

**Don't Hesitate  
To Reach Out  
Anytime**

**HOPE will  
Perservere**

*For more information,  
go to our:*

**WEBSITES:**

[www.calhope.org](http://www.calhope.org)

[www.namila.org](http://www.namila.org)

*And contact our*

**EMAILS:**

[calhope@dhcs.ca.gov](mailto:calhope@dhcs.ca.gov)

[calhope@namila.org](mailto:calhope@namila.org)



California  
**HOPE**

Due to COVID-19, have you  
been feeling stressed,  
anxious, and lonely?  
**We're here for you.**



**nami**

National Alliance on Mental Illness

Westside  
Los Angeles



**CalHOPE  
Warm line**

# You are not alone

NAMI Westside LA provides advocacy, education, and support to individuals and families so that those who have been touched by mental illness can build better lives. In response to the ongoing pandemic, NAMI Westside LA has partnered with CalHOPE, an organization that delivers crisis support for communities impacted by national disasters guided by the mission to build community resilience.

The following services are available as an Emergency Response to our Community:

- Speak with a crisis counselor on our Warmline
- Chat with a crisis counselor on live chat at [calhopeconnect.org](http://calhopeconnect.org)
  - Be connected to resources
  - Receive public education
  - Get linked to support groups
  - Experience community connection

## California HOPE Provides:

- » FREE resources
- » A call line to talk about your struggles and get emotional support from someone who has persevered through tough situations.

## NAMI WLA CCP Warm line:

English warm line  
(424) 293-0645

Spanish warm line  
(424) 293-0646

NAMI WLA office line:  
310-889-7200

The NAMI WLA Crisis Counseling Program (CCP) warm line

connects callers to counselors who will listen with compassion and without judgement, refer supportive resources, and empower individuals to become advocates for their own mental health.

We are here to offer HOPE