



IN A CRISIS...

Find a location where you feel safe

Remember that it is normal to feel overwhelmed sometimes

Reach out to a trusted friend or loved one for help

24/7 Suicide Prevention Lifeline
(800) 273-8225

24/7 Mental Health Hotline
(800) 670-1410

Crisis Text Line
Text "home" to 741741

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LEARN MORE

ADDITIONAL COMMUNITY RESOURCES

Los Angeles County 211 (211a.org)

Get free and confidential information and referral. Help with food, housing, employment, healthcare, counseling, and more. #211 or (800) 339-6993

For additional copies of this document, contact the Student Rights & Responsibilities Center: SRRC@unex.ucla.edu



UCLA Extension
1145 Gayley Avenue,
Los Angeles, CA 90024
uclaextension.edu

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COMMUNITY RESOURCES





COMMUNITY RESOURCES

INTIMATE PARTNER & DOMESTIC VIOLENCE

Santa Monica Rape Treatment Center

(uclahealth.org/santa-monica/rape-treatment)

Provides 24/7 support, counseling, advocacy, and options for survivors.

(424) 259-7208

Peace Over Violence (peaceoverviolence.org)

Provides comprehensive 24/7 support, advocacy, and counseling for survivors of sexual violence.

(310) 392-8381

ALCOHOL & SUBSTANCE ABUSE

Alcohol/Drug Help Line (adhl.org)

(206) 722-3700

SAMHSA Treatment Services Locator

(findtreatment.samhsa.gov)

Includes special locators for opioid addiction

FOOD & NUTRITION

LA Regional Food Bank (lafoodbank.org)

Searchable food pantry locator

(323) 234-3030

World Harvest (worldharvestla.org/got-food)

Free food in exchange for volunteer time

FINANCIAL ASSISTANCE

Department of Public Social Services

(yourbenefits.laclrs.org/ybn/Index.html)

Food stamps, financial assistance, child care, MediCal



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UC Police Department
(310) 825-1491

HOUSING ASSISTANCE

Los Angeles Housing & Community Investment Department

(hcidla.lacity.org/affordable-housing)

Affordable housing, accessible housing, homeless services, emergency shelters

VETERANS

Veterans Crisis Line

24-hour access line: (800) 273-8255

Call, text or chat online—even if you're not registered with VA or enrolled in VA health care. Text any message to 838255.

Vet Counseling Centers

Free, confidential counseling for combat veterans; does not share records with VA Medical Center.

5730 Uplander Way, Suite 100, Culver City
(310) 641-0326

MEDICAL & COUNSELING

UCLA CAPS (counseling.ucla.edu)

CAPS is not generally open to UNEX students; however, their website contains a wealth of free resources.

Community Provider Database (ucla.rints.com)

Searchable community clinician and provider database.

Includes downloadable pdf of sliding scale counseling centers.

Suicide Lifeline

24-hour access line: (800) 273-TALK (8255)

Text any message to 741741

LA County Dept. of Mental Health (dmh.lacounty.gov)

24-hour access line: (800) 854-7771

Exodus Westside Urgent Care Center

24/7 psychological urgent care for adults

11444 W. Washington Blvd, Suite D

(800) 829-3923

National Alliance on Mental Illness (namila.org)

Support groups, classes, resources, and peer support.