EMERGENCY NUMBERS

IF YOU ARE EXPERIENCING A LIFE-THREATENING EMERGENCY: CALL 911

IF YOU FEEL LIKE HURTING YOURSELF

- Suicide Prevention Lifeline: (800) 273-8255
- Didi Hirsch’s Suicide Prevention Line: (877) 727-4747
- The Trevor Project (LGBTQ): (866) 488-7386

IF YOU ARE A VETERAN IN NEED OF IMMEDIATE ASSISTANCE

- VA Call Center (US Department of Veteran’s Affairs): (877) 424-3838
- Veteran’s Crisis Line: (800) 273-8255 (press #1)

IF YOU WERE SEXUALLY ASSAULTED

- Sexual Assault Hotline (24/7) at: (800) 886-0453
- Peace Over Violence: (626) 793-3385, (310) 392-8381, (213) 626-3393
- YWCA Greater Los Angeles: 877-943-5778
- RAINN (to get connected to rape crisis center): 800-656-HOPE

IF YOU WERE THE VICTIM OF DOMESTIC VIOLENCE

- DV Hotline at (800) 978-3600
- Peace Over Violence: (626) 793-3385, (310) 392-8381, (213) 626-3393

AVAILABLE SERVICES

- 211 for referral to services in your area

FOR SERVICES AT THE CENTER

- Adults can call the Center for Family Living (Van Nuys) at (818) 901-4854 during business hours (M-F 9-5)
- Macdonald Carey East Valley Mental Health Center (North Hollywood) at (818) 908-3855 during business hours (9-5)
- Children’s Mental Health Services: (818) 574-7745 (also includes transition age youth services)
- Substance Abuse Referrals: (818) 285-1900
- Homeless/Housing: (818) 901-4836

IF YOU’RE CONCERNED A CHILD MAY BE EXPERIENCING CHILD ABUSE OR NEGLECT

- Child Abuse Hotline (800) 540-4000