

## Non-Grief Support Resources During COVID-19

*Below are links to websites you may find helpful while we are all Safer at Home*

### MENTAL HEALTH

- [National Alliance on Mental Illness COVID-19 Resource Guide](#)
- [Suicide Prevention Lifeline \(24/7\)](#)
  - 800-273-8255 (English)
  - 888-628-9454 (Spanish)
  - 800-799-4889 (Deaf & Hearing Impaired)



- [LA County DMH Helpline](#) 800-854-7771
- [SAMHSA Disaster Distress Hotline \(24/7\)](#)
  - 800-985-5990
- Exodus Recovery 24-Hour Psychiatric Crisis Center
  - [Westside \(90066\)](#)
  - [Eastside \(90033\)](#)
- [Olive View Community Mental Health Urgent Care](#)
  - Mon.-Fri. 8 am-7pm; Sat. 9 am-5:30 pm
  - 818-485-0888

### FOOD ASSISTANCE

- [LA Food Bank](#)
- [Los Angeles Department of Aging](#)
  - Food Delivery for Seniors 213-482-7252
- [LA County Food Assistance Resources](#)



### CHILD & FAMILY

- [National Child Traumatic Stress Network Guide for Parents & Caregivers](#)
- LAUSD Family Resources (PDF Version)
  - [English](#)
  - [Spanish](#)
- [At-Home Learning \(PBS SoCal\)](#)
- [PBS Learning Media](#)



### FINANCIAL ASSISTANCE, UNEMPLOYMENT, & DISABILITY

- [LA County Help Center](#) 833-238-4450
- [Jewish Free Loan Association](#)
- [National Domestic Workers Alliance](#)



### ADDITIONAL RESOURCES & GUIDES



- [Karsh Center](#)
- [The Guidance Center Helpful Resources](#)
- [LA Chamber of Commerce COVID-19 Resource Guide](#)
- [Jewish Free Loan Association COVID-19 Community Resources](#)
- [CA Peer-Run Warmline \(24/7 non-emergency\)](#)
  - 855-845-7415
- LA County Warmline Partnerships
  - Community Helpline (7am-10pm) 877-541-2525
  - LA Warmline (10pm-6am) 855-952-9276

### INTIMATE PARTNER VIOLENCE

- [LA County Domestic Violence Hotline](#)
  - 800-978-3600
- [National Domestic Violence Hotline](#)
  - 800-799-7233 (English & Spanish)
  - 888-787-3224 (Deaf & Hearing Impaired)



***If you are looking for a resource that is not listed here, please call 2-1-1***