

Mental Health & Wellness Hotlines & Resources



ELAC Student Health Center: 323-265-8651. F5-302. Fall/Spring: M-Th 8am-7pm, F 8am-2pm
Winter/Summer: M-W 8am-5pm, Th 11am-7pm, F 8am-2pm. Health services; individual & group therapy

ELAC Women's & Men's Support Center: 323-780-6754. F5-315. Hotline: 800-585-6231 24/7. M&Th
9am-1pm, T&W 1pm-5pm. On-campus support groups, workshops, & counseling for survivors of
domestic violence, stalking, or sexual assault.

ELAC Sheriff - Monterey Park: 323-265-8800. 24/7

ELAC Sheriff - South Gate: 323-357-6223. Fall/Spring: 7am-11pm. Winter/Summer: 8am-10pm

ELAC Dream Resource Center/Safe Zone: 323-415-5483. Undocumented and/or LGBTQ students

Suicide Prevention

Suicide Prevention Hotline: 800-273-8255. 24/7. 150+ languages.

Deaf or hard of hearing: TTY 800-799-4889. Chat: suicidepreventionlifeline.org

Veterans Crisis Line: 800-273-8255 press 1. 24/7. Text: 838255. Chat: veteranscrisisline.net

Crisis Text Line: Text "courage" to 741741. 24/7

Asian LifeNet Hotline: 877-990-8585. 24/7. Cantonese, Mandarin, Japanese, Korean, etc.

Didi Hirsch Suicide Prevention Center: 877-727-4747. 24/7

LGBTQ Youth Crisis Intervention & Suicide Prevention, Trevor Hotline: 866-488-7386. 24/7. Text
"Trevor" to 202-304-1200 M-F 12pm-7pm. Chat: thetrevorproject.org 12pm-7pm

Trans Lifeline: 877-565-8860

Sexual Assault & Rape

East Los Angeles Women's Center Hotline: 800-585-6231. 24/7. ELAC office: 323-780-6754

National Sexual Assault Hotline: 800-656-4673. 24/7. Chat: rainn.org

DoD Safe Helpline: 877-995-5247. DoD/military community. Chat: safehelpline.org

Project Sister Rape Crisis Hotline: 909-626-4357. 24/7

Peace Over Violence: 626-793-3385. 24/7. Victims of sexual assault, domestic violence, stalking

YWCA: 877-943-5779. 24/7

Center for Pacific Asian Families Hotline: 800-339-3940. 24/7. Domestic violence, sexual assault,
emergency shelter. Eng, Asian, Pacific Islander languages

1 in 6: Chat 1in6.org. Male survivors of sexual assault

Domestic Violence

East Los Angeles Women's Center Hotline: 800-585-6231. 24/7. ELAC office: 323-780-6754

National Domestic Violence Hotline: 800-799-7233. 24/7. 200+ languages. Chat: thehotline.org.

Deaf or hard of hearing: TTY 800-787-3224

Family Violence Project: 818-505-0900. Hotline, emergency shelter, counseling

Loveisrespect: 866-331-9474. Dating abuse hotline. Empowers young people to prevent/end abusive
relationships. 24/7. Chat: loveisrespect.org. Text "loveis" to 22522

Center for Pacific Asian Families Hotline: 800-339-3940. 24/7. Domestic violence, sexual assault,
emergency shelter. English, Asian, Pacific Islander languages

Los Angeles County Domestic Violence Hotline: 800-978-3600

Rainbow Services Hotline: 310-547-9343. 24/7

Angel Step Inn: 323-780-4357. Domestic violence shelter

Angel Step Up: 562-302-2476/2477. 8am-5pm. LGBTQ victims of domestic violence

STOP Domestic Violence Project, LA LGBT Center: 323-860-5806. M-F 9-5. LGBTQ victims of
domestic violence. Not a hotline; leave message

Shelter

Covenant House Hollywood: 323-461-3131. Ages 18-24. Men/women. Intake 9am-5pm
Jovenes: 323-260-8035 x113, x104. M-F 9am-5pm. Homeless community college students, 18-25, enrolled at least part-time
Los Angeles Youth Network: 323-240-2253. Ages 12-21
My Friend's Place Hollywood: 323-908-0011. M-F 9am-5:30pm. Ages 12-25 & their children
Los Angeles Homeless Services Authority: 213-225-6581. M-F 7:30am-4:30pm
VOA El Monte Access Center: 626-442-4357. Intake W&Th 9am-11am, 1:30pm-4:30pm. 18+
Salvation Army Bell Shelter: 323-263-1206. Intake M-F 9am-11am. 18+
WIN (What I Need): free app connects homeless youth ages 12-25 to services
LA LGBT Center's Youth Center: 323-860-2280. M-F 7:30am-5pm. Sat/Sun: 7:30am-2pm. Ages 18-24. Homeless lesbian, gay, bisexual, transgender, or questioning youth

Food Pantries

Mexican American Opportunity Foundation: 323-278-3628. 401 N. Garfield Ave, Montebello 90640. W&Th 9am-1pm (1 visit/week). No id/documents required
God Provides Native American Food Bank: 626-442-4273. 2453 Troy Ave, South El Monte 91733. M-F 8am to 4pm, Sat 8am to 2pm
Eastmont Community Center: 323-726-7998. 701 Hoefner Ave, Los Angeles 90022. Th-F. Register M-W 9am-1pm. 2 pay stubs, bill with East LA, Montebello, Monterey Park, Commerce, etc. zip code
San Gabriel Valley Service Center: 626-575-5431. 1441 Santa Anita Ave., El Monte 91733. Pantry: W 8:30-10:30. 5 Bread 2 Fish Program: F 2pm-4:30pm, register 1:15, no id/documents required
Centro Maravilla Service Center: 323-260-2804. Pantry M,T,F 9am-4pm, id + bill showing 90022 zip code. 5 Bread 2 Fish Program: Th 2pm-4pm, no id/documents/zip required

Legal Assistance

Legal Aid Foundation of Los Angeles - East Office: 800-399-4529. Domestic violence, housing, immigration, etc. Geographic and income restrictions
Coalition for Humane Immigrant Rights of LA (CHIRLA): 888-624-4752. Immigration legal services. Consultations: T, Th, S 8am, \$40 per person needing services
Los Angeles Center for Law and Justice: 323-980-3500 - Family & immigration law (domestic violence based issues). Residents of east, northeast, and southeast LA
Inner City Law Center: 213-891-2880. Low-income residents in LA County
Los Angeles Bar Association Barristers, Domestic Violence Counseling Project: 213-624-3665
Mil Mujeres: 213-568-4720. Immigration legal services for low-income individuals. Specialized in immigration benefits for survivors of violent crimes

Mental Health Services

Alma Family Services: 323-881-3799. 4701 E. Cesar Chavez Ave, LA 90022. Individual & group therapy. 8am-5pm. Sliding fees for undocumented individuals
Via Care 280: 323-213-3618. 280 S. Atlantic Bl, LA 90022. Free substance abuse services
Via Care Whittier Blvd: 323-981-2930. 5015 Whittier Bl, LA 90022. Individual & group therapy
Bienvenidos: 323-869-9255. 110 S. Garfield Ave, Montebello 90640. 9am-5pm. Up to age 25
East Los Angeles Vet Center: (323) 728-9966. 5400 E. Olympic Bl. #140, Commerce 90022

Substance Abuse

SAMHSA (Substance Abuse/Mental Health Services Administration) Helpline: 800-622-4357
Alcohol/Drug Helpline: 800-229-7708

Other

211: Referrals for all health and human services in LA County. Call 211, 24/7.
Safe Baby Surrender: 1-888-510-2229, 877-222-9723
Coalition to Abolish Slavery & Trafficking (CAST): 888-539-2373. Investigates tips & assists people exploited through force, fraud, or coercion for the purposes of commercial sex or forced labor
National Parent Helpline: 855-427-2736. M-F 10am-7pm