

Support & Crisis Phone Lines

211 LA Motel/Shelter Vouchers Information/City Referrals	Dial 211 or 1 800-660-4026	www.healthcity.org https://211la.org/
988 Lifeline Suicide & Crisis Hotline Substance Use Hotline	Dial 988 or 1 800-273-8255 Text 988 or chat online at: https://988lifeline.org/chat/	https://988lifeline.org/ https://988lifeline.org/faq/
Domestic Violence Hotline	Dial 1 800-799-7233 Text "START" to 88788 Chat at www.thehotline.org/	https://www.thehotline.org/
Human Trafficking Hotline	Dial 1 888-373-7888 Text 233733 or chat online at: humantraffickinghotline.org/en	humantraffickinghotline.org/en
Runaway Safe Line	Dial 1 800-786-2929 Chat at www.1800runaway.org	www.1800runaway.org/
Department of Mental Health	Dial 1 800-854-7771	https://dmh.lacounty.gov/
Non-Emergency LAPD Reports	Dial 1 877-275-5273	lacity.gov/residents/public-safety
Physical Emergency or Danger	Dial 911	www.911.gov/calling-911/

Food Banks & Hot Meals

Loaves & Fishes	Dial 213-318-5707	catholiccharitiesla.org/san-fernando-region/
Salvation Army - Glendale	Dial 213-318-5707 To reach Gabriela Maldonado	glendale-ca.salvationarmy.org
Manos Que Sobreviven	Dial 323-561-5504	www.manosqs.com/blank-page
Safe Haven <i>A My Friend's Place program</i>	Dial 323-908-0011	https://www.myfriendsplace.org/program/safe-haven
Our Redeemer Lutheran Church	Dial 818-341-1629	www.our-redeemer.org/human-care

Local Community Health Centers

Comprehensive Community Clinic	https://cchccenters.org/
Glendale Health Center	http://publichealth.lacounty.gov/chs/Docs/Glendale%20HC%20Info%20Sheet.pdf
All for Health, Health For All	https://all4health.org/
Planned Parenthood	https://www.plannedparenthood.org/health-center/california/los-angeles/90042/highland-park-health-center-3695-90090

Youth Shelters

Covenant House	https://www.covenanthouse.org/homeless-shelters/los-angeles-california
My Friends Place	https://www.myfriendsplace.org/for-youth
Youth Emerging Stronger	https://www.youthemergingstronger.org/
Ascencia Ages (age 18+)	https://www.ascenciaca.org/

Mental Health

211 LA Call for mental health referrals	www.healthcity.org https://211la.org/ Dial 211 or 1 800-660-4026
Didi Hirsch Mental Health Services	https://didihirsch.org/ Dial 888-807-7250
Pacific Clinics	https://www.pacificclinics.org/locations/california/

Clothing

Para Los Ninos	https://paralosninos.org/youth-support-and-education/
Monthly Glendale Cloth Swap	https://www.glendaleca.gov/Home/Components/Calendar/Event/51526/17?npage=4&toggle=allupcoming
National Council of Jewish Woman LA	https://www.ncjwla.org/store-location-and-hours/

Find More Resources

211 LA Resource Hub	https://211la.org/resources
CHHS Mental Health Resource List	https://www.chhs.ca.gov/youthresources/
JED Mental Health Resource List	https://jedfoundation.org/mental-health-resource-center/
HCLA Housing Resource List	https://www.hacla.org/sites/default/files/2021-07/Resource%20List%202021-03-02.pdf
KIPP Community Resource List	https://www.kippsocal.org/updates/community-resources
LACC Immigration Resource List	https://www.lacitycollege.edu/student-services/spr/drc/resources
Teen Line "Youth Yellow Pages"	https://teenlineonline.org/yyp/