



NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

ABUSE & PREVENTION

Childhelp: National Child Abuse Hotline

Text or Call: (800) 422-4453

Website: <https://www.childhelp.org/hotline/>

Last Verified On: 05/14/2020

Victim & Survivor Rights & Services

“Maintains a comprehensive victim services program and establishes justice practices to ensure crime victims and survivors are afforded the utmost respect in exercising their legal rights

Contact: (877) 256-6877

Website:

https://www.cdcr.ca.gov/victim_services/

Last Verified On: 05/14/2020

CRISIS HOTLINES

Childhelp: National Child Abuse Hotline

Text or Call: (800) 422-4453

Website: <https://www.childhelp.org/hotline/>

Last Verified On: 05/14/2020

Postpartum Support International:

Contact: (800) 944-4773

Text: (503) 894-9453

Website: <http://www.postpartum.net/>

Last Verified On: 05/14/2020

National Domestic Violence Hotline

Contact: (800) 799-7233

TTY: (800) 787-3224

Website: <https://www.thehotline.org/>

Last Verified On: 05/14/2020

The Trevor Project, LGBTQ Youth

“We provide crisis intervention and suicide prevention for LGBTQ youth.”

Contact: (866) 488-7386

Website: <https://www.thetrevorproject.org/>

Last Verified On: 05/14/2020

National Parent Helpline

“Get emotional support from a trained Advocate and become empowered and a stronger parent.”

Contact: (855) 427-2736

Website:

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

Last Verified On: 05/14/2020

Trans Lifeline

“Peer support hotline run by and for trans people.”

Contact: (877) 565-8860

Website: <https://www.translifeline.org/>

Last Verified On: 05/14/2020

National Suicide Prevention Lifeline

“Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones”

Contact: (800) 273-8255

Website: <https://suicidepreventionlifeline.org/>

Last Verified On: 05/14/2020



NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

CALIFORNIA HOME INSURANCE PLAN

California Fair Property Insurance Plan

Location: 3435 Wilshire Blvd. Suite 1200

Los Angeles, CA 90010

Contact: (800) 252-0089

Email:

<https://www.cfpnet.com/index.php/contact-us/>

Last Verified On: 09/29/2020

DISABILITY

Braille and Talking Book Library (BTBL)

Contact Sacramento: (916) 323-9843

Contact San Francisco: (415) 469-6100

Website: <http://www.library.ca.gov/btbl/>

Last Verified On: 05/14/2020

CalABLE

“ABLE accounts are a new savings option that allow individuals, who became disabled before the age of 26, to save and invest in a tax-advantaged account, without jeopardizing their ability to collect SSI.”

Contact: (833) 225-2253

Email: calABLESupport@CalABLE.ca.gov

Website: <https://calable.ca.gov/>

Last Verified On: 05/14/2020

Council of Citizens with Low Vision International

“Advocacy membership organization”

Contact: (844) 460-0625

Website: <http://www.cclvi.org/>

Last Verified On: 05/14/2020

United Cerebral Palsy (UCP)

“Life without Limits for People with Disabilities”

Contact: (916) 565-7700

Regional Website: <https://ucpsacto.org/>

National Website: <https://ucp.org/>

Last Verified On: 05/14/2020

Deaf and Disabled Telecommunications Program

“Provide telephone communication access for all deaf and disabled Californians”

Contact: 1 (800) 806-1191

Website: <https://ddtp.cpuc.ca.gov/>

Last Verified On: 05/14/2020

Autism Speaks

“Promoting solutions, across the spectrum and throughout the life span, for the needs of people with autism and their families.”

Contact: (323) 549-0500

Website: <https://www.autismspeaks.org/>

Last Verified On: 05/14/2020



NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

DISASTER ASSISTANCE

DisasterAssistance.gov

Contact: (800) 621-3362

TTY: (800) 462-7585

Website: <https://www.disasterassistance.gov/>

Last Verified On: 05/14/2020

PG&E Portable Battery Program

“PG&E’s Portable Battery Program (PBP) provides no-cost backup portable batteries for eligible income-qualified customers who live in high fire-threat districts (HFTD) and are enrolled in the Medical Baseline program. Additional eligibility requirements include a reliance on medical equipment that operates on electricity to sustain life. Working in coordination with Community Based Organizations.”

Additional eligibility requirements include a reliance on medical equipment that operates on electricity to sustain life. Working in coordination with Community Based Organizations.”

Contact: (800) 989-9744

Website:

<http://pgebatteryprogram.com/index.php/learn-more/>

Last Verified On: 10/12/2020

Plan Ahead for Disasters

Be Informed, Plan Ahead & Take Action

Website: www.ready.gov

Last Verified On: 05/14/2020

Salvation Army

“The Salvation Army exists to meet human needs wherever, whenever, and however we can.”

Contact: (800) 725-2769

Website: <https://www.salvationarmyusa.org/>

Last Verified On: 06/19/2020

DOMESTIC VIOLENCE RESOURCES

National Domestic Violence Hotline

24/7 Crisis Line: (800) 799-7233

TTY: (800) 787-3224

Website: <https://www.thehotline.org/>

Last Verified On: 05/14/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

LGBTQ SUPPORT GROUPS AND RESOURCES

COLAGE

“Unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in our collective communities.”

Contact: (828) 782-1938

Email: kfry@familyequality.org

Website: <https://www.colage.org/>

Last Verified On: 05/14/2020

Trans Lifeline

“Fight the epidemic of trans suicide and improves overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. For trans people, by trans people.”

Contact: 1 (877) 565- 8860

Website: <https://www.translifeline.org/>

Last Verified On: 05/14/2020

SAGE

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

Contact: (212) 741-2247

Website: <https://www.sageusa.org/>

Last Verified On: 05/14/2020

PFLAG (Parents, Family, and Friends or Lesbians and Gays)

“Our mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people.”

Contact: (202) 467-8180

Website: <https://pflag.org/>

Last Verified On: 05/14/2020

LGBT National TalkLine

“For all ages about coming-out issues, relationship concerns, HIV/AIDS, anxiety, safe sex practices & more.”

Talkline: 1 (888) 843-4564

Email: help@LGBThotline.org

Website: <https://www.glbthotline.org/national-hotline.html>

Last Verified On: 05/14/2020

National Center for Lesbian Rights (NCLR)

“A national nonprofit law firm that protects the legal and human rights of lesbians, gay men, bisexual & transgender people across the United States through impact litigation, public policy, advocacy, public education, & direct legal services.”

Contact: (415) 392-6257

Website: <http://www.nclrights.org/>

Last Verified On: 05/14/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

LGBTQ SUPPORT GROUPS AND RESOURCES continued

Trevor Lifeline – LGBTQ Youth

“We provide crisis intervention and suicide prevention for LGBTQ youth.”

Contact: 1 (866) 488-7386

Text: START to 678678

Website: <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 05/14/2020

MEDICARE ASSISTANCE

Health Insurance Counseling & Advocacy Program (HICAP)

“Provides free and objective information and counseling about Medicare.”

English Contact: (800) 434-0222

Spanish Contact: (800) 434-0222

Website: <https://cahealthadvocates.org/hicap/>

Last Verified On: 05/14/2020

MEDICATION ASSISTANCE & RESOURCES

Medicine Assist Tool (MAT)

“MAT is a search engine that contains information on approximately 900 public and private assistance programs that help those with financial need get access to their prescription”

Contact: (800) 477-2669

Website: <https://mat.org/>

Last Verified On: 06/19/2020

Needy Meds

“NeedyMeds helpline representatives are available weekdays 9am to 5pm Eastern Time and will link you to programs and services that can help you to afford your medications and health care costs.”

Contact: (800) 503-6897

Website: <https://www.needymeds.org/>

Last Verified On: 06/19/2020

MEDICAL SUPPORT SERVICES

American Cancer Society

“The American Cancer Society has many programs and services to help you understand cancer, get practical help like rides to treatment or a place to stay, and find emotional support. We can also connect you to valuable resources in your community.”

Contact: (800) 227-2345

Hours/Dates: 24hours a day/ 7 days a week

Website: <https://www.cancer.org/>

Last Verified On: 06/19/2020

Path to Health

“For those who have Restricted Scope/Emergency Only Medi-Cal. Program Includes: office visits, minor medical procedures, preventive screenings, routine lab tests, adult immunizations, and prescription medications.”

Website: <https://mypathtohealth.org/provider-locator/>

Last Verified On: 05/14/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

MEDICATION DISPOSAL & WASTE

State of California- CalRecycle

“Residential and Manufacturer Medication Disposal Information”

Website:

<https://www.calrecycle.ca.gov/HomeHazWaste/Medications/>

Last Verified On: 05/14/2020

MENTAL HEALTH

LGBTQ Mental Health and Aging Support Guide (PDF)

PDF:

<https://emmresourcecenter.org/system/files/2017-07/LGBTQ%20Mental%20Health%20%26%20Aging%20Guide-DIGITAL.pdf>

Last Verified On: 05/14/2020

Postpartum Support International:

Contact: (800) 944-4773

Website: <http://www.postpartum.net/>

Last Verified On: 05/14/2020

Nami Helpline

“Education, support and advocacy for families & individuals affected by the challenges of living with mental illness.”

Contact: (800) 950-6264

Text: NAMI to 741741

Website: <https://www.nami.org/>

Last Verified On: 05/14/2020

NON TRAUMATIC & TRAUMATIC BRAIN INJURY (TBI) RESOURCES

American Stroke Association

“The American Stroke Association is dedicated to prevention, diagnosis and treatment to save lives from stroke: ...guide healthcare professionals and provide information to enhance the quality of life for stroke survivors.”

Stroke Family Warmline: (888) 478-7653

Website:

<http://www.strokeassociation.org/STROKEORG/>

Last Verified On: 08/14/2020

Brain and Spinal Cord Injury Resource Center

BrainandSpinalCord.org is a resource for brain and spinal cord injury survivors and their families to learn more information about medical conditions, rehabilitation, and legal options.”

Contact: Phone: (866) 510-5970

Website: <http://www.brainandspinalcord.org/>

Last Verified On: 08/14/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

NON TRAUMATIC & TRAUMATIC BRAIN INJURY (TBI) RESOURCES, Continued

American Veterans with Brain Injury (AVBI)

“offers support to the families of American service members and Veterans who have sustained brain injuries through a web-based peer support network and information. ... members have access to web-based exercise programs to improve brain health and cognitive performance. These programs encourage self-improvement & recovery of service members & veterans who have sustained a brain injury. There are many other programs and supports for those with brain injury through AVBI.”

Website: <http://www.avbi.org/>

Last Verified On: 08/14/2020

Brain Injury.com

“Brain Injury.com is the largest collection of medical and legal information about brain injury on the web. This website provides a nationwide network of legal services to serve those with cases involving brain injury, and they provide cutting edge information for those in need.”

Contact: (866) 882-7246

Website: <http://www.braininjury.com/>

Last Verified On: 08/14/2020

Brain Injury Association of America (BIAA)

“BIAA’s mission is to advance awareness, research, treatment, and education and to improve the quality of life for all people affected by brain injury.”

Phone: (703) 761-0750

Website: <https://www.biausa.org/>

Last Verified On: 08/14/2020

Brainline

“BrainLine offers information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury and post-traumatic stress disorder (PTSD) to veterans, service members, and their families.”

Website: <http://www.brainline.org/>

Last Verified On: 08/14/2020

PHONE / APP SUPPORT

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

Talkline: 1 (888) 493-0092

Last Verified On: 05/14/2020

The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

Website: <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

Last Verified On: 05/14/2020

text4baby

“Nutrition Information, Safe Sleep Tips, Baby’s Milestones, Signs & Symptoms of Labor, Doctor Visit Reminders, Breastfeeding Advice, Car Seat Safety, Health Insurance Information, Urgent Health Alerts, Resource Hotlines & Websites”

Website: <https://text4baby.org/>

Last Verified On: 05/14/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

PUBLIC CHARGE INFORMATION

California Health Care Foundation

Website:

<https://www.chcf.org/blog/immigrants-new-proposed-public-charge-rule/>

Last Verified On: 05/14/2020

Immigration Services – Department of Social Services

Contact: (916) 657-3442

Website:

<https://www.cdss.ca.gov/Immigration-Services>

Last Verified On: 05/14/2020

U.S. Citizenship and Immigration Services

Website:

<https://www.uscis.gov/greencard/public-charge>

Last Verified On: 05/14/2020

REPLACING LOST DOCUMENTS

California Driver's License

Contact: (800) 777-0133

Website: <https://www.dmv.ca.gov/portal/driver-licenses-identification-cards/replace-your-driver-license-or-identification-dl-id-card/>

Last Verified On: 08/27/2020

Replacement Permanent Resident Card

Contact: (800) 375-5283

Website: www.uscis.gov

Last Verified On: 08/27/2020

Replacement Passports

Contact: (877) 487-2778

TTY: (888) 874-7793

Website:

<https://travel.state.gov/content/travel/en/passports/have-passport.html>

Last Verified On: 08/27/2020

Replacement Social Security Cards

Contact: (800) 72-1213

TTY: (800) 325-0778

Website:

<https://www.ssa.gov/myaccount/replacement-card.html>

Last Verified On: 08/27/2020

Medicare Card

Contact: (800) 633-4227

TTY: (877) 486-2048

Website: <https://faq.ssa.gov/en-us/Topic/article/KA-01735>

Last Verified On: 08/27/2020

Veterans' Service Records

Contact: (866) 272-6272

Website: <https://www.archives.gov/veterans>

Last Verified On: 08/27/2020

U.S. Savings Bonds

Contact: (844) 284-2676

Website:

https://www.treasurydirect.gov/indiv/research/indepth/ebonds/res_e_bonds_eereplace.htm

Last Verified On: 08/27/2020

U.S. Tax Returns

Contact: (800) 829-1040

Website: <https://www.irs.gov/forms-instructions>

Last Verified On: 08/27/2020

NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

QUIT SMOKING ASSISTANCE

California Smoker's Helpline

"Free, personal, confidential advice from Quit Coaches, in six languages."

Call: (844) 866-8213

Text: "Quit Vaping" to 66819

Website: <https://novapes.org/>

Apple Store: No Vape

Google Play: No Vape

Last Verified On: 05/14/2020

California Smoker's Helpline – Free Nicotine Patches

"Free patches for qualified callers"

Contact: 1 (800)-662-8887

Last Verified On: 05/14/2020

California Smoker's Helpline – Quit Vaping

"Free services for teens and adults"

Contact: (844)-866-8273

Text: "QUIT VAPING" to 66819

Online Help: www.nobutts.org/chat

Fact Sheets and Services:

www.nobutts.org/quitvaping

Last Verified On: 05/14/2020

quit4baby

"An app to provide you support while you quit smoking before, or during your pregnancy."

Website: <https://quit4baby.com/>

Last Verified On: 05/14/2020

UTILITY ASSISTANCE

California Lifeline Program

"California LifeLine Program provides discounts on home phone and cell phone services to qualified households."

Contact: 1 (866) 272-0349

Website: <https://www.cpuc.ca.gov/lifeline/>

Last Verified On: 05/14/2020

PG&E CARE Program

"Discount program that helps eligible customers pay their energy bills."

Contact: (866) 743-2273

Website:

https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/care/care.page

Last Verified On: 05/14/2020

PG&E Medical Baseline Program

"Assistance program for residential customers who have special energy needs due to qualifying medical conditions."

Contact: (800) 743-5000

Website:

https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/medical-condition-related/medical-baseline-allowance/medical-baseline-allowance.page

Last Verified On: 05/14/2020

REACH

"Relief for Energy Assistance through Community Help"

Contact: 1-800-743-5000

Website:

https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/one-time-assistance/reach/reach.page

Last Verified On: 05/14/2020