

Mental Health Resources

FOR OLDER ADULTS

If you or someone you know needs mental health support or resources, please share the information below. Don't hesitate to reach out — many FREE resources are available, in multiple languages.

Friendship Line California

If you or someone you know would benefit from talking, friendly people are ready to listen and provide older adults with support through the [Friendship Line](#). Call 888-670-1360. Multiple languages are available.

CalHOPE

The [CalHOPE warm line](#) connects callers 24/7 to people who have persevered through struggles with stress, anxiety, and depression. Call 833-317-HOPE (4673). Multiple languages are available.

National Alliance of Mental Illness (NAMI)

The [NAMI HelpLine](#) has people available to answer questions and offer support and resources. Call 800-950-NAMI (6264), text “HelpLine” to 62640, or chat live at [nami.org](#).

988 Suicide & Crisis Lifeline

Are you or someone you know in immediate crisis? [Call 988](#) for confidential, judgment-free support.

LGBTQIA+ Support

[SAGE x HearMe](#) is an on-demand mental wellness app connecting the older LGBTQIA+ community to trained empathetic listeners — just visit [sageusa.org/hearme](#). The SAGE National LGBT Elder Hotline is available 24/7 at 877-360-LGBT (5428).

Veterans Crisis Line

Veterans and their loved ones can access 24/7 confidential [crisis support](#), even if they're not enrolled in VA benefits or health care. Call 988 then press 1, [chat online](#), or text 838255.

Older Adult Mental Health

A [number of mental health programs for older adults](#) are administered by the California Department of Health Care Services (DHCS) and directly provided at the local level by counties and their contract providers. To find local mental health services, contact your [County Mental Health Department](#).

Mental Health for All

With the goal of achieving better behavioral health care for all, California is transforming its mental health and substance use disorder system. For support and connections, see [mentalhealth.ca.gov](#).

Caregiver Resource Centers

Support for family caregivers is available through a statewide network of 11 [Caregiver Resource Centers](#), offering referrals, respite care, support groups, and more.

Area Agencies on Aging

Connect with local resources in your community, from mental health support to meals, through 33 Area Agencies on Aging (AAA). Call 800-510-2020 or visit [aging.ca.gov](#) to find your local AAA.

Aging in California Resource Guide

A directory of resources and links to services for older adults across California is [available to download](#) in English, Spanish, Chinese, Vietnamese, Tagalog, Korean, and Armenian.