

Hotlines

Account Name	Description	Phone	Website	Shipping City
California Smokers' Helpline	Get FREE, confidential support to quit tobacco?available in multiple languages and tailored for teens, pregnant smokers, vape users, and tobacco chewers. Services include personalized counseling, quitting plans, free nicotine patches, and a supportive text messaging program. Call the Helpline on weekdays or sign up online 24/7. Operated by UC San Diego, this program offers expert guidance every step of the way.	800-300-8086	https://www.nobutts.org	La Jolla
National Sexual Assault Hotline (RAINN)	Free, confidential 24-hour hotline connecting callers to local services and offering access to a range of free support. Operated by the Rape, Abuse & Incest National Network.	1-800-656-HOPE(4673)	www.rainn.org	
L.A. Rape and Battering Hotline	EMERGENCY HOTLINES The Los Angeles Rape and Battering hotline is a confidential non-judgmental resource where staff and volunteers are available to provide emotional support, advocacy, information and referrals. If you or someone you care about has been a victim of sexual assault, domestic violence or intimate partner stalking, please call our 24 hour crisis line. Central Los Angeles 213-626-3393 South Los Angeles 310-392-8381 West San Gabriel Valley 626-793-3385		https://www.peaceoverviolence.org/hotlines	
L.A. County Domestic Violence 24-HR Crisis Hotline	If you are experiencing domestic violence or need help right away, call: L.A. County Domestic Violence Hotline: 1-800-978-3600 National Domestic Violence Hotline: 1-800-799-7233 Available 24/7, 365 days a year. If you are in immediate danger, call 911.	1-800-978-3600	https://dpss.lacounty.gov/en/jobs/gain/sss/domestic-violence.html	

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National Domestic Violence Hotline	Provides confidential support, resources, and crisis intervention for anyone affected by domestic violence. Available 24/7 by phone at 1-800-799-7233 or online chat.	800-799-SAFE (7233)	https://www.thehotline.org/	
Child Protection Hotline of L.A. County	If you suspect a child is being abused or neglected, or know a family needing support or resources, call the Child Protection Hotline. You can also report if a minor is being pressured at that moment to have an abortion. Services are bilingual, with referrals available for counseling and childcare.	1-800-540-4000	https://dcfs.lacounty.gov/contact/report-child-abuse	
The Blue Campaign	The Blue Campaign is the U.S. Department of Homeland Security's effort to combat human trafficking. It raises awareness, educates the public and trains professionals to identify and respond to trafficking victims. The campaign provides resources for prevention, reporting, and victim support.	1-866-347-2423	https://www.dhs.gov/blue-campaign	
Cast (Coalition to Abolish Slavery & Trafficking)	Cast serves survivors of all forms of human trafficking (labor and sex) in Los Angeles County. If you or someone you know is being forced to engage in any activity and cannot leave, whether it is commercial sex, housework, farm work, construction, factory, retail, or restaurant work, or any other activity, call our hotline. Victims of human trafficking are protected under US and California law. If you are not sure you are a victim, our hotline staff will ask you the right questions to help figure it out.	888-539-2373	https://www.castla.org/human-trafficking/	Los Angeles

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Haven Hills	Haven Hills offers comprehensive support for survivors of domestic violence and human trafficking in Los Angeles County. Services include 24/7 crisis intervention, emergency shelter, counseling, legal advocacy, case management, youth programs, and community outreach. Their approach emphasizes safety, healing, stabilization, and empowerment through personalized care, goal-setting, and transitional support toward independence .	(818) 887-6589	https://havenhills.org/	
211LA	The 24/7 Help & Info Line in Los Angeles County is a free, confidential service connecting residents to health, housing, food, employment, legal, and mental health resources. Operated by 211 LA, trained Community Resource Advisors are available anytime to provide information and referrals. Call 2-1-1 within LA County or (800) 339-6993 from outside the area. For mental health support, you can also reach the ACCESS Center at (800) 854-7771. This service is a vital resource for individuals and families in need of assistance.		https://211la.org/	
988 Suicide & Crisis Lifeline	National network of local crisis centers that provides free and confidential emotional support to people in SUICIDAL CRISIS OR EMOTIONAL DISTRESS 24 hours a day, 7 days a week. IN SPANISH 1-888-628-9454.	988	https://988lifeline.org/	
Southern California Housing Rights Center	Southern California Housing Rights Center offers free services to promote and secure fair housing, including landlord-tenant counseling, discrimination complaint investigations, and fair housing enforcement. For help, call their Housing Rights Hotline at 1-800-477-5977.	800-477-5977	https://www.housingrightscenter.org/	

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Child & Family Center	Domestic Violence: Emergency shelter available with a 24-hour hotline at (661) 259-4357. For non-emergency confidential support, call (661) 259-8175. Mental Health: Outpatient therapy including individual, group, and family counseling for children, adolescents, and families. Crisis Intervention: Immediate support for children and youth (up to age 25) experiencing suicidal or homicidal thoughts or severe behavioral issues. Assistance with hospitalization if needed. Outpatient Substance Use Treatment: Services for adolescents (12-17) and adults (18-65) with substance use disorders, including life skills training, crisis support, and case management.	(661) 259-9439	https://www.childfamilycenter.org/	Santa Clarita
Penny Lane Centers	Penny Lane Center provides comprehensive family support services, focusing on preserving and strengthening families involved with the Department of Children and Family Services (DCFS) due to allegations of abuse or neglect. They offer mental health services for adults, children, and families, addressing physical, emotional, and living situation needs for children ages 0-18. Additionally, they provide intensive, community-based mental health care for adults with severe mental illness. Other services include support for individuals struggling with substance abuse and housing assistance for homeless or at-risk young adults (ages 18-24), including up to 3 years of housing and supportive services.	818-894-3384	www.pennylane.org	North Hollywood