

Alternative Resources to iPrevail

1. **Brightlife Kids:** Free Behavioral Health Support for Families with Children Ages 0-12. Personalized support for California families, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more.
2. **Soluna App:** A free digital mental health and wellness platform funded by the California Department of Health Care Services (DHCS) as part of the Children and Youth Behavioral Health Initiative (CYBHI). The platform is available to all California youth ages 13–25 and can be accessed through both mobile and web applications. The app includes 1:1 coaching, interactive tools, peer connection, and care navigation.
3. **988:** The National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. 9-8-8 is available via call or text, and online chat.
4. **LAC 24/7 Help Line (800-854-7771):** The Help Line serves as the primary entry point for behavioral health resources including ACCESS Line for mental health service referrals, crisis assessments, field deployments, and emotional support; Substance Abuse Service Hotline (SASH) for substance use disorder services from the Department of Public Health's Substance Abuse Prevention and Control Bureau; and the Veteran line for mental health support and connection to veteran programs (available M-F 8am to 5pm).