



**QUALITY
START**

LOS ANGELES

QualityStartLA.org

Scan on the QR codes or click on the red buttons to access these resources!

Concrete Supports

Resources for Families During Challenging Times

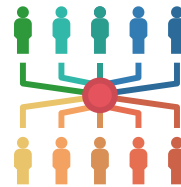
Support Hubs



Click here!

211 Los Angeles

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



Food Support



Click here!

Los Angeles Food Bank

This online mapping tool connects you to CalFresh, WIC program, meals for Senior and Disabled Adults, food distribution events, and a food pantry mapping tool. Food distribution events have no eligibility requirements. Regional Food Bank - call (323) 234-3030



Click here!

Department of Public Social Services - Food 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



Housing Assistance



Click here!

General Relief LA County (DPSS)

Program that provides cash aid for adults without any income or resources, & children in certain special circumstances who are ineligible for federal or State programs. Customer Service Center (866) 613-3777. Apply online, by phone, or in person at many sites.



Employment & Legal Assistance



Click here!

Department 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. Call (866) 613-3777



Transportation



Click here!



Click here!

Critical Delivery Service

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

211 LA Transport Help

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



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Mental & Physical Health



Click here!

Department 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. Call (866) 613-3777



Click here!

Steinberg Institute

This website shares links to a wide variety of mental health resources and care throughout California.

Crisis Text Line

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



Regional Supports



Click here!

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. Health & Human Services Line - (562) 570-4000



Click here!

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. SAVES Program - Call (661) 267-519



Domestic Violence Abuse



Click here!

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

Domestic Violence Clinics

Legal support clinics provided by the Legal Aid Foundation of LA. In person, online, and phone
Call (800) 399-4529 ext. 8097



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