



# 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: 12/04/2019

### **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: 12/04/2019

## CRISIS HOTLINES

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### **Childhelp: National Child Abuse Hotline**

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

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

Last Verified On: 12/04/2019

### **Postpartum Support International:**

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

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

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

Last Verified On: 12/04/2019

### **National Domestic Violence Hotline**

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

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

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

Last Verified On: 12/04/2019

### **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: 12/04/2019

### **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: 12/04/2019

### **Trans Lifeline**

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

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

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

Last Verified On: 12/04/2019

### **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: 12/04/2019



# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## DISABILITY

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### 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: 12/04/2019

### 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: 12/04/2019

### Council of Citizens with Low Vision International

“Advocacy membership organization”

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

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

Last Verified On: 12/04/2019

## DISASTER ASSISTANCE

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### DisasterAssistance.gov

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

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

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

Last Verified On: 12/04/2019

## DOMESTIC VIOLENCE

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### National Domestic Violence Hotline

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

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

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

Last Verified On: 12/04/2019

### 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: 12/04/2019

### 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: 12/04/2019

### 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: 12/04/2019

### Plan Ahead for Disasters

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

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

Last Verified On: 12/04/2019

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## LGBTQ SUPPORT GROUPS AND RESOURCES

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### **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: 12/04/2019

### **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: 12/04/2019

### **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: 12/04/2019

### **LGBT National TalkLine**

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

**Talkline:** 1 (800) 843-4564

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

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

Last Verified: 12/04/2019

### **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: 12/04/2019

### **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.ncrights.org/>

Last Verified: 12/04/2019

### **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: 12/04/2019

# 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: 12/04/2019

## MEDICATION DISPOSAL & WASTE

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### State of California- CalRecycle

“Residential and Manufacturer Medication Disposal Information”

**Website:**

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

Last Verified: 12/04/2019

## MENTAL HEALTH

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### 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: 12/04/2019

### 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: 12/04/2019

### 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: 12/04/2019

### Postpartum Support International:

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

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

Last Verified On: 12/04/2019

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## PHONE / APP SUPPORT

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### **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: 12/04/2019

### **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: 12/04/2019

### **quit4baby**

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

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

Last Verified On: 12/04/2019

### **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: 12/04/2019

## PUBLIC CHARGE INFORMATION

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### **Immigration Services – Department of Social Services**

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

**Website:**

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

Last Verified On: 12/04/2019

### **California Health Care Foundation**

**Website:**

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

Last Verified On: 12/04/2019

### **U.S. Citizenship and Immigration Services**

**Website:**

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

Last Verified On: 12/04/2019

# NATIONAL AND STATEWIDE RESOURCES AND HOTLINES

## 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: 12/04/2019

### 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: 12/04/2019

### 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: 12/04/2019

## ADDITIONAL MEDICAL CARE

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### 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: 12/04/2019