# SRRC Community Resources Brochure

Basic Information
A complete list of community resources can be found at Los Angeles County 211.
[www.211la.org](http://www.211la.org)
PHONE: #211 or 1.800.339.6993
Free and confidential information and referral. Help with food, housing, employment, health care, counseling, and more.

PHOTO: UCLA EXTENSION LOGO
1145 Gayley Avenue
Los Angeles, CA 90024
PHONE: 310.206.2573
[www.uclaextension.edu](http://www.uclaextension.edu)

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

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PHONE: (310) 825-2362 or EMAIL: DeansOffice@uclaextension.edu.

UCLA Police Department Phone: 310.825.1491

## If you are in 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: 1.800.273.8225

• 24/7 Dept. of Mental Health Hotline: 1.800.670.1410

• Crisis Text Line: Text “home” to 741741

## Community Resources by Topic

INTIMATE PARTNER/DOMESTIC VIOLENCESanta Monica Rape Treatment Center
Provides 24/7 support, counseling, advocacy, and options for survivors
(424) 259-7208
[www.uclahealth.org/santa-monica/rape-treatment](http://www.uclahealth.org/santa-monica/rape-treatment)

Peace Over Violence
Provides comprehensive 24/7 support, advocacy, and counseling for survivors of sexual violence
(310) 392-8381
[www.peaceoverviolence.org](http://www.peaceoverviolence.org)

### ALCOHOL/SUBSTANCE ABUSE

Alcohol/Drug Help Line(206) 722-3700
[www.adhl.org](http://www.adhl.org)

SAMHSA Treatment Services Locator
Includes special locators for opioid addiction
<https://findtreatment.samhsa.gov/>

### FOOD/NUTRITION

LA Regional Food BankSearchable food pantry locator
(323) 234-3030
[www.lafoodbank.org](http://www.lafoodbank.org)

World HarvestFree food in exchange for volunteer time
[www.worldharvestla.org/got-food](http://www.worldharvestla.org/got-food)

### FINANCIAL ASSISTANCE

Department of Public Social Services
Food stamps, financial assistance, child care, MediCal
<https://yourbenefits.laclrs.org/ybn/Index.html>

### HOUSING ASSISTANCE

Los Angeles Housing + Community Investment DepartmentAffordable housing, accessible housing, homeless services, emergency shelters
<https://hcidla.lacity.org/affordable-housing>

### VETERANS

Veterans Crisis LineAvailable 24/7; Call, text or chat online - even if you’re not registered with VA or enrolled in VA health care
PHONE: (800) 273-8255
TEXT: 838255

Vet Counseling CentersFree, confidential counseling for combat veterans; Does not share records with VA Medical Center
(310) 641-0326 | 5730 Uplander Way, Suite 100, Culver City

### MEDICAL/COUNSELING

UCLA CAPSCAPS is not generally open to UNEX students; however, their website contains a wealth of free resources
counseling.ucla.edu
Sliding Scale Community Provider Database
<https://ucla.rints.com>

24/7 Suicide Lifeline
PHONE: (800) 273-8255
TEXT: 741741

LA County Dept. of Mental Health
24-hour access line:
(800) 854-7771 | <http://dmh.lacounty.gov>

Exodus Westside Urgent Care Center
24/7 psychological urgent care for adults
(800) 829-3923 | 11444 W. Washington Blvd, Suite D

National Alliance on Mental Illness (NAMI)
Support groups, classes, resources, and peer support
[www.namila.org](http://www.namila.org)