



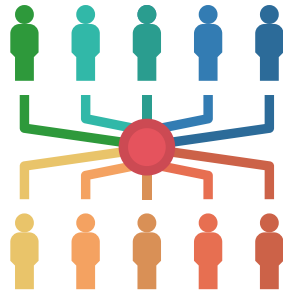
Concrete support

Resources for families during challenging times

Support Hubs

211 Los Angeles

Online resource finder with 23 support categories and built-in mapping tool. Offered in 20+ languages. Visit 211la.org/resources Dial 211 for assistance



First 5 LA Resource List

Comprehensive list of COVID-19 related resources. Online only.

<https://www.first5la.org/covid-19-general-resources-alerts/>

Food Support



Los Angeles Food Bank

This online mapping tool connects you to CalFresh, WIC program, meals for Senior/Disabled Adults, food distribution events, and a food pantry mapping tool. www.lafoodbank.org/find-food/pantry-locator/ Food distribution events have no eligibility requirements. Regional Food Bank - call 323.234.3030

Department of Public Social Services

Food support programs such as CalFresh and EBT. Here you can find the application process, eligibility details and program updates in English & Spanish. Apply online or by phone with their multilingual phone line @ 866.613.3777 dps.lacounty.gov/en/food.html

General Relief LA County (DPSS)

Program that provides cash aid for adults without any income or resources, and children in certain special circumstances who are ineligible for federal or State programs.

<https://dps.lacounty.gov/en/cash/gr.html>

Customer Service Center (866) 613.3777 Apply online, by phone, or in person at various sites.

LA County: COVID-19 Homelessness & Housing Information

Provide services and support to those experiencing homelessness and prevent others from losing their housing. Online and by phone; multilingual covid19.lacounty.gov/homelessness-and-housing/ Call County Operator 24/7 at (213) 974-1234

Housing Assistance



Employment & Legal Assistance



Dept of Public Social Services - Job Services

Provides job services that prepare you for on demand jobs including GROW, GAIN, REP, and Child Care Programs Services online, in person, and by phone in English/Spanish <https://dps.lacounty.gov/en/jobs.html> Call (866) 613-3777

Legal Aid Foundation of Los Angeles (LAFLA)

Provides community clinics, self-help centers, domestic violence clinics, and is part of the Stay House initiative for LA. Assistance is currently offered by phone or online <https://lafla.org/stories-events/lafla-coronavirus-response/> Call (800)399-4529 | Text LAFLA2020 to 44-321





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Critical Delivery Service

Temporary delivery program for older and dependent adults; deliveries can include groceries, household items, & vital necessities. In English, Spanish, and Armenian
wdacs.lacounty.gov/
Call (888) 863-7411

211 LA Transport Help

Transportation resources for local public, transportation passes and discounts plus transit for seniors & people with disabilities
211la.org/resources

Transportation



Mental & Physical Health



Dept of Public Social Services - Health Care

Offers information regarding programs including Medi-Cal for families, pregnant women, healthcare assistance for seniors & children/adults with disabilities, long term senior care, Medicare savings programs, former foster youth, teens services, previously incarcerated persons, and more. Services online, in person, and by phone in English/Spanish
<https://dpss.lacounty.gov/en/health.html>
Call (866) 613-3777

Crisis Text Line

Connect with a trained crisis counselor to receive free crisis support via text message, 24/7.
Text "HOME" (741-741)

Steinberg Institute

This website shares links to a wide variety of mental health resources and care throughout California.
<https://steinberginstitute.org/links-research-care/>

Domestic Violence Abuse

Domestic Violence Clinics

Legal support clinics provided by the Legal Aid Foundation of LA. In person, online, and phone
lafla.org/get-help/domestic-violence-family-law/
Call (800) 399-4529 ext. 8097

24/7 Hotlines for LA County

Elder Abuse Hotline, Free and operating 24/7
Call (877) 477-3646

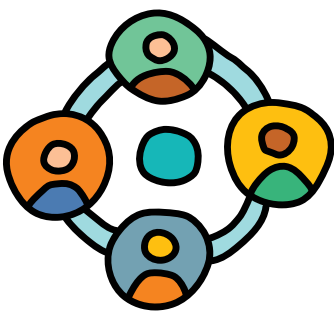
Domestic Violence Hotline, Free and operating 24/7
Call (800) 978-3600



Regional Supports

Long Beach Community Resources List

Directory of community resources by agency, including contact and phone number. This includes government and non-profit entities, varying from family and child health & development, disabilities, disease-focused, violence, mental health, substance abuse, employment, education, and environment.
<http://www.longbeach.gov/health/services/directory/>
Health & Human Services Line - (562) 570-4000



South Antelope Valley Emergency Services (SAVES)

Offers food, housing and transportation assistance in person or over the phone in English or Spanish. Income verification process required.
<https://ca-palmdale.civicplus.com/338/SAVES>
SAVES Program - Call (661) 267-5191

