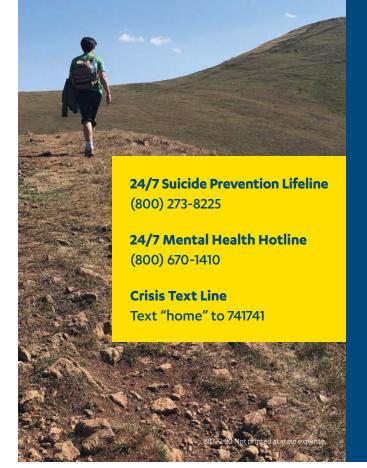


Find a location where you feel safe

Remember that it is normal to feel overwhelmed sometimes

Reach out to a trusted friend or loved one for help





# **LEARN MORE**

# **ADDITONAL COMMUNITY RESOURCES**

#### Los Angeles County 211 (211la.org)

Get free and confidential information and referral. Help with food, housing, employment, healthcare, counseling, and more. #211 or (800) 339-6993

For additional copies of this document, contact the Student Rights & Responsibilities Center: SRRC@unex.ucla.edu



**UCLA Extension** 1145 Gayley Avenue, Los Angeles, CA 90024 uclaextension.edu







#### **INTIMATE PARTNER & DOMESTIC VIOLENCE**

#### Santa Monica Rape Treatment Center

(uclahealth.org/santa-monica/rape-treatment)
Provides 24/7 support, counseling, advocacy, and options for survivors.
(424) 259-7208

**Peace Over Violence** (peaceoverviolence.org)
Provides comprehensive 24/7 support, advocacy, and counseling for survivors of sexual violence.
(310) 392-8381

## **ALCOHOL & SUBSTANCE ABUSE**

**Alcohol/Drug Help Line** (adhl.org) (206) 722-3700

#### **SAMHSA Treatment Services Locator**

(findtreatment.samhsa.gov)
Includes special locators for opioid addiction

#### **FOOD & NUTRITION**

**LA Regional Food Bank** (lafoodbank.org) Searchable food pantry locator (323) 234-3030

**World Harvest** (worldharvestla.org/got-food) Free food in exchange for volunteer time

# FINANCIAL ASSISTANCE

#### **Department of Public Social Services**

(yourbenefits.laclrs.org/ybn/Index.html)
Food stamps, financial assistance, child care, MediCal



#### **UCLA NON-DISCRIMINATION STATEMENT**

The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, gender identity, pregnancy, physical or mental disability, medical condition, ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities.

Inquiries regarding the University's nondiscrimination policies and reports of violations are welcomed at the Dean's Office, (310) 825-2362 or DeansOffice@uclaextension.edu.

UC Police Department (310) 825-1491

## **HOUSING ASSISTANCE**

Los Angeles Housing & Community Investment Department

(hcidla.lacity.org/affordable-housing)

Affordable housing, accessible housing, homeless services, emergency shelters

#### **VETERANS**

#### **Veterans Crisis Line**

24-hour access line: (800) 273-8255

Call, text or chat online—even if you're not registered with VA or enrolled in VA health care. Text any message to 838255.

#### **Vet Counseling Centers**

Free, confidential counseling for combat veterans; does not share records with VA Medical Center. 5730 Uplander Way, Suite 100, Culver City (310) 641-0326

## **MEDICAL & COUNSELING**

**UCLA CAPS** (counseling.ucla.edu)

CAPS is not generally open to UNEX students; however, their website contains a wealth of free resources.

**Community Provider Database** (ucla.rints.com)

Searchable community clinician and provider database.
Includes downloadable pdf of sliding scale counseling centers.

#### **Suicide Lifeline**

24-hour access line: (800) 273-TALK (8255) Text any message to 741741

LA County Dept. of Mental Health (dmh.lacounty.gov)

24-hour access line: (800) 854-7771

#### **Exodus Westside Urgent Care Center**

24/7 psychological urgent care for adults 11444 W. Washington Blvd, Suite D (800) 829-3923

National Alliance on Mental Illness (namila.org)

Support groups, classes, resources, and peer support.