













FOOD & MEALS

CalFresh (SNAP)	Provides monthly food benefits to eligible low-income individuals and families.	 1-866-613-3777  dps.lacounty.gov/en/food/calfresh.html
Los Angeles Regional Food Bank	Distributes food through a network of partner agencies and meal programs.	 323-234-3030  lafoodbank.org/programs
Mom's Meals	Provides FREE home-delivered meals as part of your Medi-Cal benefits.	 1-877-508-6667  momsmeals.com

UTILITY ASSISTANCE

Low-Income Home Energy Assistance Program (LIHEAP)	Helps pay for heating or cooling bills (gas/electric).	 323- 721-41627  dps.lacounty.gov/en/food/calfresh.html
LADWP – Low-Income Discount Programs	Discounts on electricity and water for qualifying low-income customers.	 323-234-3030  lafoodbank.org/programs
Southern California Gas –CARE & Energy Savings Assistance Program Monthly	Monthly discount on gas bill through qualifying for CARE program.	 1-800-427-2200  socialgas.com/assistance-programs







HOUSING & SHELTER

Los Angeles Homeless Services Authority (LAHSA)	Coordinates housing and services for people experiencing homelessness.	 213-683-3333  https://www.lahsa.org
Housing.LACounty.gov	Provides a searchable database of affordable rental housing in Los Angeles County.	 1-877-428-8844  housing.lacounty.gov
DPSS Homeless Services	Provides assistance with emergency shelter and housing resources.	 1-866-613-3777  dps.lacounty.gov/en/homeless.html

MENTAL HEALTH SERVICES

Los Angeles County Department of Mental Health (LACDMH)	Provides mental health services and crisis intervention.	 1-800-854-7771 (24/7)  https://dmh.lacounty.gov
National Alliance on Mental Illness – Los Angeles County (LACDMH)	Provides support, education, and advocacy for individuals and families affected by mental illness.	 1-800-950-6264  https://namiglac.org
L.A. Care Health Plan – Behavioral Health Services	Offers mental health and substance use disorder services.	 1-877-344-2858  https://www.lacare.org







SUBSTANCE USE SUPPORT

Substance Abuse Prevention and Control (SAPC) LA County DPH	Mainhub for public substance use services in LA County, offering outpatient, inpatient, detox, and recovery support.	 Access Line (24/7): 1-844-804-7500  publichealth.lacounty.gov/sapc
Alcoholics Anonymous – Central Office of Los Angeles	Peer-led 12-step support groups held daily across LA County for those seeking recovery from alcohol.	 (323) 936-4343  lacoaa.org
CRI-Help, Inc.	Nonprofit residential treatment center with medical detox and long-term recovery support.	 (818) 985-8323  cri-help.org







HOSPITALS

LAC+USC Medical Center	Serves uninsured and Medi-Cal patients; offers multilingual support.	 (323) 409-1000  dhs.lacounty.gov/lageneral
Pomona Valley Hospital Medical Center	Serves a diverse population with bilingual staff and financial assistance programs.	 (909) 865-9500  pvhmc.org
Martin Luther King, Jr. Community Hospital	Offers comprehensive services including maternal, mental health, and chronic disease care.	 (424) 338-8000  mlkch.org/home

EDUCATION & EMPLOYMENT

Los Angeles Unified School District (LAUSD) – Parent and Community Services Offers	Offers direct support to students and families navigating educational resources.	 (213) 481-3350  families.lausd.org
WorkSource Centers – City of Los Angeles Provides	Provides employment services such as resume assistance and job fairs.	 (213) 744-7300  ewdd.lacity.gov
Greater Avenues for Independence (GAIN) DPSS	Supports CalWORKs participants with employment and training services.	 1-866-613-3777  dpss.lacounty.gov/en/jobs.html

EMERGENCY & CRISIS SERVICES

LACDMH ACCESS Hotline	Provides 24/7 crisis counseling and mental health referrals.	 1-800-854-7771  dmh.lacounty.gov
211 LA – Crisis Services	Connects individuals to emergency services and crisis intervention.	 Dial 2-1-1 or 1-800-339-6993 (24/7)  211la.org
Child Abuse Hotline – Los Angeles County Department of Children and Family Services	24/7 hotline to report child abuse or neglect.	 1-800-540-4000  dcfs.lacounty.gov