

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](#)



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)



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

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