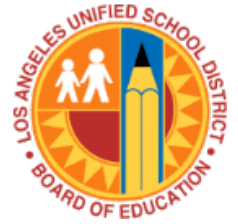




VERDUGO HILLS HIGH SCHOOL RESOURCE LIST DURING SCHOOL CLOSURE



SOCIAL EMOTIONAL SUPPORT

California Youth Crisis Line

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community. We have access to more than 5,500 free or low-cost resources for youth and families across California.

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 judgment. We do not provide advice. We listen with compassion. If you or someone you know is experiencing any type of teen-related struggle or crisis, please call. Translation services are available for multiple languages.

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

Chat: <https://calyouth.org/cycl/>

Crisis Text Line (24/7):

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information. Connect with a trained crisis counselor to receive free crisis support via text message.

Text LA to 741741

Mental Health Association of San Francisco

CA Peer-Run Warm Line is a non-emergency resource for anyone in California seeking emotional support. We provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use.

Toll Free: **1-855-845-7415**

Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline/>

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. Connects you with a crisis center closest to your location. Your call will be answered confidentially by a trained crisis worker who will listen empathetically, work to ensure that you feel safe, and help identify options and information about mental health services in your area.

Toll-Free: **1-800-273-TALK (1-800-273-8255)**

Toll-Free (español): **1-888-628-9454**

TTY: **1-800-799-4TTY (1-800-799-4889)**

English: <https://www.suicidepreventionlifeline.org>

Spanish: <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

SAMHSA Disaster Distress Helpline

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Toll-Free: **1-800-985-5990** (English and español)

SMS: **Text TalkWithUs to 66746**

SMS (español): **"Hablanos" al 66746**

TTY: **1-800-846-8517**

Website in

English: <https://www.disasterdistress.samhsa.gov>

Website in Spanish: <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

Teen Line:

If you have a problem or just want to talk with another teen who understands, then this is the right place for you. Teen Line: Call **(310) 855-HOPE** or **(800) TLC-TEEN** (nationwide toll-free) from 6pm to 10pm PST or Text **"TEEN" to 839863** between 6:00pm-9:00pm PST to receive person teen-to-teen education and support.

The Peer-Run Warm Line: Call **1-855-845-7415** for peer-run non-emergency emotional support.

Please note that LAUSD and Verdugo Hills High School do not control, pay for, verify or specifically endorse any of these resources. This list is meant as a starting point and all parties are encouraged to research and verify the organizations on their own accord.

UPDATED MARCH 2020



VERDUGO HILLS HIGH SCHOOL RESOURCE LIST DURING SCHOOL CLOSURE



Trevor Project – Trevor Lifeline

Trained counselors to support LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

Trevor Project Lifeline: **(800)-788-7386**

SMS: **Text TREVOR to 1-202-304-1200** (3pm-10pm, Monday-Friday)

HOTLINES

211 of LA

211 LA County is the hub for all types of health, human and social services in Los Angeles County, providing callers with information and referrals to the services that best meet their needs. Open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time.

If you are calling from outside Los Angeles County or cannot directly dial **2-1-1**, call **(800) 339-6993**

Los Angeles County Department of Mental Health Access Line

24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. enables disaster victims to receive, over the telephone, screening, assessment, referral, and crisis counseling. **(800) 854-7771**

National Domestic Violence Hotline

For anyone affected by abuse and needing support call **(800) 799-7233** or if you're unable to speak safely, you can log onto <https://www.thehotline.org/> or **text LOVEIS to 22522**.

ADDITIONAL RESOURCES

Los Angeles City Resource Page

Links to healthcare, employment, emergency assistance.

<https://lajobportal.com/>

L.A. Found

L.A. Found is a countywide initiative to help locate individuals who wander due to dementia, Alzheimer's, autism or other cognitive impairing conditions.

(833) 569-7651 or LAFound@wdacs.lacounty.gov

Los Angeles Homeless Outreach Portal (LA-HOP)

Operated by the Los Angeles Homeless Services Authority (LAHSA), LA-HOP is designed to assist people experiencing homelessness by dispatching homeless outreach teams throughout LA County.

<https://www.lahsa.org/portal/apps/la-hop/>

Substance Abuse Service Helpline

Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.

(844) 804-7500

LAUSD RESOURCES

LAUSD Resource page

<https://achieve.lausd.net/resources>

School of Mental Health Resource page

<https://achieve.lausd.net/Page/16559#spn-content>

Student Health & Human Services Hotline

Los Angeles Unified is working with community partners to help families access essential services during this public health crisis, such as food, shelter, physical/mental health support, and more.

For Families: **(213) 443-1300**

For Employees: **(213) 241-2700**

Monday- Saturday, 6AM -6PM



VERDUGO HILLS HIGH SCHOOL RESOURCE LIST DURING SCHOOL CLOSURE



FOOD

Holy Rosary Church

7800 Vineland Ave, Sun Valley, CA 91352

(818) 765-3350, <http://www.olhr.org/>

Services: Emergency food distribution Tuesdays & Fridays 9AM-11AM. ID required for registration, and current address must reside in North Hollywood & Sun Valley area only.

LAUSD GRAB & GO FOOD CENTERS

Los Angeles Unified, in partnership with the Red Cross, will continue to provide nutritious meals to all students who need them during the temporary closure of schools. Our 60 Grab & Go Food Centers are staffed weekdays from 7 a.m. to 11 a.m. Each child can take home two nutritious meals.

LOCAL DISTRICT NORTHEAST

Byrd Middle School

8501 Arleta Ave., Sun Valley 91352

East Valley Senior High School

5525 Vineland Ave., North Hollywood 91601

Fulton College Preparatory School

7477 Kester Ave., Van Nuys 91405

Maclay Middle School

12540 Pierce Ave., Pacoima 91331

Panorama Senior High School

8015 Van Nuys Blvd., Panorama City 91402

Romer Middle School

6501 Laurel Canyon Blvd., North Hollywood 91606

San Fernando Senior High School

11133 O'Melveny Ave., San Fernando 90140

Van Nuys Senior High School

6535 Cedric Ave., Van Nuys 91411

Verdugo Hills Senior High School

10625 Plainview Ave., Tujunga 91042

MEND (Meet Each Need with Dignity)

10641 N. San Fernando Road, Pacoima, CA 91331

(818) 897-2442

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

Services: Food distribution Thursdays & Fridays
9AM-11AM

Valley Food Bank- Lighthouse of San Fernando

622 N. Maclay Ave., San Fernando, CA 93140

(818) 403-6432

<https://valleyfoodbank.org/food-pantry-locations/>

Services: Food Distribution Fridays 4PM-5PM

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