

ELAC Student Health Center: Medical and mental health services provided to ELAC students by Via Care. Call us at 323-265-8651. IG: @elacstudenthealth. Open M – F between 8:00 a.m. – 5:00 p.m.

ELAC Domestic Violence & Sexual Assault Support Center: 24/7 Hotline: 800-585-6231 Free services & counseling for survivors of domestic violence, stalking, or sexual assault. Services offered by the East LA Women's Center

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

ELAC Sheriff - South Gate: 323-357-6222.

STAND at ELAC: Confidential support program free for most ELAC students. <https://www.stand.ucla.edu/elac>

ELAC Dream Resource Center: Resources for Undocumented students. During the Coronavirus pandemic, Live Chat on the ELAC DRC webpage.

ELAC One Zone: Resources for LGBTQ+ students. During the Coronavirus pandemic, Live Chat on the ELAC One Zone webpage.

ELAC Veterans Resource Center: During the Coronavirus pandemic, Live Chat on the VRC webpage.

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 "HOME" 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. Deaf or Hard of hearing: Text: "HEARME" to **839863**. Teen's Line: 310-855-4673 during the 20 hours day teens are unavailable to talk.

LGBTQ Youth Crisis Intervention & Suicide Prevention, Trevor Hotline: 866-488-7386. 24/7. Text "START" to 678-678 24/7. Chat: thetrevorproject.org 24/7

Trans Lifeline: 877-565-8860 (Oprima 2 para hablar con unx operador en Español). 24/7

Sexual Assault & Rape

East Los Angeles Women's Center Hotline: 800-585-6231. 24/7. ELAC Main Office: M-F 9AM-1PM (323) 526-5819

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

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

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. English, 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 Main Office: M-F 9AM-1PM (323-526-5819).

National Domestic Violence Hotline: 800-799-7233. 24/7. 200+ languages. Text "START" to 88788. Chat: thehotline.org. Deaf or hard of hearing: TTY 855-812-1001

Family Violence Project: 877-890-7788. 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

Jovenes: ELAC peer navigator: Sarai Guerrero, 213-675-1973, SGuerrero@jovenesinc.org; JFigueroa@jovenesinc.org. 323-260-8035 x101, x104. M-F 9am-5pm. Up to ages 18-25.

Penny Lane: 323-318-9960. 5628 E. Slauson Ave, Commerce 90040. Ages 16-24. M-W 8AM-8pm T/TH: 8AM-

9PM F: 8AM-6PM Sat 9AM- 5PM. Shower, laundry, meals, bus passes, job prep, linkage to housing & mental health.

Los Angeles Youth Network: 323-240-2253. Ages 12-24

My Friend's Place Hollywood: 323-908-0011. M-F 9am-4:00pm. Ages 12-25 & their children.

Los Angeles Homeless Services Authority: 213-225-6581. M-F 8:00am-5:00pm

VOA El Monte Access Center: 626-442-4357. Intake M/F: 7:00AM-6:00PM 18+

Salvation Army Bell Shelter: 323-263-1206. Intake M-F 8am-4pm. 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. Ages 12-24. Homeless lesbian, gay, bisexual, transgender, or questioning youth. (Social Services and Housing).

Food Pantries

Mexican American Opportunity Foundation: 323-278-3628. 401 N. Garfield Ave, Montebello 90640. Thursdays 9am-1pm.

God Provides Ministry: 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. M-F: 8:30AM-5:30PM

San Gabriel Valley Service Center: 626-575-5431. 1441 Santa Anita Ave., El Monte 91733. Pantry: M/T/TH/F 8:00AM-6:30PM by Appointment.

Centro Maravilla Service Center: 323-260-2804. Pantry M,T,F 8am-5pm

The Garage Boardshop: 323-266-5782. FoodBank Fridays. F 9am until gone. No id/no docs 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): 213-201-3797. Immigration legal services. Consultations: M/W: 9AM-1PM/2PM-4:30PM T/TH: 2PM-4:30PM F: 9AM-1PM.

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 fighting for housing and justice.

Los Angeles Bar Association Barristers, Domestic Violence Counseling Project: 213-624-3665

Mil Mujeres: 202-808-3311. Immigration legal services for low-income individuals. Specialized in immigration benefits for survivors of violent crimes.

Mental Health Services

LA County Dept. of Mental Health: 24/7 ACCESS 800-854-7771. Screening, referrals, crisis counseling. Emotional Support Warm Line 9AM-9PM Daily (Option 2 when calling the Help Line)

Veteran Line 9AM-9PM Daily (Option 3 when calling the Help Line)

Via Care: (323) 268-9191. Several locations close to ELAC.

STAND at ELAC: Confidential support program free for most ELAC students. <https://www.stand.ucla.edu/elac>

Roybal Family Mental Health Center: 323) 267-3428. 4701 Cesar Chavez Ave. Los Angeles, CA 90022 1-800-854-7771 Access Center 24/7 Helpline.

Bienvenidos: 323-869-9255. 110 S. Garfield Ave, Montebello 90640. 9am-5pm. Up to age 21.

East Los Angeles Vet Center: 323) 728-9966. 5400 E. Olympic Bl. #140, Commerce 90022.

STAND for ALL: Self-guided resource offered with the support of trained coaches or individuals seeking to build resiliency, reduce anxiety or address up to moderate depression. <https://www.stand.ucla.edu/Standforall>



Scan here for more resources
from the Student Health Center.