National Resources

 National Suicide Prevention Hotline: 1-(800)-273-8255

 National Teen line (310) 855-4673 | (1800)- 855-8336

 LGBT National Hotline 1 (888) 843-4564

 NAMI (National Alliance For Mentally Ill) 1- (800) 950-6264

 Domestic Violence Hotline 1- (800) 799-7233

 National Sexual Assault Hotline 1 (800) 656-4673

Local Resources (Ventura County)

 Multiple Resource for Housing, Therapy, Utilities, etc.- 211

Teen Substance Abuse- Engage Treatment Program (805) 497-0605

Therapy, Domestic Violence Services -Interface Children and Family Services (805) 485-6114

Therapy, Domestic Violence Services - Coalition For Family Harmony (805) 983-6014

Therapy, Community Based Programs, Behavioral, Youth Transitional Living & Resources- Casa Pacifica (805) 445-7800

Therapy, Community Based Programs, Behavioral, Youth Transitional Living & Resources – Aspiranet (805) 289-0120

Parent Support, Support Group (Ventura, Spanish), Respite – United Parents (805) 384-1555

Mental Health Services, Therapy, Support Groups, Resources, - NAMI (Ventura County) (805) 500-6264

Mental Health Services, Therapy, Support Groups, Resources, - Ventura County Behavioral Health

1 -(866) 998-2243

Child and Elder Abuse - Child Protective Services (805) 654-3600