

**Alcohol**

National Council on Alcoholism and Drug Dependence, Inc.  
Helpline for finding treatment.  
(800)-NCA-CALL or (800) 622-2255  
[24 hours]

Al-Anon and AlaTeen  
Help for people who have, or know someone who has, a drinking problem.  
(800) 4AL-ANON or (800) 425-2666

**Bullying**

Anti-Bullying Liaison for LAUSD  
Holly Priebe-Diaz  
Email: holly.prieb-diaz@lausd.net  
Phone: #213-241-5636

**DCFS:**

Consult: 213.639.4500  
Report: 800.540.4000

**Domestic Violence**

The National Domestic Violence Hotline  
Crisis intervention, information, and referrals.  
(800) 799-SAFE or (800) 799-7233  
[24 hours; English & Spanish]

National Teen Dating Abuse Help Line  
1.866.331.9474  
Loveisrespect.org

**Drugs**

Substance Abuse and Mental Health Services Administration  
Information on prevention and treatment referrals.  
(800) 662-HELP or (800) 662-4357

**Eating Disorders**

National Eating Disorders Association  
Information on eating disorders and referrals for treatment.  
(800) 931-2237  
[Monday – Thursday, 9 a.m. – 9 p.m.; Friday 9 a.m. – 5 p.m.]

**Emergency Psych Med refill**

12021 S. Wilmington Ave. Los Angeles, Ca 90059  
open 24/7 800.829.3923

**Gay/Lesbian Issues**

GLBT National Help Center  
Peer-counseling, information, and local resources.  
(888)-THE-GLNH or (888) 843-4564  
[Monday – Friday, 1 p.m. – 9 p.m.]

Parents, Families and Friends of Lesbians and Gays  
Support, education, and advocacy with local chapters.

**Grief Support & Education**

KARA  
Compassionate support to those grieving or facing a life-threatening illness.  
(650) 321-5272  
[Monday – Thursday, 9 a.m. – 4 p.m.; Friday 9 a.m. – 1 p.m.]

**Obesity**

National Center for Chronic Disease Prevention and Health Promotion  
Health information and resources.

**Legal Aid**

LAFLA Legal Aid Foundation of LA1241 S. Soto St., Ste. 102 Los Angeles, Ca 90023. 323.980.3500  
www.lafia.org

**PET: Psychiatric Emergency Team**

Mental Health Emergency: Crisis Assistance Prevention  
1800.854.7771 (tollfree)

**Pregnancy**

Planned Parenthood  
Counseling and referrals.  
(800) 230-PLAN or (800) 230-7526

American Pregnancy Hotline  
Information on pregnancy and options for teens.  
(866) 942-6466

**Rape & Sexual Assault**

Rape Abuse & Incest National Network  
Provides free services and help, as well as referrals.  
National Sexual Assault Hotline  
(800) 656-HOPE or (800) 656-4673  
[24 hours]

**Runaway**

California Coalition for Youth  
Crisis intervention to work through problems and find a plan of action.  
California Youth Crisis Line  
(800) 843-5200  
[24 hours]

National Runaway Safeline  
Crisis intervention to work through problems and find a plan of action.  
(800)-RUNAWAY or (800) 786-2929  
[24 hours]

**RESOURCE LINE**

211

**Self-Injury**

S.A.F.E. Alternatives

Not a crisis line. Information about programs and referrals.  
(800)-DONT-CUT or (800) 366-8288

**Sexuality & Relationships**

Online chat for information.

Planned Parenthood Info for Teens

Counseling and referrals.

(800) 230-PLAN or (800) 230-7526

**Sexually Transmitted Diseases**

Sexually Transmitted Diseases (STDs)

Specialists provide health information about STDs.

(800)-CDC-INFO or (800) 232-4636

[English & Spanish]

**Smoking**

California Smokers' Helpline

Free program to help people stop smoking.

(800)-NO-BUTTS or (800) 662-8887

[English & Spanish]

**Suicide**

National Suicide Prevention Lifeline

Calls to the National Suicide Hotline are connected to the  
nearest crisis center in your area.

(800)-273-TALK or (800) 273-8255

[24 hours]