complete list of events and to learn more about the campaign, visit TakeActionLA.com.

"Every year, May is the Department of Mental Health's opportunity to shine a spotlight on the importance of mental health and also uplift communities inspired by hope, recovery and wellbeing," said LACDMH Director Dr. Lisa H. Wong. "When we practice self-care and prioritize our mental wellbeing, we become stronger and more resilient. Our hosted events will help bring communities together and help individuals take action for themselves, their circle and their community."

This year's Take Action events include a variety of free wellness activities from yoga and meditation to art, music and community resources. Additionally, LACDMH is collaborating with high-profile, social impact partners, including the Los Angeles Dodgers, Los Angeles Lakers, Los Angeles Sparks, Los Angeles Football Club, Univision and Meruelo Media who will assist in promoting the events and the Take Action message.

Throughout the year, LACDMH encourages County residents to utilize the resources available through the Department and its partners, including the 24/7 Help Line at (800) 854-7771, 988 Suicide & Crisis Lifeline, [iPrevail digital wellness platform](#), our walk-in clinics and peer resource centers, and our partnerships with L.A. agencies and organizations. To learn more about these resources, visit 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 exceeding \$4 billion and over 7,400 budgeted positions, LACDMH is dedicated to hope, recovery, and wellbeing for everyone across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [Twitter \(X\)](#), [Instagram](#) and [YouTube](#).