



San Fernando Valley Community
Mental Health Center, Inc.
moving lives forward

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***