

# EMERGENCY NUMBERS

**EXPERIENCING A LIFE-THREATENING EMERGENCY:** Call 911

**FEEL LIKE HURTING YOURSELF:**

- Call the **Suicide Prevention Lifeline:** (800) 273-8255  
*or*
- **Didi Hirsch's Suicide Prevention Line:** (877) 727-4747  
*or*
- **The Trevor Project (LGBTQ):** (866) 488-7386

**VETERANS IN NEED OF IMMEDIATE ASSISTANCE:**

- Call the VA Call Center (US Department of Veteran's Affairs): (877) 424-3838  
*or*
- Veteran's Crisis Line: (800) 273-8255 (press #1)

**VICTIMS OF SEXUAL ASSAULT:**

- Call the Sexual Assault Hotline (24/7) at: (800) 886-0453

**VICTIMS OF DOMESTIC VIOLENCE:**

- Call the DV Hotline at (800) 978-3600

**CHILD ABUSE OR NEGLECT:**

- Child Abuse Hotline (800) 540-4000

**SERVICES AVAILABLE TO YOU:**

- Call **211** for referral to services in your area

**SERVICES AT THE CENTER:**

- **Adults** can call the **Center for Family Living** (Van Nuys) at (818) 901-4854 during business hours (M-F 9-5)  
*or*
- **Macdonald Carey East Valley Mental Health Center** (North Hollywood) at (818) 908-3855 during business hours (9-5)
- **Mental Health Services For Your Child:** (818) 574-7745