



A COMMUNITY RESOURCE GUIDE

for LOS ANGELES COUNTY

Presented by Casa de la Familia in collaboration with Latino UsCC



www.casadelafamilia.org



<https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc/>

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ABOUT CASA DE LA FAMILIA



History

Casa de la Familia (CDLF) is a 501(c)(3) non-profit organization founded in 1996 by Clinical Psychologist, Dr. Ana Nogales, whose vision was to create an organization dedicated to ensuring the long-lasting mental health success of individuals who have experienced a psychological trauma.

Mission

Casa de la Familia's mission is to ensure the long-lasting mental health success of individuals who have experienced a psychological trauma, anxiety, or depressive disorders through the provision of culturally appropriate mental health treatment, advocacy and outreach.

Vision

A community without violence.

Organization

Casa de la Familia specializes in the treatment of post-traumatic, anxiety, and depressive disorders through the provision crisis intervention and long-term individual and family therapy.

For more about Casa de la Familia, please visit <https://casadelafamilia.org/>

ABOUT LATINO UsCC



The Latino UsCC subcommittee was established under the Mental Health Services Act for the purpose of increasing mental health access and to produce stakeholder priorities which will advise DMH's action planning toward development and improvement of its services and partnerships to better engage underserved and marginalized cultural and ethnic communities in Los Angeles County.

The Latino UsCC subcommittee provides DMH with community-driven and culturally specific capacity building project recommendations and/or project concepts for implementation to increase mental health access, awareness, promotion, and decrease stigma with the ultimate goal to reduce cultural and ethnic disparities in access to care and service delivery.

For more information about Latino UsCC, please visit <https://dmh.lacounty.gov/about/mhsa/uscc/latino-uscc/>



Service Planning Area (SPA)

Each geographical area in Los Angeles County is within a SPA, or Service Planning Area. Please click the link below for services within your area. *To see a list of cities within each SPA, please click the link below each SPA listing.*

SPA 1 – Antelope Valley

<http://publichealth.lacounty.gov/chs/SPA1/index.htm>

SPA 2 – San Fernando Valley

<http://publichealth.lacounty.gov/chs/SPA2/index.htm>

SPA 3 – San Gabriel Valley

<http://publichealth.lacounty.gov/chs/SPA3/index.htm>

SPA 4 – Metro LA

<http://publichealth.lacounty.gov/chs/SPA4/index.htm>

SPA 5 – West LA

<http://publichealth.lacounty.gov/chs/SPA5/index.htm>

SPA 6 – South LA

<http://publichealth.lacounty.gov/chs/SPA6/index.htm>

SPA 7 – East LA

<http://publichealth.lacounty.gov/chs/SPA7/index.htm>

SPA 8 – South Bay

<http://publichealth.lacounty.gov/chs/SPA8/index.htm>

Find your Service Planning Area by Zip Code:

<https://dcfs.lacounty.gov/wp-content/uploads/2018/11/Prevention-Aftercare-1.pdf>





Service Areas with City Names County of Los Angeles - Department of Mental Health



Service Areas:

- | | |
|-----------------------|-----------------|
| SA 1: Antelope Valley | SA 5: West |
| SA 2: San Fernando | SA 6: South |
| SA 3: San Gabriel | SA 7: East |
| SA 4: Metro | SA 8: South Bay |

Dr. Jonathan E. Sherin, M.D., Ph.D., Director

Map Created on: Wednesday, January 25, 2017
(ISD, Urban Research - GIS, DN)
Data Source: eGIS Repository
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Community Resource Guide





Mental Health Resources

Los Angeles County Department of Mental Health (LACDMH)

LACDMH's Help Line is available 24/7 to provide mental health support, resources and referrals at

(800) 854-7771.

For more information:

<https://dmh.lacounty.gov/get-help-now/>



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

Casa de la Familia

(CDLF Counseling)

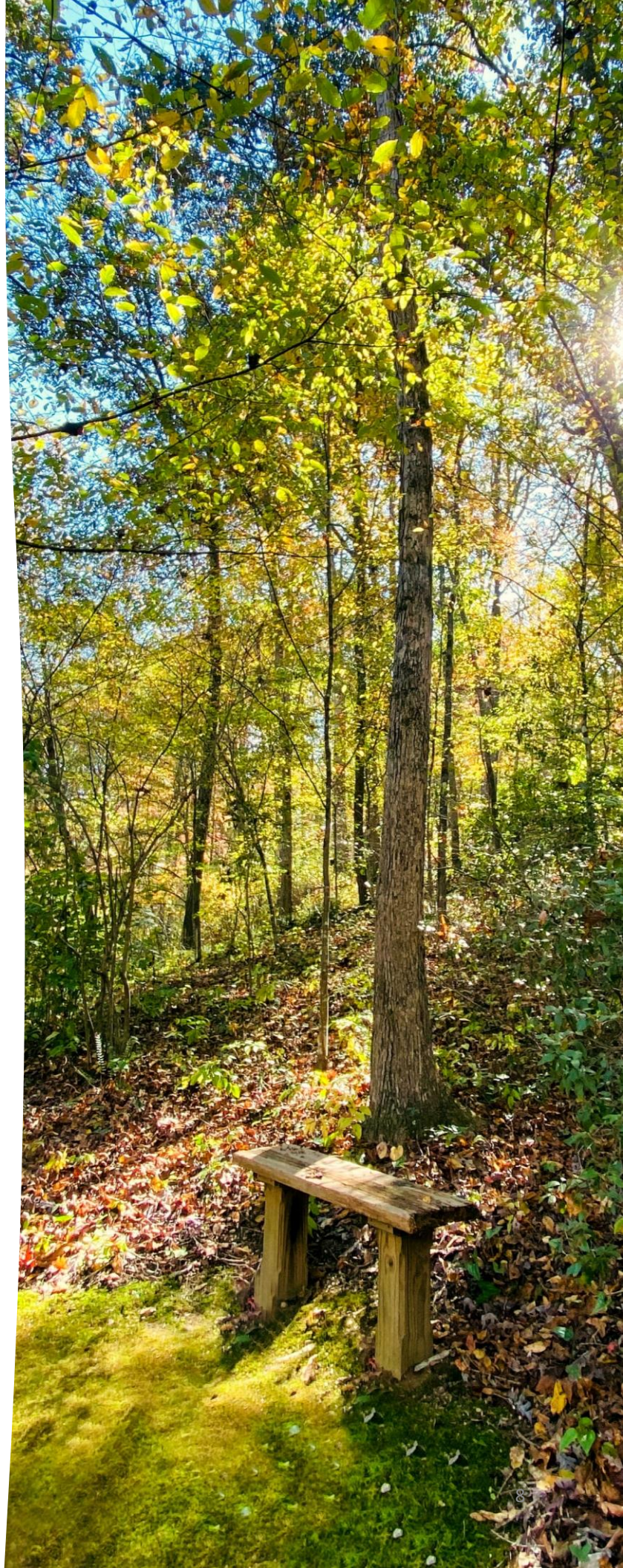
Casa de la Familia's 24/7 hotline for resources and referrals:

(877) 611-CASA or

(877) 611-2272.

For more information:

www.casadelafamilia.org





Domestic Violence

Los Angeles County Domestic
Violence Hotline **1-800-978-3600**

National Domestic Violence
Hotline **1-800-799-7233**

365 days a year, 24 hours a day.

Domestic Violence: Support Groups

Love without Violence

Casa de la Familia offers no-cost women's support groups for survivors of domestic violence.

For more information about the group or to join this support group, visit:

<https://casadelafamilia.org/amor-sin-violencia>

By phone: **(877) 611-CASA** or
(877) 611-2272.



Domestic Violence: Shelters

For a list of shelters in LA County, please visit
NODVLA.ORG

<http://nodvla.org/get-help/shelters/>

LA County Department of Public Services:

<https://dpss.lacounty.gov/en/jobs/gain/sss/domestic-violence/shelters.html>



Domestic Violence: Shelters

1736 FAMILY CRISIS CENTER

24-Hour Hotlines

213-745-6434

310-379-3620

310-370-5902

562-388-1652

Emergency and Transitional Shelters

CENTER FOR THE PACIFIC ASIAN FAMILY, INC.

24-Hour Hotline

(Speciality in Asian or Pacific Islander (API) clients. Chinese, Korean, Tagalog, Thai and Vietnamese languages available)

800-339-3940

Emergency and Transitional Shelters

JEWISH FAMILY SERVICE OF LOS ANGELES

24-Hour Hotline

818-505-0900

Transitional Shelter

HAVEN HILLS, INC.

24-Hour Hotline

818-887-6589

Emergency and Transitional Shelters

JENESSE CENTER, INC.

24-Hour Hotline

800-479-7328

Emergency and Transitional Shelters

SOUTHERN CALIFORNIA ALCOHOL AND DRUG PROGRAMS, INC.

24-Hour Hotline

323-780-4357

Emergency Shelter

OCEAN PARK COMMUNITY CENTER

24-Hour Hotline

310-264-6644

Transitional Shelter

RAINBOW SERVICES, LTD.

24-Hour Hotline

310-547-9343

Emergency and Transitional Shelters



Sexual Assault/Abuse

National Sexual Assault Online Hotline

800-656-HOPE (4673)

Counseling

CASA DE LA FAMILIA provides counseling to youth and adult survivors of Sexual Assault and/or Abuse at no cost.

(877) 611-CASA or (877) 611-2272

YWCA
24-Hour Hotline

(310) 547-9343

<https://www.211la.org/resources/service/sexual-assault-counseling-8>

Emergency and Transitional Shelters

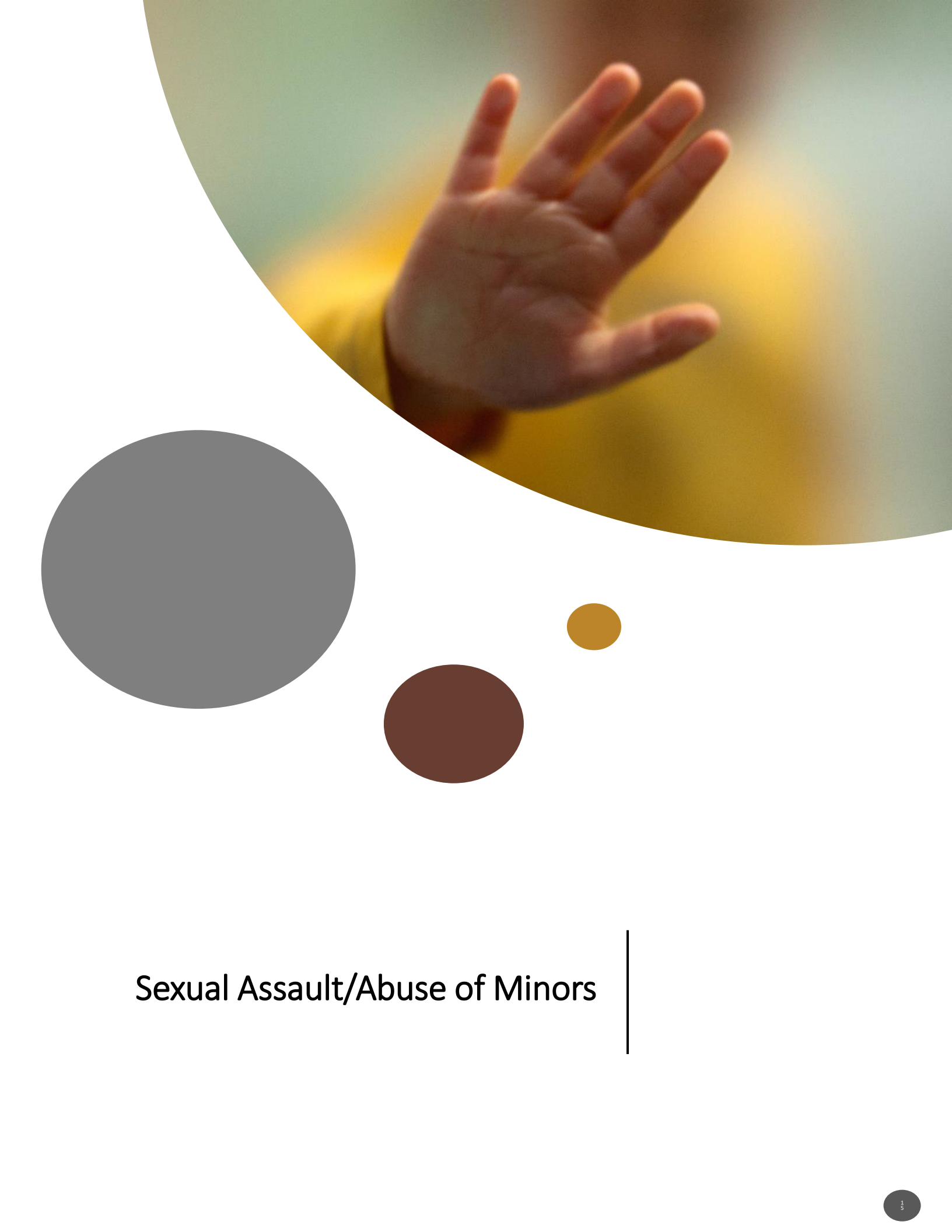
COMMISSION for WOMEN

The following rape crisis centers are designated by the County of Los Angeles as SART (Sexual Assault Response Team) Centers:

<http://laccw.lacounty.gov/Helping-Hands>



Sexual Assault/Abuse Services

A hand is shown reaching out from the top right corner, palm facing forward. The background is a soft, out-of-focus mix of green and yellow. On the left side, there are three overlapping circles: a large grey one, a medium brown one, and a small gold one. A thin vertical line is positioned to the right of the text.

Sexual Assault/Abuse of Minors



Los Angeles County-Department of Children and Family Services

CARES is an online child abuse reporting tool that can be used for non-urgent reports in the place of calling the Hotline

Línea de atención al menor 24 horas - en CA

Denuncia de abuso infantil/respuesta de emergencia

1-800-540-4000

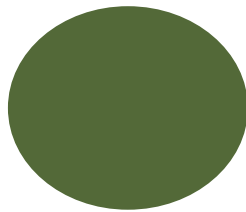
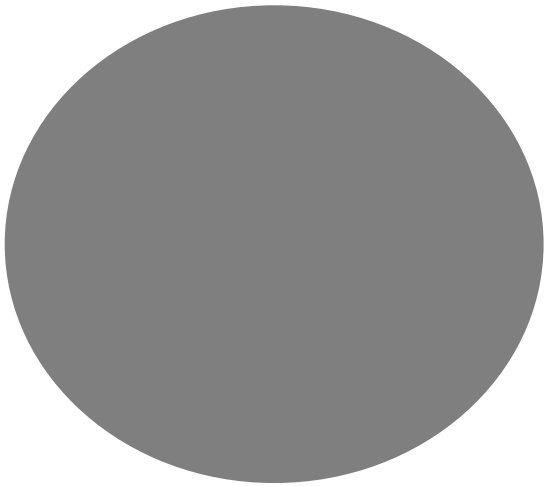
Children's Bureau - Magnolia Place

Child Abuse Prevention

(888) 255-4543 (888-ALL-4-KIDS)

The agency provides child abuse services for abused and neglected children ages 5 and under and their families in Los Angeles and Orange counties. Services include child abuse counseling, child abuse prevention, expectant and new parent assistance for at-risk families, and family preservation programs. Services are provided at two locations. Age restrictions apply; there are no geographic restrictions.

Sexual Assault/Abuse of Minors



Elder Abuse Services



Elder Abuse Hotline:
1-877-4R SENIORS
(1-877-477-3646)

Adult Protective Services:
<https://wdacs.lacounty.gov/programs/aps/>



Substance Abuse Services

SAMHSA's National Helpline

1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

ALCOHOLICS ANONYMOUS

Los Angeles Central Office

4311 Wilshire Blvd., Suite 104

Los Angeles, CA 90010

E: info@lacoaa.org

P: (323) 936-4343

For more information: <https://lacoaa.org/>

NARCOTICS ANONYMOUS

Drug abuse services for people in Los Angeles.

Website: <http://www.na.org>

Hours: **24 hours a day**

Phones:

- Westside/Santa Monica Information
(310) 390-0279
- Greater Los Angeles Information
(323) 933-5395
- Greater East LA Information
(323) 721-5504
- Greater Hollywood Information
(323) 850-1624
- Meetings in Southern California Information
(800) 863-2962



Substance Abuse Resources



BASIC NEEDS



Food Bank / Pantry:

There are food distribution centers throughout LA County, here you can enter your address to find one near you:

<https://www.lafoodbank.org/find-food/pantry-locator/>

211- LA Food Finder

<https://foodfinder.211la.org/-/119.050952,33.735518,-117.636654,34.702715/project?layers=20%2C22%2C18%2C19%2C21>

CalFresh/LA County DPSS:

If you have lost your job, or just need assistance, please apply for CalFresh and other benefits online by visiting the Your Benefits Now (YBN) website at www.dpss.lacounty.gov/ and clicking on the YBN logo to get started.

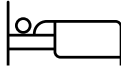
Women, Infants & Children (WIC) Program:

Go to www.phfewic.org/how-wic-works/apply-for-wic/

Senior/Older Adults:

For meals from LA County and City of LA, call **800-510-2020**

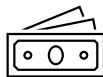
Shelters by SPA:



<https://www.lahsa.org/news?article=676-winter-shelter-program-update-shelter-extensions>

For more information, please call the Winter Shelter Hotline at 1-800-548-6047 (available 24 hours a day, seven days a week).

FINANCIAL ASSISTANCE:



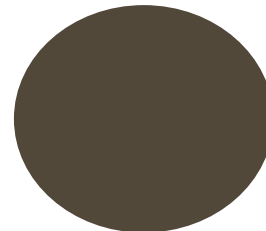
RENT RELIEF

<https://www.211la.org/lacounty/rentrelief>

<https://www.lacda.org/programs/rent-relief>

KNOW YOUR RIGHTS AS A RENTER

<https://laist.com/2020/02/14/renters-guide-housing-apartment-rules-los-angeles.php>



“Nearly 1 in 4 residents has suffered an instance of food insecurity since the pandemic started.”



More Community Resources

211 – LA

Dial 211 from your phone or (800) 339-6993. For online information, visit the web site: <https://www.211la.org/>.

SUICIDE PREVENTION & CRISIS SUPPORT

National Suicide Prevention Lifeline

800-273-8255

If you or someone you care about is in a crisis, call the Suicide Prevention Lifeline to talk with a caring, trained counselor.

LA County Suicide Prevention Network

<https://dmh.lacounty.gov/our-services/countywide-services/la-county-suicide-prevention-network/>

LA County Youth Suicide Prevention Project

<https://preventsuicide.lacoe.edu/>