

**Los Angeles County Community Resources
(Los Angeles County)**

I. Tobacco Cessation Resources

a. L.A. QUILTS

Provides local and national resources, videos, and tips on quitting smoking and tobacco use.

<https://laquits.com>

b. California's Smoker's Helpline, 1-800-NO-BUTTS

Provides Tobacco Cessation services (e.g. Vaping and Tobacco Use) in six languages including telephone counseling, text messaging, self-help materials, online help, referrals to local resources, and a mobile app. *Please note that California Smokers' Helpline does not generally provide nicotine replacement therapy (medication) but does provide counseling. However, under two special projects for smoking cessation, Asian language callers (Chinese, Korean and Vietnamese), pregnant callers or parents of children aged 0-5 can receive free nicotine patches sent directly to their home.*

<https://www.nobutts.org/free-services-for-smokers-trying-to-quit>

c. Smokefree.gov

Provides smoke-free applications, texting messaging service, online chats with an expert, and help to build your quit plan.

<https://smokefree.gov/tool-tips>

d. American Cancer Society, 1-800-227-2345

Provides comprehensive quitting smoking resources.

<https://www.cancer.org>

e. American Lung Association, 1-800-LUNGUSA

Provides Freedom from Smoking Online, a web-based cessation program that provides an online support community and expert help, as well as additional smoking cessation resources online.

<http://www.lung.org>

f. Smoking Cessation Leadership Center

Online tobacco cessation information.

<https://smokingcessationleadership.ucsf.edu/ready-quit>

g. Nicotine Anonymous

Offers help to those who desire to stop using nicotine through face-to-face meetings, phone meetings and online groups.

<https://nicotine-anonymous.org/find-a-meeting.htm>

II. Youth Education Programs

a. California Youth Advocacy Network (CYAN)

650 University Ave. Ste #106

Sacramento, CA 95825

(916) 339-3424

<https://www.cyanonline.org/>

The California Youth Advocacy Network changes the tobacco use culture in California's high schools, colleges and universities, military installations, and other youth and young adult communities by providing knowledge, skills, and tools to create local change for healthier communities. CYAN provides training and technical assistance to individuals, organizations, and coalitions advocating for tobacco-free communities.

III. Food Resources

a. World Harvest Food Bank

Low-Cost Groceries

3100 Venice Blvd.

Los Angeles, CA 90019

213-746-2227

<http://worldharvestla.org/>

b. Los Angeles Regional Food Bank

Food Pantries

1734 East 41st Street

Los Angeles, CA 90058

Phone: 323-234-3030

Fax: 323-234-0943

<https://www.lafoodbank.org/find-food/pantry-locator/>

c. CalFRESH

CalFresh benefits help families obtain food and purchase healthy choices like vegetables and fruits.

Los Angeles County Department of Public Social Services

213-974-1311

Apply online:

<https://www.dpssbenefits.lacounty.gov/ybn/SignInPage.html>

Locate an office near you:

<http://dpss.lacounty.gov/wps/portal/dpss/main/home/office-locations?program=calfresh&title=CalFresh%20Offices>

IV. Housing Resources

a. Los Angeles County Housing Resources Center

Online listing of affordable, special-needs, accessible emergency housing.

877-428-8844

<http://housing.lacounty.gov/index.html>

b. Los Angeles Housing and Community Investment Department

Provides listing of resources on how to find affordable housing and special programs such as Handy worker program and Family Source Centers.

866-557-7368; TTY 213-473-3231

<http://hcidla.lacity.org/low-income-populations>

c. Housing Authority of the City of Los Angeles

Provides affordable housing.

2600 Wilshire Blvd.

Los Angeles, CA 90057

213-252-2514

<http://www.hacla.org/contactus>

d. Housing Authority of the County of Los Angeles

Provides affordable housing.

700 West Main Street

Alhambra, CA 91801

626-262-4510

<https://www.hacola.org/home>

e. Housing Authority of the County of Los Angeles (Palmdale Office)

2323 Palmdale Blvd, Suite B

Palmdale, CA 93550

(661) 575-1511

<https://www.hacola.org/home>

f. Affordable Living for the Aging

Provides affordable housing, supportive services, and alternative housing options for low-income and formerly homeless seniors.

2029 Century Part East, Suite 4393

Los Angeles, CA 90067

323-650-7988

<http://www.alaseniorliving.org/>

V. Short-term financial assistance

a. California Work Opportunity and Responsibility to Kids (CalWORKS)

CalWORKS provides financial help to families with (or expecting) children to help pay for housing, food, utilities, health care, and for assistance with other services for refugees, trafficking victims, and disaster victims.

California Department of Social Services

800-952-5253

<http://www.cdss.ca.gov/Benefits-Services>

b. General Relief

Provides financial assistance to adults in need who are ineligible for federal or state programs.

Los Angeles County Department of Public Social Services

866-613-3777

Apply Online:

<https://dpssbenefits.lacounty.gov/ybn/GRDownloads.html>

Job-Seeking Resources

c. Workforce Development: Aging and Community Services

Los Angeles County America's Job Centers of California

Offers assistance in finding a job.

342 N. San Fernando Road

Los Angeles, CA 90031

323-539-2000

888-226-6300

<https://wdacs.lacounty.gov/programs/workforce-development/>

VI. Medical and Mental Health Resources

a. Los Angeles County Department of Health Services

Provides general health care and specialty care for adults, seniors, and children. Other services provided include specialty care, rehabilitation care, emergency services, inpatient services, and pharmacy services.

Contact information listed online are based upon where you live.

Apply Online:

<http://dhs.lacounty.gov/wps/portal/dhs/contactus/>

<http://dhs.lacounty.gov/wps/portal/dhs/newpatients/>

b. Los Angeles Health Line

Offers a health risk assessment over the phone with referral to health improvement workshops or classes.

800-793-8090

<http://publichealth.lacounty.gov/owh/>

c. Maternal and Child Health Access

Provides referrals for mothers and their children.

1111 West 6th Street, Fourth Floor

Los Angeles, CA 90017

213-749-4261

<http://www.mchaccess.org/index.php>

d. Dental Care, Young Adults and Children

Provides dental care to young adults and children.

Los Angeles County and University of Southern California

2051 Marengo Street

Los Angeles, CA 90033

323-409-1000

e. Los Angeles LGBT Center

Provides physical, mental, addiction health care, pharmacy services, and social services (domestic violence, housing, legal, support groups and education).

1625 N. Schrader Blvd.

Los Angeles, CA 90028-6213

323-993-7400

<https://lalgbtcenter.org/about-the-center>

f. Substance Abuse Treatment

Los Angeles County Substance Abuse Prevention and Control

<http://publichealth.lacounty.gov/sapc/>

Substance Abuse and Service Helpline: 844-804-7500

For online treatment services locator:

<http://sapccis.ph.lacounty.gov/sbat/>

g. Substance Abuse and Mental Health Services Administration

Suicide Prevention: 800-273-TALK (8255)

24/7 Treatment Referral Line: 800-662-HELP (4357)

SAMHSA's National Helpline: 800-662-HELP (4357)

Online Treatment Services Locator:

<https://www.samhsa.gov/find-help>

<https://findtreatment.samhsa.gov/>

h. Department of Mental Health

24/7 Mental Health Helpline: 800-854-7771

For online treatment services locator:

http://dmh.lacounty.gov/wps/portal/dmh/our_services

VII. Counseling Resources

a. Los Angeles County Hotline (24 Hours)

800-978-3600

b. National Domestic Violence Hotline (24 Hours)

800-799-7233

c. LA County Child Abuse Hotline (24 Hours)

800-540-4000

d. Elder Abuse Reporting Hotline (24 Hours)

877-477-3646

e. National Suicide Prevention Lifeline

800-273-8255

f. Trevor Lifeline (24 Hours): LGBT/LGBTQIA

866-488-7386

g. Didi Hirsch Community Mental Health Services 24-hour Crisis Line/Suicide Prevention

877-727-4747

877-7-CRISIS

VIII. Health Insurance

a. L.A. Care Health Plan

1055 West 7th Street, 10th Floor

Los Angeles, CA 90017

www.lacare.org

Health Care Coverage: 1-888-452-2273 (1-888-4LA-CARE), 24 hours a day, 7 days a week

Member Services: 1-888-839-9909 (TTY 711), 24 hours a day, 7 days a week

Provider Information: 1-866-522-2736 (1-866-LACARE6), 24 hours a day, 7 days a week

b. Molina Medi-Cal
www.molinahealthcare.com

c. Health Net
www.healthnet.com
1-800-893-5597 – select the prompt Quit for Life
1-866-QUIT-4-LIFE

IX. General Helpline, Website

a. 211LA
211 LA is the central source for providing information and referrals for all health and human services in LA County such as food, housing, smoking cessation, mental health, short term financial assistance, etc.
<https://www.211la.org>
2-1-1
1-800-339-6993

b. One Degree
One Degree helps low-income families access the resources they need to achieve social and economic mobility such as food, housing, smoking cessation, mental health, short-term financial assistance, etc.
<https://www.1degree.org>