

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## ABUSE & PREVENTION

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### Childhelp: National Child Abuse Hotline

**Text or Call:** (800) 422-4453

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

Last Verified On: 12/15/2023

### Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

**Website:** <https://malesurvivor.org/>

Last Verified On: 12/15/2023

### National Domestic Violence Hotline

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

**TTY:** (800) 787-3224

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

Last Verified On: 12/15/2023

### National Child Abuse Prevention Resource Guide

“The 2021-2022 Prevention Resources Guide recognizes that there are action we can take as a society and within communities, organizations and families to address the root causes of child abuse and neglect.”

**Website:**

<https://www.childwelfare.gov/resources/library-catalog/>

Last Verified On: 12/15/2023

## CALIFORNIA HOME INSURANCE PLAN

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### 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: 12/15/2023

### 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/](https://www.cdcr.ca.gov/victim_services/)

Last Verified On: 12/15/2023

### The Office of Child Abuse Prevention (OCAP)

“The OCAP services as a statewide source of information, developing and disseminating educational material regarding prevention/early intervention program, activities, and research.”

**Contact:** (916) 651-6960

**Website:**

<https://www.cdss.ca.gov/inforesources/ocap>

Last Verified On: 12/15/2023

### Teen Dating Violence Hotline

“National resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

**Text:** LOVEIS to 22522

**Hotline:** (866) 331-9474

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## COVID-19 INFORMATION

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### California for All - Local Info and Alerts

“Each city, county and local government in California is working to respond to Covid-19. Click on the link and select your county or city to find out more from your local public health department.”

**Website:** <https://covid19.ca.gov/get-local-information/>

Last Verified On: 12/15/2023

### MyTurn COVID-19 Vaccination

“Everyone in California will have an opportunity to get vaccinated against COVID-19 at no cost. Find out if it’s your turn by answering a few questions.”

**Website:** <https://myturn.ca.gov/>

Last Verified On: 12/15/2023

## COVID-19 FINANCIAL RESOURCE

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### California ALL

“If you have been financially affected by COVID-19, you may be eligible for: Unemployment Insurance, Eviction Protection, Mortgage Relief, Food Assistance and No credit score changes.”

**Contact:** (833) 422-4255

**Website:** <https://covid19.ca.gov/get-financial-help/>

Last Verified On: 12/15/2023

## CRISIS HOTLINES

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### CA Youth Crisis Line (CYCL)

“The California Youth Crisis Line operates 24/7 as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors provide crisis intervention counseling and resource referrals to service providers in the caller’s local community. Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgement. We do not provide advice. We listen with compassion.”

**Contact:** (800) 843-5200

**Website:** <https://calyouth.org/cycl/>

Last Verified: 12/15/2023

### Childhelp: National Child Abuse Hotline

**Text or Call:** (800) 422-4453

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

Last Verified On: 12/15/2023

### National Domestic Violence Hotline

**Contact:** (800) 799-7233

**TTY:** (800) 787-3224

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## CRISIS HOTLINES, Continued

### National Runaway Safeline

“Get support. We are here to listen and here to help. We will listen to your story. We are available 24/7 for youth and families in crisis.”

**Contact:** (800) 786-2929

**Text:** 66008

**Website:** <https://www.1800runaway.org/youth-teens/>

Last Verified On: 12/15/2023

### National Suicide Prevention Lifeline

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

**Emergency Hotline: 9-8-8**

**Contact:** (800) 273-8255

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

Last Verified On: 12/01/2021

### Postpartum Support International:

**Contact:** (800) 944-4773

**Text:** (503) 894-9453

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

Last Verified On: 12/15/2023

### Trans Lifeline

“Peer support hotline run by and for Tran’s people.”

**Contact:** (877) 565-8860

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

Last Verified On: 12/15/2023

### The Rape, Abuse & Incest National Network (RAINN)

“Largest anti-sexual violence organization. Carries out programs to prevent sexual violence, help survivors. And ensure that perpetrators are brought to justice.”

**24/7 Help Hotline:** (800) 656-4673

**Website:** <https://www.rainn.org/>

Last Verified On: 12/15/2023

### Strength After

“If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster. Strength After... highlights the resilience of individuals and communities while providing a resource for other survivors and responders.”

**Contact:** (800) 985-5990

**Website:** <https://strengthafterdisaster.org/>

Last Verified On: 12/15/2023

### 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: 12/15/2023

### Your Life Your Voice

“You don’t have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.”

**Contact:** (800) 448-3000

**Text:** VOICE to 20121

**Website:**

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## CRISIS HOTLINES, Continued

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### StrongHearts Native Helpline

“Confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.”

**Contact:** (844) 762-8483

WEbiste:

[https://strongheartshelpline.org/?gclid=Cj0KCQjwncWvBhDARIsAEb2HWptY3obghAcdfST\\_3\\_0qdNNy9XVRDCIdbLiGvTogkBTXkMI0WdQ8aAu9sEALw\\_wcB](https://strongheartshelpline.org/?gclid=Cj0KCQjwncWvBhDARIsAEb2HWptY3obghAcdfST_3_0qdNNy9XVRDCIdbLiGvTogkBTXkMI0WdQ8aAu9sEALw_wcB)

Last Verified On: 03/13/2024

## DISABILITY

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### Autism Speaks

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

**Contact:** (888) 288-4762

**En Espanol:** (888) 772-9050

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

### 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](mailto:calABLESupport@CalABLE.ca.gov)

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

### FREE White Cane Program

#### National Federation of the Blind

“The white cane gives blind people the ability to achieve a full and independent life, allowing us to travel freely and safely.”

**Contact:** (410) 659-9314

**Website:** <https://www.nfb.org/programs-services/free-white-cane-program>

Last Verified On: 12/15/2023

### Council of Citizens with Low Vision International

“Advocacy membership organization”

**Contact:** (844) 460-0625

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

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## DISABILITY, Continued

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### CDSS Department of Social Services

#### Blind Services

“The Office of Services to the Blind (OSB) provides information and referral on services, programs, entitlements, and products of benefit to individuals who are blind or low vision and their families or service providers. OSB staff assists such individuals in understanding the availability of services, their eligibility for services, and the purpose and scope of the various service programs.”

**Contact:** (916) 657-3327

**Website:** <https://www.cdss.ca.gov/blind-services>

Last Verified On: 12/15/2023

### National Federation of the Blind

**Contact:** (410) 659-9314

**Website:** <https://www.nfb.org/programs-services/free-slate-and-stylus-program>

Last Verified On: 12/15/2023

### 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: 12/15/2023

### Listos California Disaster Readiness

“Once you sign up, you'll receive seven messages (once a day) walking you through the five simple steps to get you prepared. It will take less than a few minutes per day.”

**Website:**

<https://listos.arist.co/courses/5f0898b34456264206dbc956>

Last Verified On: 12/15/2023

### MyHazards

“MyHazards is a tool for the general public to discover hazards in their area (earthquake, flood, fire, and tsunami) and learn steps to reduce personal risk. Using the MyHazards tool, users may enter an address, city, zip code, or may select a location from a map. The map targets the location, and allows users to zoom and scroll to their desired view.” ”

**Website:** <https://myhazards.caloes.ca.gov/>

Last Verified On: 12/15/2023

### Prepare with Pedro

“Prepare with Pedro is a free youth preparedness program created by the American Red Cross, and we are proud to partner with them to offer the Prepare with Pedro: Disaster Preparedness Activity Book. This resource is designed to teach young children and their families how to stay safe during disasters and emergencies through fun activities such as crosswords, coloring pages, matching games, and more!

**Website:** <https://www.ready.gov/kids/prepare-pedro#>

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## DISASTER ASSISTANCE

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### DisasterAssistance.gov

**Contact:** (800) 621-3362

**TTY:** (800) 462-7585

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

Last Verified On: 12/15/2023

### Plan Ahead for Disasters

#### Be Informed, Plan Ahead & Take Action

**Contact:** (800) 621-FEMA (3362)

**Website:** <https://www.ready.gov/>

Last Verified On: 12/15/2023

### ReCover California

The Owner-Occupied Rehabilitation and Reconstruction Program (OOR) is designed to address homeowners' unmet rehabilitation and reconstruction needs within federally declared disaster areas. Grants are available for eligible disasters to cover unmet needs remaining if insurance, SBA loans, FEMA, legal settlement, and other resources do not fully cover the cost of rebuilding a home. Please visit the website for more program information and eligibility.

**Website:** <https://recover.hcd.ca.gov/>

Last Verified: 12/15/2023

### 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: 12/15/2023

### Strength After

"If you are experiencing emotional distress or other mental health concerns after a disaster, the Disaster Distress Helpline is here for you 24/7. Our mission is to provide a hub to share stories of hope and recovery encompassing all types of natural and human-caused disaster. Strength After... highlights the resilience of individuals and communities while providing a resource for other survivors and responders."

**Contact:** (800) 985-5990

**Website:** <https://strengthafterdisaster.org/>

Last Verified On: 12/15/2023

## FOSTER CARE & KINSHIP SUPPORT SERVICES

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### Family Urgent Response System (FURS)

"FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent."

**Call or Text Hotline:** (833) 939-3877

**Contact:** (916) 657-1858

**Website:**

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## FOOD

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### Feeding America

“Find your local Food programs & Food Banks. ... As COVID-19 impacts our nation, many food banks, food pantries, and meal programs are making changes to ensure the safety of visitors and the food they serve. A variety of low or no contact options are now available in many areas, including seniors-only hours, drive-through pantries, expanded home delivery services, and more. Search by zip code using the food bank locator, and contact the food bank that serves your area. They will be able to give you information on the free pantries and programs nearest you.”

**Website:**

<https://www.feedingamerica.org/need-help-find-food>

Last Verified On: 12/15/2023

### California Association of Food Banks

“We represent 41 food banks throughout the state. Find a Local Food Bank, Member Directory, about food banks. Today, 20% Californians face food insecurity on a daily basis. And yet, there is plenty of food available to feed us all. We envision a California where children arrive to school nourished and ready to learn, families can meet their basic needs, and all people are equipped to build lives of dignity and sufficiency. We believe adequate nourishment is a human right, and that ending hunger in our state is both essential and possible.”

**Website:**

<https://www.cafoodbanks.org/our-members/>

Last Verified On: 12/15/2023

## HEALTH CARE ASSISTANCE

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### Connect to Care

“Connect to Care is a benefit program that provides coverage for preventative care to low income adults who do not have any form of health care coverage. For more information click on the web link below.”

**Contact:** (800) 548 – 5880

**Email:** [info@cmspcounties.org](mailto:info@cmspcounties.org)

**Website:** <https://myconnecttocare.org/>

Last Verified On: 12/15/2023

### 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: 12/15/2023

## HOUSING

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### National Shared Housing Resource Center

“Program Directory lists independent Home Sharing Programs around the Country to help consumers who want to Home Share.”

**Website:**

<https://nationalsharedhousing.org/program-directory/>

Last Verified On: 12/15/2023

### Tenant and Landlord Resources

“Protection Guidelines, Forms, Resources”

**Website:** <https://landlordtenant.dre.ca.gov/>

Last Verified On: 12/15/2023

# 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](mailto:kfry@familyequality.org)

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

Last Verified On: 12/15/2023

### LGBT National Help Center

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

**Talk line:** 1 (888) 843-4564

**Email:** [help@LGBThotline.org](mailto:help@LGBThotline.org)

**Website:** <https://www.lgbthotline.org/>

Last Verified On: 12/15/2023

### 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: 12/15/2023

### Trans Lifeline

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

**Contact:** (877) 565- 8860

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

### 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) 467-8181

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

Last Verified On: 12/15/2023

### Transgender Map

“This free website shows how to make a gender transition”

**Website:** <https://www.transgendermap.com/>

Last Verified On: 12/16/2020

### SAGE

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

**Contact:** (877) 360-LGBT (5428)

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

Last Verified On: 12/15/2023

### Trans Resilience

“Helps trans and genderqueer/gender non-conforming people to navigate the world and find joy and happiness in their lives, through providing tools to develop self-love, self-compassion, and conscious communication.”

**Contact:** 510-842-7088

**Website:** <https://transresilience.com/>

Last Verified On: 12/15/2023



# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## MEDICARE ASSISTANCE

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### 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: 12/15/2023

## MEDICAL SUPPORT SERVICES

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### 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: 12/15/2023

### 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: 12/15/2023

### Andrew McDonough B+ Foundation Family Assistance Program

“Helping Families of Children under the age of 21 with cancer. The B+ Foundation Family Assistance Program gives qualified families money for expenses that are attributable to their child’s cancer diagnosis. The goal of the program is to lessen the financial burden so families can focus on helping their children get well.”

**Contact:** (302) 563-8389

**Website:** <https://bepositive.org/need-help/>

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## MEDICATION ASSISTANCE & RESOURCES

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### 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: 12/15/2023

### 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: 12/15/2023

## MEDICATION DISPOSAL & WASTE

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### State of California- Cal Recycle

“Residential and Manufacturer Medication Disposal Information”

**Contact:** (800) 732-9253

**Website:**

<https://pharmacy.ca.gov/webapplications/apps/takeback/index.shtml>

Last Verified On: 12/15/2023

## MENTAL HEALTH

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### LGBTQ Mental Health and Aging Support:

**Website:**

<https://www.lgbtagingcenter.org/resources/resources.cfm?s=21>

Last Verified On: 12/15/2023

### Male Survivor

“Facilitate dialogue among survivors, as well as between survivors and professional therapists, on our online forums and at in-person events.”

**Website:** <https://malesurvivor.org/>

Last Verified On: 12/15/2023

### 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: 12/15/2023

### SafeSpace Stories – Podcast

“Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.”

**Website:**

<https://www.safespacestories.org/projects-7>

**Apple Podcast:**

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

**Spotify:**

<https://open.spotify.com/show/49338MHg6LAE nBaOq1RSSC?si=b97a00f41db94211&nd=1>

Last Verified On: 12/15/2023

### Postpartum Support International:

**Contact:** (800) 944-4773

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

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## MENTAL HEALTH

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### SafeSpace

“SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed.”

**Website:** <https://safespace.org/>

Last Verified On: 12/15/2023

### Crisis Text Line

“Connect with a counselor”

**Text:** HOME to 741741

**Website:** <https://www.crisistextline.org/>

Last Verified On: 12/15/2023

## NON TRAUMATIC & TRAUMATIC BRAIN INJURY (TBI) RESOURCES

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### 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: 12/15/2023

### 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: 12/15/2023

### 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 the edge information for those in need.”

**Contact:** (866) 882-7246

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

Last Verified On: 12/15/2023

### 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.”

**Contact:** (703) 761-0750

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

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

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### 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: 12/15/2023

## PHONE / APP SUPPORT

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### 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

#### Android:

<https://play.google.com/store/apps/details?id=edu.berkeley.bsl.myshake>

#### Apple:

<https://apps.apple.com/app/id1467058529>

Last Verified On: 12/15/2023

### CalAlerts

“Each County in California has an alerting program that you can sign up for to receive alerts if an emergency situation were to arise in your county. If you work in one county, but you live in another, you can sign up for both.”

**Website:** <http://calalerts.org/signup.html>

Last Verified On: 12/15/2023

### My Shake App

“Free smartphone app that provides iPhone and Android users with audio and visual warnings [magnitude 4.5 or higher and Modified Mercalli Intensity III (weak) shaking].”

Last Verified On: 12/15/2023

### Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

**Hotline:** 1-800-MISS-YOU

**Website:** <https://www.miraclemessages.org>

Last Verified On: 12/15/2023

### 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: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## PHONE / APP SUPPORT

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### California Phones

“...Specialized California Phones from the California Telephone Access Program (CTAP) enable over half a million Californians to stay connected. There's a California Phone for every need. For example, there are amplified phones that make it easier to hear conversations. Big button phones that are easier to dial. Phones with lights that flash for incoming calls. Convenient portable phones – and more. We also offer phones that are specially designed for individuals with more significant disabilities. Phones are available to persons who live in California, have telephone service and your doctor approves your need.”

**Contact:** (800) 806-1191

**Website:** <https://californiaphones.org/apply-now>

Last Verified On: 12/15/2023

### 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: 12/15/2023

## PET ASSISTANCE

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### Brown Dog Foundations

“The Brown Dog Foundation provides financial assistance to pet owners in temporary financial crisis whose pet faces a treatable, but life-threatening condition or illness.”

**Contact:** Email

[grants@browndogfoundation.org](mailto:grants@browndogfoundation.org)

**Website:** <http://www.browndogfoundation.org/>

Last Verified On: 12/15/2023

### RedRover

“Preserving the human-animal bond by financial assistance, resources and support to low-income individuals and survivors of domestic violence and their pets, so families can escape abuse together and stay together.”

**Contact:** (916) 429-2457

**Website:** <https://redrover.org/relief/>

Last Verified On: 12/15/2023

### CDSS Assistance Dog Special Allowance Program

“The California Department of Social Services offers the Assistance Dog Special Allowance, which provides a monthly stipend of \$50 to eligible people who use a guide, service, or signal dog. The allowance is to help cover the food, grooming, and health costs of the dog.”

**Contact:** 916-657-2628

**Website:** <https://www.cdss.ca.gov/assistance-dogs>

Last Verified On: 12/15/2023

### Petco Love Lost

“Use a photo to search our national lost and found database for your missing pet.”

**Website:** <https://lost.petcolove.org/>

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## PUBLIC CHARGE INFORMATION

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### California Health Care Foundation

**Website:**

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

Last Verified On: 12/15/2023

### Immigration Services – Department of Social Services

**Contact:** (916) 657-3442

**Website:**

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

Last Verified On: 12/15/2023

### U.S. Citizenship and Immigration Services

**Website:** <https://www.uscis.gov/green-card/green-card-processes-and-procedures/public-charge/public-charge-resources>

Last Verified On: 12/15/2023

## REPLACING LOST DOCUMENTS

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### 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: 12/15/2023

### Replacement Social Security Cards

**Contact:** (800) 72-1213

**TTY:** (800) 325-0778

**Website:**

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

Last Verified On: 12/15/2023

### Replacement Permanent Resident Card

**Contact:** (800) 375-5283

**Website:** [www.uscis.gov](http://www.uscis.gov)

Last Verified On: 12/15/2023

### U.S. Savings Bonds

**Contact:** (844) 284-2676

**Website:**

[https://www.treasurydirect.gov/indiv/research/indepth/ebonds/res\\_e\\_bonds\\_eereplace.htm](https://www.treasurydirect.gov/indiv/research/indepth/ebonds/res_e_bonds_eereplace.htm)

Last Verified On: 12/15/2023

### Medicare Card

**Contact:** (800) 633-4227

**TTY:** (877) 486-2048

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

Last Verified On: 12/15/2023

### U.S. Tax Returns

**Contact:** (800) 829-1040

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

Last Verified On: 12/15/2023

### Veterans' Service Records

**Contact:** (866) 272-6272

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

Last Verified On: 12/15/2023

### 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: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## QUIT SMOKING ASSISTANCE

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### 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: 12/15/2023

### California Smoker's Helpline – Quit Vaping

"Free services for teens and adults"

**Contact:** (844)-866-8273

**Text:** "QUIT VAPING" to 66819

**Online Help:** <https://helpline-vision.ucsd.edu/Chat>

**Fact Sheets and Services:**

<https://kickitca.myshopify.com/collections/all>

Last Verified On: 12/15/2023

### California Smoker's Helpline – Free Nicotine Patches

"Free patches for qualified callers"

**Contact:** (800)-662-8887

Last Verified On: 12/15/2023

### Quit4baby

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

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

Last Verified On: 12/15/2023

## UTILITY ASSISTANCE

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### 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: 12/15/2023

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

Last Verified On: 12/15/2023

### 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](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: 12/15/2023

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

Last Verified On: 12/15/2023

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## VETERAN RESOURCES

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### Annie App for Veterans

“Services that sends automated text messages to Veterans to help them stay focused on their self-care.”

**Website:** [https://mobile.va.gov/app/annie-app-veterans?utm\\_source=vanityURL&utm\\_campaign=annie-app](https://mobile.va.gov/app/annie-app-veterans?utm_source=vanityURL&utm_campaign=annie-app)

Last Verified On: 12/15/2023

### California Department of Veterans Affairs (CalVet)

“CalVet works to serve and honor all California veterans by connecting them and their families with their earned benefits through education, advocacy, and direct services.”

**Contact:** (800) 952-5626

**Website:** <https://www.calvet.ca.gov/>

Last Verified On: 12/15/2023

### CalVet division for Women Veterans Affairs

The mission of the CalVet division for Women Veterans Affairs is to provide information, advocacy, outreach, and support to Women Veterans and their families.

**Contact:** (916) 653-1402

Or email: [womenveterans@calvet.ca.gov](mailto:womenveterans@calvet.ca.gov)

**Website:** <https://www.calvet.ca.gov/calvet-programs/women-veterans>

Last Verified: 12/15/2023

### Military Archives

“Request Military Service Records, Research Using Military Records, Replace Lost Medals and Awards, Browse WWII Photos”

**Contact:** (866) 272-6272

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

Last Verified On: 12/15/2023

### National Call Center for Veterans

“Homeless or at risk of becoming homeless, that provides free, 24/7 access to trained counselors.”

**24-Hour Free Access Line:** (877) 424-3838

**Website:** <https://www.va.gov/homeless/>

Last Verified On: 12/15/2023

### National Suicide Prevention Lifeline

“Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.”

**Hotline:** (800) 273-8255

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

Last Verified On: 12/15/2023

### Reduced Fee Annual Fishing License-Recovering Service Member

“Available for any recovering service member of the US military. After you prequalify for your Recovering Service Member Reduced-Fee Sport Fishing License, you can purchase recovering service member licenses anywhere licenses are sold.”

**Website:**

<https://wildlife.ca.gov/Licensing/Fishing>

Last Verified: 12/15/2023

### Veteran Crisis Line

“For veterans, their families & friends. 24 hrs., 7 days/week.”

**Contact:** (800) 273-8255, press 1

**Text:** 838-255

**Chat Online:**

<https://www.veteranscrisisline.net/get-help/hotline>

Last Verified On: 12/15/2023

### Veterans' Employment and Training Service (VETS)

“Prepare America's veterans, service members and their spouses, for meaningful careers, provide them with employment resources and expertise, protect their employment rights and promote their employment opportunities.”

**Location:** 200 Constitution Ave NW  
Washington, DC 20210

**Contact:** (866) 487-2365

**Website:** <https://www.dol.gov/agencies/vets>

Last Verified On: 12/15/2023



# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## YOUTH EDUCATION & EMPLOYMENT

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### California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

**Website:** <https://chafee.csac.ca.gov/>

Last Verified On: 12/15/2023