

Mental Health Resources

NATIONAL HOTLINES & DOMESTIC VIOLENCE RESOURCES

National Suicide Hotline 800/SUICIDE; 800/784-2433

Crisis Text Line:

<https://www.crisistextline.org/>

Text HOME to 741741 for free support 24/7 in the US

TEEN LINE "Teens Helping Teens"

6:00pm - 10:00pm pst - 7 days

Toll Free Inside California

1-800-TLC-TEEN

1-800-852-8336

Outside California or If Line is Busy

1-310-855-HOPE

1-310-855-4673

Okay to call collect.

Suicide Prevention Center -

<http://www.suicidepreventioncenter.org/>

24 hours / 7 days

(310) 391-1253

1-877-7CRISIS

*****IF YOU ARE THINKING OF KILLING YOURSELF, PLEASE READ THIS...*****

<https://metanoia.org/suicide/>

National Toll Free & Confidential Hotline for LGBT+ Youth: 24 Hour Support/Suicide
Hotline

866-4-U-TREVOR

866-489-7386

Mental Health Resources

National Sexual Assault Hotline

(800) 656-HOPE

<http://www.rainn.org/>

National Domestic Violence Hotline

1-800-799-7233

<http://www.thehotline.org/>

VICTIMS VOICE APP: A tool to access a legally admissible mechanism for victims to document abuse incidents in a safe, secure, consistent, complete and private manner.

<https://victimsvoice.app/>

National Child Traumatic Stress Network - resources for children on all types of trauma

<https://www.nctsn.org/>

Hotline of Southern California

Crisis Hotline - 10am-12 midnight / 7 days

(562) 596-5548

(714) 894-4242

California Domestic Violence Resources

<https://www.womenslaw.org/find-help/ca/advocates-and-shelters/local-programs>

The National Domestic Violence Hotline

1-800-799-7233 (SAFE)

<http://www.ndvh.org/>

Mental Health Resources

National Hotlines

National Dating Abuse Helpline

1-866-331-9474

<http://www.loveisrespect.org/>

National Child Abuse Hotline/Childhelp

1-800-4-A-CHILD (1-800-422-4453)

<http://www.childhelp.org/>

National Sexual Assault Hotline

1-800-656-4673 (HOPE)

<http://www.rainn.org/>

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

<http://www.suicidepreventionlifeline.org>

National Center for Victims of Crime

1-202-467-8700

<http://www.victimsofcrime.org/>

National Human Trafficking Resource

Center/Polaris Project

Call: 1-888-373-7888 | Text: HELP to BeFree
(233733)

<http://www.polarisproject.org/>

National Network for Immigrant and

Refugee Rights

1-510-465-1984

<http://www.nnirr.org/>

National Coalition for the Homeless

1-202-737-6444

<http://www.nationalhomeless.org/>

National Resource Center on Domestic
Violence

1-800-537-2238

<http://www.nrcdv.org/>

<http://www.vawnet.org/>

Futures Without Violence: The National
Health Resource Center on Domestic
Violence

1-888-792-2873

<http://www.futureswithoutviolence.org/>

National Center on Domestic Violence,
Trauma & Mental Health

1-312-726-7020 ext. 2011

<http://www.nationalcenterdvtraumamh.org/>

National Runaway Safeline

1-800-RUNAWAY or 1-800-786-2929

<https://www.1800runaway.org/>

CHILDREN

Childhelp USA/National Child Abuse
Hotline

1-800-422-4453

<http://www.childhelpusa.org/>

Children's Defense Fund

202-628-8787

<http://www.childrensdefense.org/>

Child Welfare League of America

202-638-2952

<http://www.cwla.org/>

Mental Health Resources

National Council on Juvenile and Family
Court Judges
Child Protection and Custody/Resource
Center on Domestic Violence
1-800-527-3233
<http://www.ncjfcj.org/>

Center for Judicial Excellence
info@centerforjudicialexcellence.org
<http://www.centerforjudicialexcellence.org/>

TEENS

Love is respect
Hotline: 1-866-331-9474
<http://www.loveisrespect.org/>

Break the Cycle
202-824-0707
<http://www.breakthecycle.org/>

College Safety Guide
<http://www.affordablecollegesonline.org/campus-safety-guide/>

DIFFERENTLY ABLED

Domestic Violence Initiative
(303) 839-5510/ (877) 839-5510
<http://www.dviforwomen.org/>

Deaf Abused Women's Network (DAWN)
Email: Hotline@deafdawn.org
VP: 202-559-5366
<http://www.deafdawn.org/>

AFRICAN-AMERICAN

Women of Color Network
1-800-537-2238
<http://www.wocninc.org/>

INCITE! Women of Color Against Violence
incite.natl@gmail.com
<http://www.incite-national.org/>

The Black Church and Domestic Violence
Institute
1-770-909-0715
<http://www.bcdvi.org/>

LATINA/LATINO

Casa de Esperanza Linea de crisis
24-horas/24-hour crisis line
1-651-772-1611
<http://www.casadeesperanza.org/>

National Latin@ Network for Healthy
Families and Communities
1-651-646-5553
<http://www.nationallatinonetwork.org/>

IMMIGRANT

The National Immigrant Women's Advocacy
Project
(202) 274-4457
<http://www.niwap.org/>

INDIGENOUS WOMEN

National Indigenous Women's Resource
Center 855-649-7299
<http://www.niwrc.org/>

Mental Health Resources

StrongHearts Native Helpline: Call or text

1-844-7NATIVE (762-8483) •

<https://strongheartshelpline.org/abuse>

StrongHearts is a 24/7 safe, confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives.

ASIAN/PACIFIC ISLANDER

Asian and Pacific Islander Institute on Domestic Violence

1-415-954-9988

<http://www.apiidv.org/>

Committee Against Anti-Asian Violence (CAA AV)

1-212- 473-6485

<http://www.caaav.org/>

Manavi

1-732-435-1414

<http://www.manavi.org/>

LESBIAN, BI-SEXUAL, GAY, TRANSGENDER, GENDER NON-CONFORMING

The Audre Lorde Project

1-178-596-0342

<http://www.alp.org/>

LAMBDA GLBT Community Services

1-206-350-4283

<http://www.qrd.org/qrd/www/orgs/avproject/main.htm>

National Gay and Lesbian Task Force

1-202-393-5177

<http://www.nglhf.org/>

Northwest Network of Bisexual, Trans, Lesbian & Gay Survivors of Abuse

1-206-568-7777

<http://www.nwnetwork.org/>

Trans Lifeline

877-565-8860

<https://www.translifeline.org/>

ABUSE IN LATER LIFE

National Clearinghouse on Abuse in Later Life

1-608-255-0539

<http://www.ncall.us/>

National Center for Elder Abuse

1-855-500-3537

<http://www.aginginplace.org>

U.S. Department of Veterans Affairs Vet Center (24/7 toll-free): 877-WAR VETS or 1-877-927-8387

There are five Vet Centers located within LA County: East Los Angeles, Antelope Valley, Chatsworth, West Los Angeles and Gardena.

<https://www.vetcenter.va.gov/>

MEN

National Organization for Men Against Sexism (NOMAS)

1-720-466-3882

<http://www.nomas.org/>

Mental Health Resources

A Call to Men

1-917-922-6738

<http://www.acalltomen.org/>

Men Stopping Violence

1-866-717-9317

<http://www.menstoppingviolence.org/>

LEGAL

Battered Women's Justice Project

1-800-903-0111

<http://www.bwjp.org/>

Legal Momentum

1-212-925-6635

<http://www.legalmomentum.org/>

Womenslaw.org

<http://www.womenslaw.org/>

National Clearinghouse for the Defense of
Battered Women

1-800-903-0111 x 3

<http://www.ncdbw.org/>

Legal Network for Gender Equity

<https://nwlc.org/join-the-legal-network/>

SPECIAL EDUCATION & ADVOCACY

Wrightslaw - Site with Special Education
information

[https://www.wrightslaw.com/info/advo.disa
gree.heiten.htm](https://www.wrightslaw.com/info/advo.disa
gree.heiten.htm)

Broome Family Foundation - Legal services
and counseling assistance

<https://www.broomeff.org/>

Public Counsel - Legal Assistance

<http://www.publiccounsel.org/>

NEURODIVERGENT AFFIRMATIVE RESOURCES

ADHD Resources and self assessment
measures -

<https://www.additudemag.com/>

Attention Deficit Disorder Association

<http://www.add.org/>

CHADD <http://www.chadd.org/>

Autism Resources - Embrace ASD

<https://embraceasd.com/>