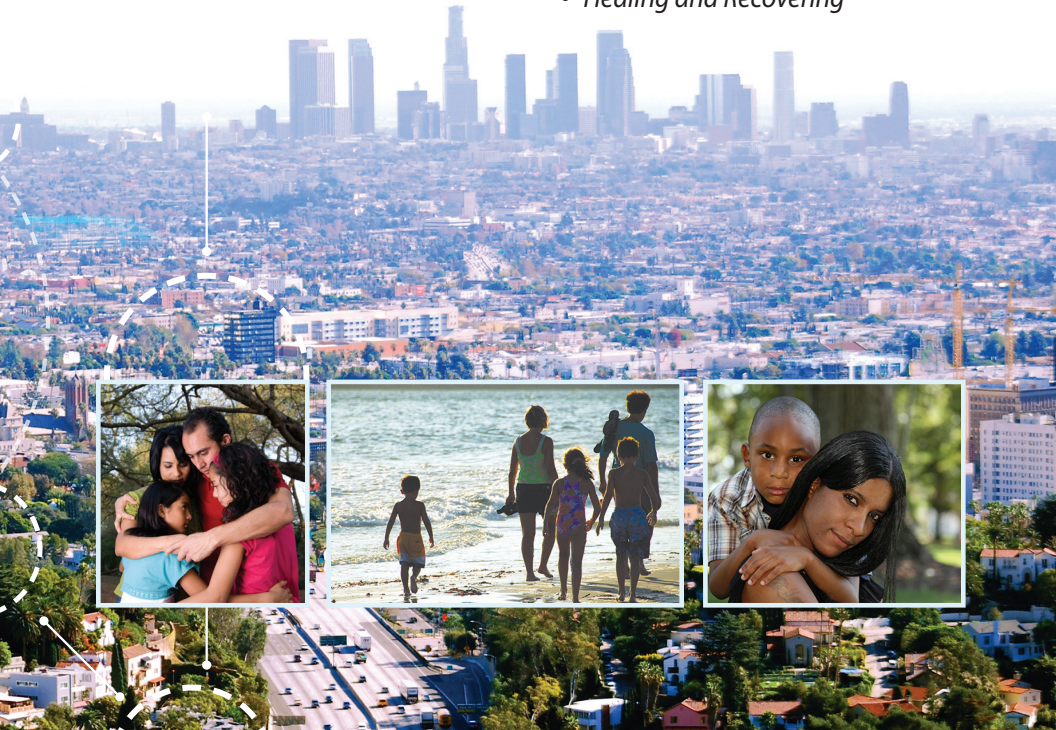


Resources FOR Survivors OF VIOLENT CRIME

IN LOS ANGELES COUNTY

GET HELP

- *Finding an Advocate*
- *Obtaining Crisis Support*
- *Learning About Victims' Rights*
- *Paying for Crime Related Expenses*
- *Healing and Recovering*



The mission of Crime Survivors is to provide hope and healing to victims and survivors of crime through advocacy and the support of resources, information, and empowerment from the critical time after a crime occurs through the challenges and successes of surviving and thriving. All victims of crime have the right and responsibility to survive.



"Crime Survivors has been a strong partner of the Los Angeles County Sheriff's Department for many years. Crime Survivors has helped countless victims re-establish their health, sense of security and identity following a violent crime. They have assisted and worked with various bureaus within the Department, specifically, Special Victims Bureau and Homicide Bureau. Crime Survivors has greatly contributed to the healing process of our victims after experiencing an extremely traumatizing and life changing event. Words cannot begin to express the gratitude I have for our relationship and the support we have received from Crime Survivors. The Los Angeles County Resource Guide, provided by Crime Survivors, is a comprehensive list of resources which can provide the assistance so many victims need. I am committed to our partnership in order to provide the best support and assistance to our victims."

Sheriff Alex Villanueva,

Los Angeles County Sheriff's Department



Crime victims often do not know where to turn in the aftermath of crime. This guide is filled with resources to "help victims become survivors," including the Los Angeles County District Attorney's Bureau of Victim Services at 1-800-380-3811. The resources and referrals provided herein can be the first step for victims and their families to rebuild their lives.

District Attorney Jackie Lacey, Los Angeles County District Attorney's Office



This Guide is produced by Crime Survivors, Los Angeles County Sheriff's Department, Los Angeles County District Attorney's Office and Bureau of Victim Services.

Disclaimer *The Crime Survivors Resource Guide has been created to provide general educational information to help you identify services and resources. The inclusion of an organization or service does not imply an endorsement or recommendation of the organization or service, nor does exclusion imply disapproval. While every effort is made to ensure the accuracy of the information provided, we make no guarantees. All information is provided "as is" without warranty of any kind, and you assume full responsibility for using the information contained herein. You understand and agree that Crime Survivors and its affiliates are not responsible or liable for any claim, loss, or damage resulting from the use of this information by you or any user.*

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2-1-1

2-1-1 is a free accessible telephone number that will enable everyone to access the vital community services they need. 2-1-1 provides a “one-stop” service for vital information by providing the “right” phone number for the “right” resource needed. It is the equivalent of 9-1-1, but for non-emergency health and human services.

Benefits of 2-1-1

This system has been developed to help members of our communities find the information and referral services they need or the appropriate agency to meet those needs. It helps provide unity by linking together those seeking essential services with the right organization. 2-1-1 eliminates the need to navigate the complicated web of health and human services by providing one simple number to link community services to the people who need them.

Did you know?

2-1-1 Info Link Los Angeles County is available to you 24/7 via phone or at www.211losangeles.org.

Services Provided by 2-1-1

www.211losangeles.org

Every hour of every day, someone requires essential services such as:

- Child Care
- Emergency Financial Assistance
- Health Care
- Food
- Shelter/Housing Alternatives
- Jobs
- Mental Health Support
- Services for Persons with Disabilities
- Resources for Older Adults and their Caregivers
- Alcohol and Drug Services
- Safe Surrender Sites for Newborns





When to Call 9-1-1

9-1-1 is the number to call to get help in a police, fire or medical emergency. 9-1-1 calls go over dedicated phone lines to the 9-1-1 answering point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from law enforcement, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 operator determine if you need emergency assistance.

If you call 9-1-1 by mistake, do not hang up. Tell the operator what happened so they know there really isn't an emergency.

Do Not Call 9-1-1

- For Information
 - For Directory Assistance
 - When You're Bored
 - For Paying Tickets
 - For Your Pet
 - As A Prank
- www.911.gov

An emergency is any situation that requires immediate assistance from law enforcement, the fire department or an ambulance.

If 9-1-1 Fails, You Should Know These Alternative Telephone Numbers

- Los Angeles County Sheriff's Department (non 911).....(323) 267-4800
www.lasd.org
- Los Angeles Police Department (non 911).....(877) 275-5273
www.lapdonline.org

Marsy's Law

Constitutional Amendment 2008 California Victims' Bill of Rights

On November 4, 2008, the People of the State of California approved Proposition 9, the Victims' Bill of Rights Act of 2008: Marsy's Law. This measure amended the California Constitution to provide additional rights to victims. Victims can also request a Marsy's Law card, which contains specific sections of the Victims' Bill of Rights and resources. Crime victims may obtain additional information regarding Marsy's Law and local Victim Witness Assistance Center information by contacting the Attorney General's Victim Services Unit at 1-877-433-9069.

A 'victim' is defined under the California Constitution as "a person who suffers direct or threatened physical, psychological, or financial harm as a result of the commission or attempted commission of a crime or delinquent act. The term 'victim' also includes the person's spouse, parents, children, siblings, or guardian, and includes a lawful representative of a crime victim who is deceased, a minor, or physically or psychologically incapacitated. The term 'victim' does not include a person in custody for an offense, the accused, or a person whom the court finds would not act in the best interests of a minor victim."

An overview of victim rights, along with helpful resources are listed on a card that can be printed out from their website at <http://ag.ca.gov/victims.php>.

For Information Contact:

Office of Victims' Services / California Office of the Attorney General

P.O. Box 944255

Sacramento, CA 94244-2550

Phone Toll-free: (877) 433-9069

www.da.lacounty.gov/victims

Marsy's Law Card Information:

<http://ag.ca.gov/victims.php>

<http://ag.ca.gov/victimservices/marsy.php>

If you are a victim of a crime, these rights apply to you. You may obtain information about these rights through your local victim/witness assistance program (usually located in the prosecutor's office), your State Attorney General's Office or U.S. Attorney's Office.



California Law and Victims' Rights

California Law provides crime victims with important rights. If you are the victim of crime, you may be entitled to the assistance of a victim advocate who can answer many of the questions you might have about the criminal justice system.

Victim Advocates can assist you with:

- Explaining what information you are entitled to receive while proceedings are pending.
- Assisting in applying for restitution to compensate you for crime-related losses.
- Communicating with the prosecution.
- Receiving victim support services.
- Helping you prepare a victim impact statement before an offender is sentenced.

You Have Rights

Most states have amended their constitutions to guarantee certain fundamental rights for crime victims. Typically, these include:

- The right to be notified of all court proceedings related to the offense.
- The right to be reasonably protected from the accused offender.
- The right to have input at sentencing (e.g., a victim impact statement).
- The right to information about the conviction, sentencing, imprisonment and release of the offender.
- The right to restitution from the convicted offender.
- The right to be notified of these rights.

Establish Safety

If you or someone you know has just been victimized, there are some important steps you should take in protecting yourself, treating any injuries and making sure you have the support you need. Below are things to think about immediately following a violent encounter.

First and foremost, get to a safe place, away from danger. If you need help getting there, ask someone to help you.

*Find a safe place
and ask for help
if you need it.*

Care for Injuries

Go to a hospital or physician to have physical injuries treated. It will also be important to tell medical personnel that your injuries are the result of a crime before you are treated so that DNA can be collected and photographs can be taken of your injuries. Do not shower or wash because doing so may remove or compromise physical evidence needed to apprehend and convict the person(s) who hurt you.

Call the Police / Get Help

Call the police as soon as possible so they can provide assistance.

Remember to preserve the crime scene - don't clean up or move anything so that detectives can collect evidence that will be helpful in bringing your assailant(s) to justice. Then call a trusted friend or family member who can be with you as you interact with the police, physicians and investigators to make personal decisions. In the days following, you should consider finding a counselor to help you cope with the trauma and the effects of Post Traumatic Stress Disorder (PTSD).



Document the Crime

While it may be the last thing you want to do, it is very important to write down exactly what happened as soon as possible following your incident. The best way to protect your memory is to document the event before being interviewed. Writing down what has taken place will be a source you can revisit to remember details. This will be very important if you need to testify later. A written account can also help to validate your feelings as you walk through the healing process. Below are some things you should include in your written description:

- **The nature of the incident**
Step by step, record what happened. If you were assaulted, How? What was said by whom, and how it was said? Include how you came to a place of safety and which direction your perpetrator(s) may have been headed.
- **Stolen items**
A detailed list of any items that were stolen from you will help the police investigation and may be needed for insurance purposes. Make sure to note the location and context of the crime. Write down where the crime occurred as well as important landmarks or other notable information, such as the presence of any potential witnesses.
- **The time of the crime**
As accurately as possible, record when the crime took place, as well as any warning signs you may recall.
- **A description of your assailant(s)**
Describe hair color and style, eye color, shape of face, height, weight, voice, clothing, tattoos or other identifying marks.
- **Description of other items**
Recall any items that may have been used during the crime, such as a handgun or a vehicle.



Protect Yourself Against Further Harm

If your home was burglarized or if you had your wallet or purse stolen, you may feel the need to have your home checked before returning to it. Ask the police to check your home for you and to make sure that you can enter your home safely. You may want or need to have someone with you when you arrive home for a while, especially if your perpetrator isn't caught immediately.

It will be important for you to re-establish a sense of safety in your life again, which may not come easily at first. Some survivors of violent crime feel the need for security devices or weapons. Generally, the best protection you have is to be aware of your surroundings and what your "gut" is telling you. It is important to know what you feel comfortable with and what will help you to be and feel safe.

Short-Term Planning

You may feel bombarded with countless details and decisions in the aftermath of a violent encounter — and to make matters worse, you are probably in shock. It will take time to deal with everything, but here are a few suggestions for the short-term:

- Call your employer or have a friend call if you cannot return to work right away. Remember that you just survived a serious trauma and even if you weren't physically hurt, you may need some time away from work to cope.
- Notify your health insurance company or primary care provider so that you will be covered for your medical care and counseling needs. If you have lost a loved one, you or a friend should notify the life insurance company.
- Cancel your credit cards if they were stolen. This will hopefully prevent some headaches with your bills and can also lead to the apprehension of the person who may be using them.
- Learn about the investigation of your case from law enforcement. Ask them what they will be doing, what the process is, how you will be notified and anything else that you may want to know about the process of trying to find your perpetrator(s).
- Let family and friends know what has happened so that they can understand that you've been through a trauma and that you will need their support. It is often difficult for others to understand what living through such a trauma is like. More information for family and friends can be found on page 31.

Find Support

Surviving a violent crime is difficult, and while the crime may only have taken seconds or minutes, the healing process can take quite a while. The road traveled in the aftermath is slightly different for everyone, but we all need help and understanding along the way. It will be important for you to find support during your healing process. Talk with friends, family, a therapist, a support group or other survivors in the Connect Directory section of the National Center for Victims of Crime Website at <http://www.victimsofcrime.org/help-for-crime-victims>.

If you need immediate help, you may want to call a hotline for anonymous support. Some hotlines include:

- Victims of Crime Resource Center** (800) 842-8467
www.victimsofcrime.org
- National Center for Victims of Crime** (855) 4VICTIM (855) 484-2846
24-hour hotline and link to local resources www.victimconnect.org
- National Domestic Violence Hotline** (800) 799-SAFE
(800) 799-7233 and (800) 787-3224 (TDD)
www.thehotline.org
- National Hopeline Network** (800) SUICIDE, (800) 784-2433
www.hopeline.com
- Love is Respect (National Dating Abuse Calling Line)**..... (866) 331-9474
www.loveisrespect.org

Steps to Healing

Healing won't happen quickly, but it will happen. It is within your power to facilitate the process and begin your journey to a new place of happiness and peace. Here are some suggestions:

- Recognize your loss.
- Honor your feelings and recognize your right to feel the way you do.
- Talk about your feelings to those you trust.
- Connect with other survivors of violence and talk about your experience.
- Don't be afraid to seek out professional help if you are struggling. None of us can do it alone.
- Recognize triggers that take you back to the memory and the fear.
- Be patient and don't make rash decisions — it takes time to figure out where you are, where you want to be, and how to get there.
- Take care of yourself — try to exercise, eat right, and sleep well.
- Don't abandon hope — believe that healing can and will take place.

What's Next?

As you start to return to your daily routine, you may question your feelings and what you're going through. Visit our **crimesurvivors.org** to find helpful resources and to learn more about common struggles that survivors encounter following their experiences. If you have a question and can't find an answer on our website, please contact us and we'll do our best to provide you with the information, support and referrals you need.



Crime Survivors

P.O. Box 54552, Irvine, CA 92619

(844) 853-HOPE / (949) 872-7895

info@crimesurvivors.org

Mission

To provide hope and healing to victims and survivors of crime through advocacy and the support of resources, information and empowerment from the critical time after a crime occurs through the challenges and successes of surviving and thriving.

Values

- We believe that no one should feel abandoned or alone and that every person is deserving of love, respect and dignity.
- We believe that all of us together can lift each other out of darkness and into the light of a restored heart and life.
- We believe that the best way to help others with hope and healing is to work in partnership with our community, law enforcement, elected leaders and members of the media.
- We believe that every broken heart, every hurt, every wound can be healed with love and a strong community of support.
- We believe that with faith there is always hope.
- We believe in hopeful healing.

We are Here to Help!

Crime Survivors is committed to serving our community by being an advocate and resource for crime victims and their families. If you don't know where to turn, or are confused or frustrated with the public services that are available to you as you recover or seek justice, Crime Survivors can help. Our website will provide information, resources and tools that will help you become a "Survivor."

Victims Advocate

Crime Survivors works in your community to make victims' rights a top priority. We facilitate communication and cooperation across various public service, government, and non-profit organizations to ensure that victims' rights are understood, and that the services victims are entitled to are received. If you think you are not receiving the assistance you should, please contact us.

Los Angeles County Courts

.....www.lacourt.org/courthouse

Airport Courthouse (310) 725-3025
11701 S. La Cienega Blvd., Los Angeles, CA 90045

Alfred J. McCourtney Juvenile Justice Center (661) 483-5904
1040 W. Avenue J, Lancaster, CA 93534

Alhambra Courthouse (626) 293-2199
150 W. Commonwealth Ave., Alhambra, CA 91801

Bellflower Courthouse (562) 345-3398
10025 E. Flower St., Bellflower, CA 90706

Beverly Hills Courthouse (310) 281-2499
9355 Burton Way, Beverly Hills, CA 90210

Burbank Courthouse (818) 260-8497
300 E. Olive Ave., Burbank, CA 91502

Catalina Courthouse (562) 256-2314
215 Summer Ave., Avalon, CA 90704

Central Arraignment Courts (213) 617-5699
429 Bauchet St., Los Angeles, CA 90012

Central Civil West Courthouse (213) 351-7598
600 S. Commonwealth Ave., Los Angeles, CA 90005

Chatsworth Courthouse (818) 407-2271
9425 Penfield Ave., Chatsworth, CA 91311

Clara Shortridge Foltz Criminal Justice Center (213) 628-7900
210 W. Temple St., Los Angeles, CA 90012

Compton Courthouse (310) 605-4065
200 W. Compton Blvd., Compton, CA 90220

Downey Courthouse (562) 803-7050
7500 E. Imperial Hwy., Downey, CA 90242

East Los Angeles Courthouse (323) 780-2050
4848 E. Civic Center Way, Los Angeles, CA 90022

Eastlake Juvenile Court (Delinquency) (323) 227-4399
1601 Eastlake Ave., Los Angeles, CA 90033

Edmund D. Edelman Child’s Court (Dependency) (323) 307-8096
201 Centre Plaza Dr., Monterey Park, CA 91754

El Monte Courthouse	(626) 401-2298
11234 E. Valley Blvd., El Monte, CA 91731	
Glendale Courthouse	(818) 265-6498
600 E. Broadway, Glendale, CA 91206	
Inglewood Courthouse	(310) 412-1398
1 Regent St., Inglewood, CA 90301	
Inglewood Juvenile Courthouse (Delinquency)	(310) 413-8343
110 Regent St., Inglewood, CA 90301	
Los Padrinos Juvenile Courthouse (Delinquency)	(562) 658-0799
7281 E. Quill Dr., Downey, CA 90242	
Mental Health Courthouse	(323) 441-1898
1150 N. San Fernando Rd., Los Angeles, CA 90065	
Metropolitan Courthouse	(213) 744-4022
1945 S. Hill St., Los Angeles, CA 90007	
Michael Antonovich Antelope Valley Courthouse	(661) 483-5797
42011 4th Street West, Lancaster, CA 93534	
Norwalk Courthouse	(562) 345-0899
12720 Norwalk Blvd., Norwalk, CA 90650	
Pasadena Courthouse	(626) 396-3393
300 E. Walnut Ave., Pasadena, CA 91101	
Pomona Courthouse South	(909) 802-1198
400 Civic Center Plaza, Pomona, CA 91766	
San Fernando Courthouse	(818) 256-1898
900 Third St., San Fernando, CA 91340	
Santa Clarita Courthouse	(661) 253-5698
23747 W. Valencia Blvd., Santa Clarita, CA 91355	
Santa Monica Courthouse	(310) 255-1963
1725 Main St., Santa Monica, CA 90401	
Stanley Mosk Courthouse	(213) 830-0803
111 N. Hill St., Los Angeles, CA 90012	
Sylmar Juvenile Courthouse (Delinquency)	(818) 256-1099
16350 Filbert St., Sylmar, CA 91342	
Torrance Courthouse	(310) 787-3697
825 Maple Ave., Torrance, CA 90503	

- Van Nuys Courthouse East** (818) 901-4799
6230 Sylmar Ave., Van Nuys, CA 91401
- Van Nuys Courthouse West** (818) 989-6998
14400 Erwin Street Mall, Van Nuys, CA 91401
- West Covina Courthouse** (626) 430-2598
1427 W. Covina Pkwy., West Covina, CA 91790

Legal Resources

- AARP Legal Network Services** (800) 424-3410
www.aarpls.com
- Asian Americans Advancing Justice** (888) 349-9695
provides legal assistance to victims of crimes involving immigration and family law
<https://advancingjustice-la.org>
- Chinese (Cantonese/Mandarin)** (800) 520-2356
- Khmer** (800) 867-3126
- Korean** (800) 867-3640
- Tagalog** (855) 300-2552
- Thai** (800) 914-9583
- Vietnamese** (800) 267-7395
- Legal Aid Society Foundation** (800) 399-4529
www.lafla.org
- LevittQuinn Family Law Center** (213) 482-1800
nonprofit protecting children and standing with family members in crisis
www.levittquinn.org
- Long Beach Bar Foundation (Shortstop)** (562) 981-7525
juvenile crime diversion program, counseling and juvenile anger management
www.4lbbf.org
- Los Angeles Center for Law and Justice (LACLJ)** (323) 980-3500
pursues justice for survivors of domestic and sexual violence
www.laclj.org
- Los Angeles County Bar Association Domestic Violence Legal Services Project**
(213) 624-3665
provides domestic violence legal services for persons of all ages who reside in LA County
www.lacba.org/dvp
- Lawyer Referral and Information Service** (213) 243-1525
www.smartlaw.org

District Attorney's Offices

.....	http://da.lacounty.gov
Airport Branch	(310) 727-6500
Alhambra Branch	(626) 308-5302
Antelope Valley Branch.....	(661) 974-7700
Antelope Valley Juvenile.....	(661) 945-6435
Bellflower Area.....	(562) 804-8085
Burbank Satellite.....	(818) 557-3525
Compton Branch.....	(310) 603-7483
Compton Juvenile.....	(310) 603-7462
Downey Area	(562) 803-7100
East Los Angeles Area	(323) 780-2032
Eastlake Juvenile.....	(323) 226-8955
El Monte Area.....	(626) 575-4155
Glendale Area.....	(818) 500-3593
Inglewood Area.....	(310) 419-5182
Inglewood Juvenile	(310) 419-5255
Juvenile HQ.....	(626) 356-5785
Long Beach Branch.....	(562) 247-2000
Long Beach Juvenile	(562) 247-2000
Los Angeles HQ	(213) 974-3512
Los Padrinos Juvenile	(562) 940-8827
Norwalk Branch.....	(562) 807-7212
Pasadena Branch.....	(626) 356-5620
Pasadena Juvenile	(626) 356-5785

DISTRICT ATTORNEY'S OFFICES

Pomona Branch	(909) 620-3350
Pomona Juvenile	(909) 868-5322
San Fernando Branch	(818) 898-2511
Santa Clarita Area	(661) 253-7244
Sylmar Juvenile	(818) 364-2122
Torrance Branch	(310) 222-3552
Van Nuys Branch	(818) 374-2400
West Covina Area	(626) 813-3301



Probation Departments

.....	www.probation.lacounty.gov
Alhambra Area Office.....	(626) 308-5542
Antelope Valley Juvenile Office	(661) 942-9979
Antelope Valley Sub Office.....	(661) 954-6310
Centinela Area Office.....	(323) 241-5800
Crenshaw Area Office.....	(323) 298-3511
East Los Angeles Area Office	(323) 780-2185
East San Fernando Valley Office.....	(818) 374-2000
Firestone Area Office	(323) 586-6469
Foothill Area Office.....	(626) 356-5281
Harbor Area Office	(310) 222-2672
Long Beach Area Office.....	(562) 247-2200
Pomona Valley Area Office.....	(909) 469-4507
Pretrial Services – Bauchet Office.....	(213) 974-5821
Pretrial Services – Wilshire Office.....	(213) 351-0373
Rio Hondo Area Office	(562) 908-3119
Riverview Area Office.....	(626) 579-8506
San Gabriel Valley Area Office.....	(626) 575-4059
South Central Area Office.....	(310) 603-7311
Valencia Sub Office.....	(661) 253-7271
Van Nuys (Juvenile) Area Office	(818) 373-8114
Van Nuys Juvenile Investigation Sub Office	(818) 374-6959

Los Angeles County Sheriff's Department

www.lasd.org	Non-Emergency (213) 229-1700
Altadena	(626) 798-1131 www.altadena.lasd.org
Avalon	(310) 510-0174 www.avalon.lasd.org
Carson	(310) 830-1123 www.carson.lasd.org
Century	(323) 568-4800 www.century.lasd.org
Cerritos	(562) 860-0044 www.cerritos.lasd.org
Compton	(310) 605-6500 www.compton.lasd.org
Crescenta Valley	(818) 248-3464 www.crescentvalley.lasd.org
East Los Angeles	(323) 264-4151 www.eastla.lasd.org
Industry	(626) 330-3322 www.industry.lasd.org
Lakewood	(562) 623-3500
(Bellflower Substation)	(562) 925-0124
(Paramount Substation)	(562) 220-2002 www.lakewood.lasd.org
Lancaster	(661) 948-8466 www.lancaster.lasd.org
Lomita	(310) 539-1661 www.lomita.lasd.org
Malibu / Lost Hills	(818) 878-1808 www.losthills.lasd.org
Marina Del Rey	(310) 482-6000 www.marinadelrey.lasd.org

Norwalk (562) 863-8711
 (La Mirada Substation) (562) 902-2960
 (Whittier Substation) (562) 903-1874
www.norwalk.lasd.org

Palmdale (661) 272-2400
www.palmdale.lasd.org

Pico Rivera (562) 949-2421
www.picorivera.lasd.org

San Dimas (909) 450-2700
 (non-emergency) (626) 332-1184
www.sandimas.lasd.org

Santa Clarita Valley (616) 255-1121
 (Gorman & Pyramid Lake) www.santaclarita.lasd.org

South Los Angeles (323) 820-6700
 (Lawndale) (310) 219-2750
www.lasd.org

Temple (626) 285-7171
www.temple.lasd.org

Walnut/Diamond Bar (626) 913-1715, (909) 595-2264
www.walnut.diamondbar.lasd.org

West Hollywood (310) 855-8850
 (Universal Citywalk Substation) (818) 622-9539
www.westhollywood.lasd.org

Los Angeles Police Community Stations

www.lapdonline.org (877) 275-5273

Central Community Station (213) 486-6606

Central Traffic (213) 833-3746

Devonshire Community Station (818) 832-0633

Foothill Community Station (818) 756-8861

Harbor Community Station (310) 726-7700

Hollenbeck Community Station (323) 342-4100

Hollywood Community Station	(213) 972-2971
Mission Community Station	(818) 838-9800
Newton Community Station	(323) 846-6547
North Hollywood Community Station	(818) 623-4016
North Hollywood Station	(818) 754-8300
Northeast Community Station	(323) 561-3211
Olympic Community Station	(213) 382-9102
Pacific Community Station	(310) 482-6334
Rampart Community Station	(213) 484-3400
77th Community Station	(213) 485-4164
South Traffic	(213) 421-2577
Southeast Community Station	(213) 972-1021
Southwest Community Station	(213) 485-2582
Topanga Community Station	(818) 756-4800
Valley Traffic Division	(818) 644-8000
Van Nuys Community Station	(818) 374-9500
West Los Angeles Community Station	(310) 444-0702
West Traffic Division	(213) 473-0222
West Valley Community Station	(818) 374-7611
Wilshire Community Station	(213) 473-0476

Municipal Police Departments

Alhambra	(626) 570-5168 http://www.cityofalhambra.org/page/22/police_department/
Arcadia	(626) 574-5151 https://www.arcadiaca.gov/government/city-departments/police-department
Azusa	(626) 812-3200 https://azusapd.org/
Baldwin Park	(626) 960-1955 http://www.baldwinparkpolice.com/
Bell/Cudahy	(323) 585-1245 http://www.cityofbell.org/?navid=106
Bell Gardens	(562) 806-7600 http://bgpd.digitalaxis.us/
Beverly Hills	(310) 550-4951 http://www.beverlyhills.org/citygovernment/departments/policedepartment/callingthepolice/
Burbank	(818) 238-3333 http://www.burbankpd.org/
Claremont	(909) 399-5411 http://www.ci.claremont.ca.us/government/departments-divisions/police-department
Covina	(626) 331-3391 https://covinaca.gov/police
Culver City	(310) 837-1221 https://www.culvercitypd.org/
Downey	(562) 861-0771 http://www.downeypd.org/
El Monte	(626) 580-2110 http://www.elmonte.org/Government/Police.aspx
El Segundo	(310) 524-2200 https://www.elsegundo.org/depts/police/
Gardena	(310) 217-9600 http://www.gardenapd.org/
Glendale	(818) 548-4840 https://www.glendaleca.gov/government/departments/police-department
Glendora	(626) 914-8250 http://www.cityofglendora.org/departments/police
Hawthorne	(310) 349-2700 https://hawthornepolice.com/
Hermosa Beach	(310) 318-0360 http://www.hermosabch.org/index.aspx?page=123
Huntington Park	(323) 584-6254 http://hppolice.org/

MUNICIPAL POLICE DEPARTMENTS

Inglewood	(310) 412-5211 https://www.cityofinglewood.org/149/Police
Irwindale	(626) 962-3601 http://www.ci.irwindale.ca.us/Index.aspx?NID=122
La Verne	(909) 596-1913 http://www.lvpd.org/
Long Beach	(562) 570-7260 http://www.longbeach.gov/police/
Manhattan Beach	(310) 802-5100 http://www.citymb.info/departments/police-department
Monrovia	(626) 256-8000 https://www.cityofmonrovia.org/your-government/police-department
Montebello	(323) 887-1313 http://www.cityofmontebello.com/departament/police.html
Palos Verdes	(310) 378-4211 http://www.pvestates.org/services/police-department
Pasadena	(626) 744-4501 https://ww5.cityofpasadena.net/Police/
Pomona	(909) 620-2155 http://www.ci.pomona.ca.us/index.php/government/city-departments/police-department
Redondo Beach	(310) 379-2477 https://www.redondo.org/depts/police/default.asp
San Fernando	(818) 898-1254 http://ci.san-fernando.ca.us/police/
San Gabriel	(626) 308-2828 http://www.sangabrielcity.com/679/San-Gabriel-Police-Department
San Marino	(626) 300-0720 http://www.cityofsanmarino.org/147/Police-Department
Santa Monica	(310) 395-9931 https://www.santamonica-pd.org/
Sierra Madre	(626) 355-1414 http://cityofsierramadre.com/cityhall/departments/police_department/
Signal Hill	(562) 989-7200 http://www.cityofsignalhill.org/17/About-Us
South Gate	(323) 563-5400 https://www.cityofsouthgate.org/233/Police
South Pasadena	(626) 403-7270 http://www.ci.south-pasadena.ca.us/index.aspx?page=125
Torrance	(310) 328-3456 https://www.torranceca.gov/our-city/police
Vernon	(323) 587-5171 http://www.cityofvernon.org/departments/police-department
West Covina	(626) 939-8500 https://www.wcpd.org/

California Highway Patrol

www.chp.ca.gov

Altadena.....	(626) 296-8100
Antelope Valley	(661) 948-8541
Baldwin Park.....	(626) 338-1164
Central Los Angeles	(213) 744-2331
East Los Angeles	(323) 980-4600
Newhall	(661) 294-5540
Santa Fe Springs	(562) 868-0503
South Los Angeles	(310) 516-3355
West Los Angeles	(310) 642-3939
West Valley	(818) 888-0980

Bureau of Victim Services

<http://da.lacounty.gov/victims>

Airport Branch Office.....	(310) 727- 6516
11701 S. LaCienega Blvd, Room 601, Los Angeles, CA 90045	
Alhambra Branch Office	(626) 308-5417
150 W. Commonwealth Ave, Alhambra, CA 91801	
Antelope Valley Branch Office.....	(661) 974-7717
42011 4th Street West, Room 3530, Lancaster, CA 93534.....	
	(661) 974-7716
Clara Shortridge Foltz Criminal Justice Center	(213) 974-1622
210 W. Temple St, Suite 12-514, Los Angeles, CA 90012	
	(213) 974-3391
Compton Branch Office.....	(310) 603-7579
200 W. Compton Blvd, Room 700, Compton, CA 90220.....	
	(310) 603-7574
East LA Area Office	(323) 780-2045
4848 E. Civic Center Way, Room 201, Los Angeles, CA 90022	
Elder Abuse	(213) 257-2304
211 W. Temple St, 9th Floor, Los Angeles, CA 90012	

El Monte Area Office	(626) 575-5565
11234 E. Valley Blvd, Room 110, El Monte, CA 91731	
Family Violence	(213) 257-2172
211 W. Temple St, 9th Floor, Los Angeles, CA 90012..... (213) 257-2173	
Financial / Fraud and Cyber Crimes	(213) 257-2443
211 W. Temple St, 10th Floor, Los Angeles, CA 90012	
Hardcore Gangs - Compton Branch Office	(310) 603-7127
200 W. Compton Blvd, Room 700, Compton, CA 90220	
Hardcore Gangs - Hall of Justice	(213) 257-2034
211 W. Temple St, 11th Floor, Los Angeles, CA 90012	
Hardcore Gangs - Pomona Police Dept	(909) 620-2027
490 W. Mission Blvd, Pomona, CA 91766	
Hate and Target Crimes	(213) 974-6873
210 W. Temple St, Suite 12-514, Los Angeles, CA 90012	
Human Trafficking Central County - Hall of Justice	(213) 257-2058
211 W. Temple St, 9th Floor, Los Angeles, CA 90012	
Human Trafficking North County - Criminal Justice Center .	(213) 974-2039
210 W. Temple St, Suite 12-514, Los Angeles, CA 90012	
Human Trafficking South County - Long Beach Juvenile ...	(562) 247-2067
275 Magnolia Ave, Suite 3195, Long Beach, CA 90802	
Inglewood Area Office	(310) 419-6764
One Regent St, Room 405, Inglewood, CA 90301	
Juvenile Advocacy Services (JAS) - Long Beach	(562) 247-2034
275 Magnolia Ave, Suite 3195, Long Beach, CA 90802	
Juvenile Advocacy Services (JAS) - South County (Los Padrinos Juvenile Office)	
7281 East Quill Drive, Downey, CA 90242	(562) 940-8818
LA County Sheriff Dept - Homicide Bureau	(323) 890-5656
1 Cupania Circle, Monterey Park, CA 91755	
LA County Sheriff Dept - Santa Clarita	(661) 799-5155
23740 Magic Mountain Parkway, Santa Clarita, CA 91355	
LA County Sheriff Dept - South LA	(323) 820-6860
1310 W. Imperial Highway, Los Angeles, CA 90044	
LA County Sheriff Dept - Special Victims Bureau	(661) 471-1515
1010 W. Avenue J, Lancaster, CA 93534	
LA County Sheriff Dept - Special Victims Bureau	(562) 946-8233
11515 Colima Road, Whittier, CA 90604	

LA County Sheriff Dept - West Hollywood	(310) 358-4057
780 N. San Vicente Blvd, West Hollywood, CA 90069	
LA Police Dept - Central	(213) 627-1619
251 E. Sixth St, Los Angeles, CA 90014	
LA Police Dept - Hollywood	(323) 871-1184
1358 N. Wilcox Ave, Los Angeles, CA 90028	
LA Police Dept - Rampart	(213) 483-6731
1401 W. 6th St, Los Angeles, CA 90017	
LA Police Dept - South Bureau Homicide	(323) 786-5151
7600 Broadway, Los Angeles, CA 90003	
LA Police Dept - Southeast	(323) 754-8064
145 W. 108th St, Los Angeles, CA 90061	
LA Police Dept - Southwest	(323) 296-8645
1546 Martin Luther King, Jr. Blvd, Los Angeles, CA 90062	
Lifer and Post-Conviction Proceedings (LPP)	(213) 893-0486
320 W. Temple St, Suite 540, Los Angeles, CA 90012	
Long Beach Branch Office	(562) 247-2068
275 Magnolia Ave, Suite 3195, Long Beach, CA 90802	
	(562) 247-2069
Norwalk Branch Office	(562) 807-7230
12720 Norwalk Blvd, Room 201, Norwalk, CA 90650	
	(562) 807-7464
Pasadena Branch Office	(626) 356-5783
300 E. Walnut St, Room 103, Pasadena, CA 91101	
	(626) 356-5727
Pomona Branch Office	(909) 620-3381
400 Civic Center Plz, Room 201, Pomona, CA 91766	
	(909) 620-3373
Realignment (RVSP)	(213) 893-7899
210 W. Temple St, Suite 12-514, Los Angeles, CA 90012	
	(213) 974-1637
San Fernando Branch	(818) 898-2406
900 Third St, 3rd Floor, San Fernando, CA 91340	
	(818) 898-2799
Sex Crimes	(213) 257-2054
211 W. Temple St, 9th Floor, Los Angeles, CA 90012	
Torrance Branch Office	(310) 222-3599
825 Maple Ave, Room 190, Torrance, CA 90503	
Van Nuys Branch Office	(818) 374-3075
14400 Erwin Street Mall, Room B-116, Van Nuys, CA 91401	
	(818) 374-2159
Victim Services K9 Unit	(213) 257-2045
211 W. Temple St, Suite 900, Los Angeles, CA 90012	
	(213) 257-2044

Victims’ Rights Assistance - Central County (Criminal Justice Center)
210 W. Temple St, Suite 12-514, Los Angeles, CA 90012 **(213) 974-9882**

Victims’ Rights Assistance - North County (West Covina Area Office)
1427 W. Covina Parkway, Room 105, West Covina, CA 91790 **(626) 813-3169**

Victims’ Rights Assistance - South County (Downey Area Office)
7500 Imperial Highway, Room 324, Downey, CA 90242 **(562) 803-7107**

West Covina Area Office (626) 813-3220
1427 W. Covina Parkway, Room 108, West Covina, CA 91790



Crime Victim Resources

Case de la Familia (714) 667-5220
www.casadelafamilia.org

Crime Victims United of California (530) 885-9544
www.crimevictimsunited.com

Families & Friends of Murder Victims (FFMV) (909) 798-4803

Justice For Homicide Victims (VM) (310) 457-0030
www.justiceforhomicidevictims.com

Homicide Victims Memorial Foundation (VM) (562) 860-7303
www.HVMFoundation.org

Justice For Murdered Children (310) 547-JFMC (5362)
www.jfmc.org

Parents of Murdered Children

POMC is a national non-profit organization dedicated to families and friends of those who have died by violence. All chapters offer monthly support groups, parole blocks, court accompaniment, community outreach and education.

Greater Orange County Chapter (VM) (714) 999-7132
www.gocpomc.org

San Gabriel Chapter (VM) (626) 221-5737
www.pomc.org

Project Cry No More (VM) (310) 764-0165
www.projectcrynomore.yolasite.com

Project Sister Family Services (909) 623-1619
 24 Hr. Hotline (909) 626-4357
www.projectsister.org

The Joyful Child Foundation (866) 756-9385
www.thejoyfulchildfoundation.org

Resources Section

Adolescent Resources

California Youth Crisis Line	(800) 843-5200 www.calyouth.org
National Runaway Switchboard	(800) 621-4000 www.1800runaway.org
Peer to Peer Crisis Teen Line	(800) 852-8336 www.teenlineonline.org
Teen Solutions	(936) 295-5767 For families of teens in trouble, teensolutions.com www.teensolutions.com
Caribou Ridge Intervention	(800) 974-1999 www.caribouridgeintervention.com



Sexual Assault/Rape

Artesia

Su Casa Family Crisis & Support Center(562) 402-4888
www.sucasadv.org

Cerritos

Cerritos Psychological Center(562) 860-2210
www.cerritospsychcenter.com

California, Statewide

Safe at Home; Confidential Address Program(877) 322-5227
www.sos.ca.gov/registries/safe-home/

Claremont

Project S.I.S.T.E.R.(626) 966-4155
www.projectsister.org

El Monte and Foothill

Foothill Family Services Agency(626) 993-3000
www.foothillfamily.org

Compton

Y.W.C.A. Greater Los Angeles - Crisis Line(310) 763-9995
<https://ywcagla.org/what-we-do/programs/sexual-assault/>

Los Angeles

Center for the Pacific-Asian Families, Inc.(800) 339-3940

Coalition to Abolish Slavery & Trafficking(888) 539-2373
www.castla.org/homepage

East Los Angeles Rape & Battering Hotline(800) 585-6231
www.elawc.org

East Los Angeles Women's Center(323) 526-5819
www.elawc.org

L.A. Commission of Assaults Against Women(213) 626-3393

Stalking and Threat Assessment Team(213) 257-2210

Y.W.C.A. Greater Los Angeles(323) 296-0920
.....Long Beach (562) 590-6400
<https://ywcagla.org/what-we-do/programs/sexual-assault/>

Pasadena

Foothill Family Services Agency(626) 993-3000
www.foothillfamily.org/index.php

L.A. Commission of Assaults Against Women (213) 626-3393

Santa Monica

Rape Trauma Center UCLA (424) 259-7208

Rape Treatment Center UCLA (310) 319-4000

Sojourn Services for Battered Women(310) 264-6644
www.opcc.net

Sherman Oaks

Clinical Counseling Center (818) 986-1161

Van Nuys

Streight United(818) 886-0453
www.streightunited.com

Valley Oasis SARS (661) 723-7273
www.valleyoasis.org

West Covina

Foothill Family Services Agency(626) 993-3000
www.foothillfamily.org

Support Services

ADA Monitored Family Visitation Services (714) 752-0091
provides supervised visitation for children and parents
www.adamonitoredfamilyvisitationservices.com

Aegis Treatment Centers (626) 794-1161
opioid treatment program www.aegistreatmentcenters.com

Alliance for Young Women and Girls(323) 795-5936
provides leadership and employability for 18-25 www.alliance4ywg.org

Children Youth and Family Collaborative(323) 730-9400
ensures foster youth graduate from high school and higher with success
www.cyfcla.org

Chinatown Service Center (213) 808-1720
provide advocacy for immigrants and other communities www.cscla.org

Clarís Health **Inglewood (323) 299-9977**
 **West Los Angeles (310) 268-8400**
provides free and affordable care for those facing pregnancy and sexual health concerns
<https://www.clarishhealth.org>

Department of Corrections and Rehabilitation,
Office of Victim and Survivor Rights and Services (OVSRS) .(877) 256-6877
gives crime victims families a voice in the post-conviction criminal justice process
https://www.cdcr.ca.gov/Victim_Services/index.html

Downtown Women's Center(213) 680-0600
ending homelessness through housing, wellness and advocacy
www.downtownwomenscenter.org

Family Outreach & Community Intervention Services(562) 807-6464
programs and services
<http://www.focisweb.com>

Gals Starting Over..... **Long Beach (424) 225-1272**
 **Redondo Beach (310) 486-5084**
empowering women to build their skills and confidence to achieve self-sufficiency
www.galsstartingover.org

Heritage Clinic(626) 577-8480
mental health services for low income older adults 55+ & family caregivers 18+
www.heritageclinic.org

JWCH Institute, Inc...... (323) 201-4516
provides health care, health education services and research
www.jwchinstitute.org

Los Angeles County Department of Mental Health(800) 854-7771
access to care and resources that promote independence and personal recovery
<http://dmh.lacounty.gov/wps/portal/dmh>

Loved Ones Victims Services..... (310) 337-7006
 **fax (310) 337-7060**
www.lovs.org

Mothers Against Drunk Drivers (MADD) (714) 838-6199
support victims of this violent crime
www.madd.org/southerncalifornia

Streets Are For Everyone (SAFE)(844) 884-7233
support system for those who need help following a traffic collision
<http://www.streetsareforeveryone.org/safe-support>

Turning Point Alcohol & Education Program (323) 296-1840
provide education, health, behavioral and social services to vulnerable populations
www.turningpointaod.com

Crime Victim Services

All Peoples Community Center (213) 747-6357
dv support group, family source center, case management, food distribution and other services
www.allpeoplescc.org

Antelope Valley Partners for Health (AVPH) (661) 942-4719
educate, strengthen and advocate through achieving optimal health for AV community
www.avph.org

California Victim Compensation Board (CalVCB) (800) 777-9229
www.calvcb.ca.gov
CalVCB can help pay bills and expenses that result from certain violent crimes. Victims of crime who have been injured or have been threatened with injury may be eligible for help.

Crime Survivors (844) 853-HOPE / (949) 872-7895
Advice, guidance, and support for victims of crime
www.crimesurvivors.org

Hearing Impaired (800) 735-2929
www.1800victims.org
Please refer to website for locations and phone numbers to resources in your area.

Family Visitation Services (818) 968-8586
provides professional supervised visitations fostering a family friendly approach
www.familyvisitationservices.com

Foothill Family (626) 993-3000
provides mental health and social services to at-risk children and families
www.foothillfamily.org

Let Us! Inc. (800) 400-4370
provides a wealth of services that target mind, body, spirit and empowerment
www.letusinc.org

National Organization for Victim Assistance (800) TRY-NOVA

National Victim Center (800) FYI-CALL
www.trynova.org

New Star Family Justice Center (323) 345-2686
provides victims of family violence access to comprehensive services from one location
www.nsfjc.org

Niswa Association, Inc. (310) 534-0022
a non-profit organization dedicated to helping families in need
www.niswainc.org

Pacoima Urban Village (818) 235-3722
enhances the lives of the community through health, education & economic development
<https://pacurbanvillage.com>

- Program for Torture Victims** (213) 384-4788
Assists transgender victims of crime seeking immigration asylum www.ptvla.org
- Shields for Families** (323) 242-5000
develop, deliver and evaluate culturally sensitive models for high-risk families in South LA
www.shieldsforfamilies.org
- Star View Community Services** (888) 535-3288
provides evidenced based practices and full services partnership programs
www.starsinc.com
- The National Center for Victims of Crime**..... (855) 4-VICTIM
www.victimsofcrime.org
- Therapeutic Play Foundation** (323) 924-9064
provides services for victims of child abuse, neglect, sexual assault and family violence with
www.violenceinterventionprogram.org
- Victims of Crime Resource Center** (800) 842-8467
- Violence Intervention Program**..... (323) 221-4134
provides a wealth of services that target mind, body, spirit and empowerment
www.letusinc.org
- Watts Labor Community Action Committee (WLCAC) - Family Source Center** (323) 357-6262
provides domestic violence, sexual assault, utility bill payment, college corner and many more
www.wlcac.org
- Yetunde Price Resource Center** (310) 554-4639
Ensure people have all access to existing resources and create new ones, if necessary
www.yprcla.org
- YWCA Greater Los Angeles** (213) 365-2991
provides services for victims of sexual violence and seniors. <https://ywcagla.org>
- YWCA Greater Los Angeles Rape Crisis Center** (310) 763-9117
rape crisis centers for victims in Los Angeles County..... (562) 590-6400
<https://ywcagla.org>

Trauma Recovery Centers

- Long Beach Trauma Recovery Center** (562) 491-7977
1045 Atlantic Ave., Suite 801, Long Beach
<https://www.csulb.edu/college-of-education/long-beach-trauma-recovery-center>
- Peace Over Violence / Downtown Women's Center Trauma Recovery Center** (213) 955-9090
1015 Wilshire Blvd., Room 200, Los Angeles <https://www.peaceoverviolence.org>

Southern California Crossroads / St. Francis Medical Center (424) 785-5157
3860 S. Imperial Highway, Suite 405, Lynwood, CA 90262
<https://www.socalcrossroads.org>

Special Service for Groups Trauma Recovery Center (323) 432-4399
5849 Crocker St, Unit X, Los Angeles
<https://www.hopics.org/trc>

The Trauma Recovery Center (TRC) is a community based service offering South Los Angeles and surrounding areas in Los Angeles County trauma-informed, comprehensive treatment, and resources for survivors, and witnesses of crime. The Trauma Recovery Center differs from other agencies in that we focus specifically on victims or witnesses of a crime. No insurance (i.e. medi-cal, or private) is needed to cover the costs, as our services are free of charge. The Trauma Recovery Center believes that perpetrators were once victims, and are willing to provide services for those who have been incarcerated as a form of recovery and re-entry into society. TRC is focused and committed to providing one to one services and resources to the underserved victims of crime in our community.

Domestic Violence Resources

House of Ruth (909) 623-4364
Claremont
www.houseofruthinc.org

New Star Family Justice Center (323) 345-2686
Hawthorne
www.nsfjc.org

Office of Samoan Affairs (310) 538-0555
Carson
<https://officeofsamoanaffairs.org/welcome.html>

Peace Over Violence (213) 995-9090
Los Angeles
www.peaceoverviolence.org

Project Peacemakers (323) 291-2525
Los Angeles
www.projectpeacemakersinc.org

Shepherd’s Door Domestic Violence Resource Center (626) 765-9967
Pasadena
www.shepherddoor.org

Su Casa (562) 421-6537
Long Beach
www.sucasadv.org

Tarzana Treatment Centers (818) 996-1051
Tarzana
<https://www.tarzanatc.org>

Domestic Violence Shelters

Antelope Valley, Palmdale & Santa Clarita

Savia: A Community Partnership (661) 259-8175
www.childfamilycenter.org

Valley Oasis (661) 945-6736
www.valleyoasis.org

Central & West Los Angeles

Center for Pacific Asian Family (800) 339-3940
www.nurturingchange.org

Good Shepherd Shelter (323) 737-6111
www.goodshepherdshelter.org

Sojourn (310) 264-6644
<https://www.opcc.net>

Orange County

WISE Place (714) 542-3577
<https://www.wiseplace.org>

Women's Transitional Women's Center (714) 992-1931
<http://wtlc.org>

Pomona

House of Ruth (909) 988-5559
www.houseofruthinc.org

San Fernando Valley

Haven Hills (818) 887-6589
www.havenhills.org

JFS Hope (Formerly Haven House) (818) 505-0900
www.jfsla.org/hope

San Gabriel Valley & East Los Angeles

Angel Step Inn (323) 780-4357
www.angelstepinn.org

East Los Angeles Women's Center (323) 526-5819
<https://elawc.org>

Glendale YWCA (888) 999-7511
www.glendaleywca.org

Haven House (323) 681-2626
www.jfsla.org/havenhouse

DOMESTIC VIOLENCE SHELTERS

Women & Children Crisis Center	(562) 945-3939 www.wccshope.org
YWCA-WINGS	(626) 967-0658 www.ywcasgv.org/wings.html
Pathways DV Shelter	(323) 644-2200 www.epath.org

South Bay

1736 Family Crisis Center	(323) 737-3900 www.1736familycrisiscenter.org
Domestic Violence Program of the Child and Family Center	(661) 259-8175 http://dvc-scv.com
Human Options	(949) 737-5242 https://humanoptions.org
Interface Children & Family Services	(805) 485-6114 https://www.icfs.org
Jenesse Center	(323) 299-9496 https://jenesse.org
JFS Hope (Formerly Tamar House)	(323) 681-2626 www.jfsla.org/hope
Phoenix House	(818) 686-3000 https://www.phoenixhouse.org
Precious Life Shelter	(562) 431-5025 www.preciouslifeshelter.org
Rainbow Services	(310) 547-9343 www.rainbowservicesdv.org
South Asian Helpline and Referral Agency (SAHARA)	(562) 402-4132 www.saharacares.org
Su Casa	(562) 402-4888 www.sucasadv.org
Su Casa (Transitional)	(562) 421-3297 www.sucasadv.org
Su Casa 24 Hour Hotline	(562) 402-4888 www.sucasadv.org
Thai Community Development Center	(323) 468-2555 www.thaicdc.org
Upward Bound House	(310) 458-7779 https://upwardboundhouse.org
Women's & Children's Crisis Shelter	(562) 945-3939 https://wccshope.org
Women Shelter of Long Beach	(562) 437-7233 www.womenshelterlb.org

Domestic Violence

How To Get Help

What to Look For

- Threats of violence
- Breaking or striking objects
- Use of force in sex
- Possessiveness and lack of trust
- Verbal abuse
- Jealousy
- Name calling and put-downs
- Unrealistic expectations of you
- Blaming you for problems
- Physical force towards you or others
- Cruelty to animals and/or children

How to Leave Safely

- Plan ahead
- Make spare keys
- Put money aside for cab fare or gas
- Tell someone about the abuse
- Document your injuries – take pictures
- If injured go to the nearest hospital and tell someone
- Make a list of emergency numbers
- Safely store birth certificates, passports, school and medical records outside the home
- Call police and get officer's name and badge number
- Obtain a restraining order

Victims’ Rights

As a victim, you have the right to go to the Superior Court and file a petition requesting any of the following orders for relief:

- An order restraining the attacker from abusing the victim and other family members.
- An order directing the attacker to leave the household.
- An order preventing the attacker from entering the residence, school, business or place of employment of the victim.
- An order awarding the victim or the other parent custody of or visitation with a minor child or children.
- An order restraining the attacker from molesting or interfering with minor children in the custody of the victim.
- An order directing the party not granted custody to pay support of the minor children, if that party has a legal obligation to do so.
- An order directing the defendant to make specified debt payments coming due while the order is in effect.
- An order directing that either or both parties participate in counseling.

Who to Call

Adult Protective Services (800) 451-5155
24 hours per day; 7 days a week

Domestic Violence Hotline (800) 978-3600

National Domestic Violence Hotline (800) 799-7233
www.thehotline.org

Victim Information and Notification Everyday (VINE) (877) 411-5588
A service by the Los Angeles County Sheriff’s Department to notify you when the status of an inmate changes.
www.vinelink.com

Human Sex Trafficking

Association for the Recovery of Children (ARC)..... (310) 373-2319

locate and rescue missing, abducted or trafficked American children or youth

www.recoveryofchildren.org

Coalition to Abolish Slavery (CAST).....(213) 3650-1906

Survivors top 24/7 hotline, comprehensive case management and legal services to all survivors

www.castla.org

Forgotten Children, Inc. (800) 793-2213

provides after care and extensive support services

www.forgottenchildreninc.org

International Institute of Los Angeles (310) 373-2319

serves foreign-born victims

www.iilosangeles.org

Journey Out (818) 988-4970

fights for the freedom and survival of adult victims in Los Angeles County

www.journeyout.org

Restoration Diversion Services Drop In Center (310) 639-1695

www.restorationdiversionservices.com

Saving Innocence (323) 379-4232

serve, empower, prevent and advocate for child victims

www.savinginnocence.org

Child & Youth Services

Bikers Against Child Abuse (BACA) (866) 712-2873

Bikers that come to the assistance of child abuse victims to increase their confidence

www.bacaworld.org

Caring for Kids (San Fernando Valley Community Mental Health Center)(844) 256-0735

..... (800) 793-2213

Child Abuse short term trauma treatment for youth 0-17 years of age

bullying 24-hour call center and advocacy program

www.movinglifeforward.org

www.forgottenchildreninc.org

Change Lanes Youth Support Services (661) 948-2555

catalyst for changing lives

www.changelanes.org

ChildNet Youth and Family Services (562) 490-7600

mental health services for youth ages 0-18 years of age

www.childnet.net

Children's Clinic (844) 822-4646

provides quality health care to children and their families

www.thechildrensclinic.org

- Crystal Stairs**(323) 299-8998
improving the lives of families through child care services, research and advocacy
www.crystalstairs.org
- Great Beginnings for Black Babies** (310) 677-7995
reduce infant mortality by encouraging early and continuous prenatal care
www.gbbb-la.org
- Helpline Youth Counseling, Inc.**(562) 273-0700
serve youth and their families by promoting strong individuals and families in their community
<https://www.hycinc.org>
- Love Beyond Limits** (562) 377-4857
assists in developing self awareness, self respect, high self esteem and independence
www.lovebeyonlimits.org
- Masonic Center for Youth and Families** (626) 251-2300
provides mental health services that help children and youth enjoy healthier, happier lives
www.mcyaf.org
- Pathways LA** (213) 427-2700
provides child care payment assistance, education and training and resource & referral line
www.pathwaysla.org
- The Whole Child** (562) 692-0383
provide skills, support and security that children need to build emotionally healthy lives
www.thewholechild.info

Hotlines

- California Missing Children Hotline**(800) 222-3463
- Coalition to Abolish Slavery** (888) 539-2373
assists human sex trafficking victims
- Child Abuse** (800) 540-4000
Los Angeles County Reporting Hotline, 24/7
- Child Protection Hotline** (800) 540-4000
Los Angeles County Reporting Hotline, 24/7
- Hearing Impaired**(800) 272-6699
- Los Angeles County Department of Mental Health**(800) 854-7771
Entry point for mental health services in LA County, 24/7
- Peer to Peer Crisis Teen Line**(800) 852-8336
- Su Casa 24 Hour Hotline**(562) 402-4888

Suicide Hotline	(800) 784-2433
Suicide Hotline for Teens	(866) 210-3388
Suicide Prevention Line	(877) 727-4747
Teen Line	(800) 852-8336
<i>Confidential hotline for teens</i>	
Youth Crisis Hotline	(800) 843-5200
<i>Runaway youth, family and friends</i>	

Therapists/Counselors

2-1-1/Infolink Los Angeles County	2-1-1-(800) 339-6993
<i>www.211losangeles.org</i>	
Alma Family Services	
<i>Pico Rivera</i>	(562) 801-4626
<i>Los Angeles</i>	(323) 881-3799
<i>Los Angeles</i>	(213) 344-3799
Amanecer Community Counseling Service	(213) 482-9400
Casa de la Familia	(213) 413-7777
ChildNet Youth and Family Services	(562) 490-7600
Foothill Family	(626) 993-3000
Jewish Family Services	
<i>North Hollywood</i>	(818) 505-0900
<i>Long Beach</i>	(562) 427-7916
Los Angeles County Psychological Association	(818) 905-0410
<i>www.lapsych.org</i>	
Masonic Center for Youth and Families	(626) 251-2300
New Star Family Justice Center	(323) 345-2686
Our House Grief Support Center	(888) 417-1444
Pasadena Mental Health Center (PMHC)	(626) 798-0907
<i>www.pmhcenter.org</i>	
Richstone Family Center	(310) 970-1921
San Fernando Valley Community Mental Health Center	(844) 256-703
<i>Pasadena</i>	<i>www.shepherddoor.org</i>

Shields for Families	(323) 242-5000 www.shieldsforfamilies.org
Star View Community Services	(888) 535-3288
The Whole Child	(562) 692-0383
Valley Family Center	(818) 365-8588
Valley of Hope Children’s Center	(818) 326-3017
Violence Intervention Program	(323) 221-4134
Watts Labor Community Action Committee (WLCAC) - Family Source Center	(323) 357-6262

Suicide Resources

Hotline of Southern California	Los Alamitos (877) 910-9276 8:00 am to 12:00 midnight
National Hope Line Network	(800) 784-2433 http://www.treatmentadvocacycenter.org
Suicide Hotline	1-800- 784-2344 www.suicidepreventionlifeline.org



Safety & Self Defense

GET SAFE(714) 834-0050
Training * Education * Empowerment(714) 834-0070
1263 S. Wright St., Santa Ana, CA 92705 www.getsafeusa.com

This course is specifically designed for survivors of physical & sexual abuse in childhood and survivors of sexual assault and domestic violence. Our unique approach combines counseling and group processing with personal safety education and comprehensive self-defense training.

Breaking Barriers is a program that collaborates with other community agencies and professionals including therapists, rape crisis centers, and law enforcement. We empower participants in a safe and secure environment to support themselves and others through the recovery process.

This carefully designed program includes:

- Managing physiological responses that can occur in stressful situations
- Methods of reducing anxiety and tension
- Offensive and defensive self-defense techniques
- Information and resources concerning one-on-one therapy and group counseling
- Insight into the prosecutorial process
- Dating, intimacy, and sex
- Understanding the domino effect, and how to prevent it



Victim Compensation Board

California Victim Compensation Board (CalVCB)

www.victims.ca.gov (800) 777-9229

The California Victim Compensation Board (CalVCB) can reimburse victims of violent crime for certain crime-related expenses. The crimes that are covered include: domestic violence, child abuse, sexual and physical assault, homicide, robbery, drunk driving, and vehicular manslaughter. Family members and dependents may also qualify for assistance from CalVCB.

Who Qualifies for Victim Compensation?

CalVCB can help victims of crimes such as:

- Domestic Violence
- Child Abuse
- Assault
- Sexual Assault
- Elder Abuse
- Homicide
- Robbery
- Drunk Driving
- Human Trafficking
- Vehicular Manslaughter
- Hate Crimes

Minors who suffer emotional injuries as a result of witnessing a violent crime may be eligible for up to \$5,000 for mental health counseling through CalVCB.

CalVCB can help victims of crimes that occur in California as well as California residents who become victims while visiting other states or outside the country.

Additionally, people who suffer a monetary loss because of death or injury to a crime victim may also be eligible for compensation. **These victims can include:**

- Spouses or Domestic Partners
- Children
- Parents
- Legal Guardians
- Brothers
- Sisters
- Grandparents
- Grandchildren



What Expenses Can CalVCB Help Pay?

CalVCB may help pay for expenses related to a crime such as:

- Medical treatment
- Dental treatment
- Mental health services
- Income loss
- Funeral and burial expenses
- Home or vehicle modifications
- Loss of support for dependents when a victim is killed or disabled because of a crime
- Home security
- Relocation
- Crime scene cleanup

CalVCB cannot pay for any expense not related to the violent crime, any expenses paid by insurance or another source of reimbursement or coverage, expenses for lost, stolen or damaged property, or damages for pain and suffering.

There are limits on how much can be paid for each loss.

The program cannot pay any expense for a person who is on felony probation, on parole, or any person in county jail or in prison.

To apply for CalVCB benefits or to receive more information, contact your local Victim Witness Assistance Center, or call the California Victim Compensation Program at 1-800-777-9229. You can download and print an application at <https://victims.ca.gov/>. When submitting applications, please remember to include copies of crime reports, bills, and receipts. CalVCB staff is here to help you move through the application process as efficiently as possible.

Local Assistance

Resources for victims are available in all 58 counties throughout California. Advocates working with County Victim Witness Assistance Centers are available to help individuals apply for assistance, refer victims to crisis facilities, and help accompany them through the criminal justice process.

Contact CalVCB by calling the CalVCB Helpline at 1-800-777-9229. For victim assistance in your area, find your local Victim Witness Assistance Program on the next page.



Crime & Trauma Scene Cleanup

Crime Scene Steri-Clean, LLC

Los Angeles County (888) 577-7206

Orange County..... (714) 899-4225

San Bernardino/Riverside Counties..... (909) 481-2285

www.CrimeCleaners.com

**24 Hour Suicide/ Homicide/Trauma Cleanup *Free Estimates*

**Providing compassionate and professional services since 1995*

Apris Trauma & Crime Scene Clean Up . . . (844) 462-7747 / (844) GO-APRIS

*Trauma * Crime * Fire * Water*

"A Company With A Heart"... "Making Disasters Go Away!"

1560 Commerce St Suite H, Corona, CA 92880

Website: www.apris.me

Survival Books

There are numerous books available that deal with the issues crime survivors face. We have referenced a number of books below.

The Gift of Fear – Gavin D. Becker

Coping with Trauma – Jon Allen

Crime Victims' Guide to Justice – Mary L Boland

Embracing the Fear – Judith Bemis

The Four Agreements – Don Miguel Ruiz

Gifts from a Course in Miracles – Frances Vaughan and Roger Walsh

The Grieving Teen – A Guide for Teenagers and Their Friends – Helen Fitzgerald

Life After Trauma – Dena Rosenbloom and Mary Beth Williams with Barbara Watkins

The Power of Now – Eckhart Jolle

The PTSD Workbook – Mary Beth Williams

Stop Domestic Violence – Lou Brown

What to do When the Police Leave – Bill Jenkins

Helping the Emotionally Injured After Tragedy Strikes

Reach Out Physically

- Position yourself at the victim's side and at his or her level
- Touch – unless the victim pulls away
- Use a soft voice
- Use the victim's name

Reach Out Emotionally

- Ask the victim how he or she is feeling
- Acknowledge the victim's experience
- Don't minimize the victim's experience (i.e. "You'll be OK")

Don't Overlook the Quiet Victims

Victims may appear stunned or unaffected after a tragic event. Consider indirect victims and how they may be affected by a tragic event – witnesses, rescuers, children...

- Don't overlook these "invisible victims."
- When you suspect someone is affected by a tragic event, reach out with caring and curiosity – "How are you?"

Protect the Victim from Making Impulsive Decisions

Most major decisions can wait until the victim is thinking clearly.

- Protect the victim from being victimized by others who may not have the best interest of the victim in mind.
- Provide for the victim's physical needs – food, medicine, and a safe place.

Reassure: Many victims have an urgent need for information after a tragic event – "What happened?"; "Why?" Assist the victim in getting the information he needs. The victim may need an Information Advocate.

- Victims often blame themselves for the crisis event. Help a victim gain perspective by asking him to tell you the "whole story."
- Try to gently point out to the victim what he or she did right before, during, or after the tragic event.

Organize: Victims are often paralyzed after a tragic event and often lose their capacity to deal with all of the new demands created by the tragedy. Assist the victim in developing a simple plan. Suggest – “Let’s focus on what needs to be done now.”

Reinforce: The actions which the victim is taking or wants to take to emotionally survive the tragic event. The victim will struggle to find something or someone to hold onto in the first few hours. You may need to “clear the way” so that what the victim wants to do he or she is able to do.

Summary: In the first few hours after a tragic event, the victim is often surrounded by people who have “a job to do,” or who have opinions about what the victim should or shouldn’t do. The primary goal of the person providing Emotional First Aid is to enable the victim to act according to his or her wishes, values, and beliefs and not according to what others think should be done.

- Do not “overcare” or do too much for the victim. Remember that the primary psychological challenge for the victim is to be empowered to make decisions and take action on his or her own behalf.
- Finally, a broken heart cannot “be fixed.” Don’t try! A caring presence is what you can offer someone who is emotionally devastated. Just being there is very powerful and will be experienced by the victim as very helpful.

What to Say

“What happened?”

“I’m so sorry”

“This must be very difficult for you”

“It’s OK to feel . . .”

What Not to Say

“I know how you feel”

“Calm down”

“Don’t cry”

“It could be worse”

Common Reactions Following a Traumatic Event

Emergency service providers as well as citizens can experience the following symptoms following a crisis event. In a crisis situation, one may experience emotional detachment in order to cope and function. The following reactions may occur hours, days, weeks, or months after an event.

Physical

- Stomach problems=indigestion
- Headaches
- Chest pain
- Difficulty in breathing
- Elevated blood pressure
- Hyper alertness=easily startled

Emotional

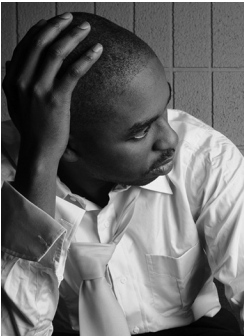
- Irritability=anger
- Preoccupation with the event and one's role in it
- Depression
- Guilt
- Anxiety
- Emotional numbness

Behavioral

- Impulsive
- Excessive risk taking
- Silent=withdrawn
- Sleep disturbance=nightmares
- Change in personal or work habits

Cognitive

- Poor concentration
- Difficulty in decision
- Memory problems
- Difficulty with details



Effective Ways of Coping Following a Traumatic Event

- Accept all of the feelings you are having as normal reactions to an extraordinary event. You are not “crazy.” You are reacting normally to a “crazy” event. Be patient with yourself. It takes time to recover emotionally from a traumatic event.
- Accept the fact that you have been a victim and accept the feelings that result. Remember, others may not validate your feelings. In fact, they may minimize your experience “You were only a witness,” or “You were really lucky,” or “It’s been two weeks, why are you still bothered?”
- Don’t revert to alcohol, drugs, or overeating to cope. They will only make matters worse.
- Maintain normalcy. Go about your daily routines and take care of business.
- Attempt to understand what happened by getting the facts.
- Ventilate: Talk about the event and write about it.

Combat any guilt you might have by:

- Accepting it as normal.
- Talking to others about your role and their role during the event. You are probably not alone in your reaction to this event .
- Realizing you were a victim yourself and not a trained rescuer.
- Recognizing what you “did right.”
- Recognizing the extenuating circumstances related to the event, including the suddenness, the danger, etc.

Help each other

- Reach out to support those who are particularly traumatized.
- Respect each other’s way of coping. Don’t victimize them by judging their individual coping style. Let the “grievors” grieve and allow the “doers” to do

Is There Anything I Can Do to Help?

Yes, there is much that you can do to help. The following suggests the kinds of attitudes, words, and acts, which are truly helpful.

The importance of such help can hardly be overstated. Bereavement can be a life-threatening condition, and your support may make a vital difference in the mourner's eventual recovery.

Perhaps you do not feel qualified to help. You may feel uncomfortable and awkward. Such feelings are normal – don't let them keep you away. If you really care for your sorrowing friend or relative and you can enter a little into his or her grief, you are qualified to help.

In fact, the simple communication of the feeling of caring is probably the most important and helpful thing anyone can do. The following suggestions will guide you in communicating that care.

- **Get in touch.** Telephone. Speak either to the mourner or to someone close and ask when you can visit and how you might help. Even if much time has passed, it's never too late to express your concern.
- **Say little on an early visit.** In the initial period (before burial), your brief embrace, your press of the hand, your few words of affection and feeling may be all that is needed.
- **Avoid clichés and easy answers.** "He is out of pain" and "Aren't you lucky that..." are not likely to help. A simple "I'm sorry" is better.
- **Be yourself.** Show your natural concern and sorrow in your own way and in your own words.
- **Keep in touch.** Be available. Be there. If you are a close friend or relative, your presence might be needed from the beginning. Later, when close family may be less available, anyone's visit and phone call can be very helpful.
- **Attend to practical matters.** Find out if you are needed to answer the phone, usher in callers, prepare meals, clean the house, care for the children, etc. This kind of help lifts burdens and creates a bond. It might be needed well beyond the initial period, especially for the widowed.

- Encourage others to visit or help. Usually one visit will overcome a friend's discomfort and allow him or her to contribute further support. You might even be able to schedule some visitors, so that everyone does not come at once in the beginning or fails to come at all later on.
- Accept silence. If the mourner doesn't feel like talking, don't force conversation. Silence is better than aimless chatter. The mourner should be allowed to lead.
- Be a good listener. When suffering spills over into words, you can do the one thing the bereaved needs above all else at that time – you can listen. Is he or she emotional? Accept that. Does he or she cry? Accept that too. Is he or she angry at God? God will manage without your defending him. Accept whatever feelings are expressed. Do not rebuke. Do not change the subject. Be as understanding as you can be.
- Do not attempt to tell the bereaved how he or she feels. You can ask (without probing), but you cannot know, except as you are told. Everyone, bereaved or not, resents an attempt to describe his or her feelings. To say, for example, "You must feel relieved now that he is out of pain," is presumptuous. Even to say, "I know just how you feel," is questionable. Learn from the mourner, do not instruct.
- Do not probe for details about the death. If the survivor offers information, listen with understanding.
- Comfort children in the family. Do not assume that a seemingly calm child is not sorrowing. If you can, be a friend to whom feelings can be confided and with whom tears can be shed. In most cases, incidentally, children should be left in the home and not shielded from the grieving of others.
- Avoid talking to others about trivia in the presence of the recently bereaved. Prolonged discussion of sports, weather, or stock market, for example, is resented, even if done purposely to distract the mourner.
- Allow the "working through" of grief. Do not whisk away clothing or hide pictures. Do not criticize seemingly morbid behavior. Young people may repeatedly visit the site of the fatal accident. A widow may sleep with her husband's pajamas as a pillow. A young child may wear his dead sibling's clothing.

- Write a letter. A sympathy card is a poor substitute for your own expression. If you take time to write of your love for and memories of the one who died, your letter might be read many times and cherished, possibly into the next generation.
- Encourage the postponement of major decisions. Whatever can wait should wait until after the period of intense grief.
- In time, gently draw the mourner into a quiet outside activity. He or she may lose the initiative to go out on his own.
- When the mourner returns to social activity, treat him or her as a normal person. Avoid pity – it destroys self-respect. Simple understanding is enough. Acknowledge the loss and the change in the mourner's life, but don't dwell on it.
- Be aware of needed progress through grief. If the mourner seems unable to resolve anger or guide, for example, you might suggest a consultation with a clergyman or other trained counselor.
- A final thought: Helping must be more than following a few rules. Especially if the bereavement is devastating and you are close to the bereaved, you may have to give more time, more care, more of yourself than you imagined. And you will have to perceive the special needs of your friend and creatively attempt to meet those needs. Such commitment and effort may even save a life. At the least, you will know the satisfaction of being truly and deeply helpful.

Amy Hillyard Jensen

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Dealing with the Media

– Your Rights

- You have the right to say “No” to an interview.
Never feel that because you have unwillingly been involved in an incident of public interest that you must personally share the details and/or your feelings with the general public. If you decide that you want the public to be aware of how traumatic and unfair your victimization was, you do not automatically have to give up your right to privacy. By knowing and requesting respect for your rights, you can be heard and yet not violated.
- You have the right to select the spokesperson or advocate of your choice.
Selecting one spokesperson – especially in multiple-victim cases – eliminates confusion and contradictory statements. You also have the right to expect the media to respect your selection of a spokesperson or advocate.
- You have the right to select the time and location for media interviews.
Remember, the media is governed by deadlines. However, nobody should be subjected to a reporter arriving unannounced at the home of a victim. When you are traumatized, your home becomes your refuge. If you wish to protect the privacy of your home, select another location such as a church, meeting hall, office setting, etc. It helps if you are familiar and comfortable with the surroundings.
- You have the right to request a specific reporter.
As a consumer of daily news, each of us identifies with or respects a reporter whom we may never have met. We often form personal opinions about reporters whom we feel are thorough, sensitive, compassionate, and objective. If a newspaper, radio station, or television station contacts you for an interview, don’t hesitate to request the reporter you feel will provide accurate and fair coverage of your story.

- You have the right to refuse an interview with a specific reporter even though you have granted interviews to other reporters.
You may feel that certain reporters are callous, insensitive, uncaring, or judgmental. It is your right to avoid these journalists at all costs. By refusing to speak to such reporters, you may help them recognize their shortcomings in reporting victim-related stories. However, recognize that the reporter may write the story regardless of your participation.
- You have the right to say “No” to an interview even though you have previously granted interviews.
It’s important to recognize that victims often ride an “emotional roller coaster.” You may be able one day to talk with a reporter, and be physically or emotionally unable to do so the next. Victims should never feel “obliged” to grant interviews under any circumstances.
- You have the right to release a written statement through a spokesperson in lieu of an interview.
There may be times when you are emotionally incapable of speaking with the media, but you still wish to express your point of view. Writing and distributing your statement through a spokesperson allows you to express your views without personally granting interviews.
- You have the right to exclude children from interviews.
Children already suffering from the trauma of crime are often retraumatized by exposure to the media. Children often lack the means to verbalize their emotions and may be misinterpreted by both the media and the public. You have a responsibility to protect the interest of children at all cost!
- You have the right to refrain from answering any questions with which you are uncomfortable or that you feel are inappropriate.
You should never feel you have to answer a question just because it’s being asked.
- You have the right to know in advance what direction the story about your victimization is going to take.
You have the right to know what questions reporters will ask you, along with the right to veto any questions. This places you in a partnership with the reporter who is covering the story.

- You have the right to ask for review of your quotations in a storyline prior to publication.
Articles are reviewed and revised by editors who have neither seen nor spoken to you. All too often, victims' statements and the intended impact of their remarks are misinterpreted or inaccurate. To protect your interests and the message you wish to convey, you have the right to request for a review of direct quotations attributed to you in the storyline.
- You have the right to avoid a press conference atmosphere and speak to only one reporter at time.
At a time when you are in a state of shock, a press conference atmosphere with numerous reporters can be confusing and emotionally draining. If a press conference is absolutely unavoidable, you have the right to select one reporter to ask questions for the majority present.
- You have the right to demand a retraction when inaccurate information is reported.
All news mediums have methods of correcting inaccurate reporting or errors in stories. Use these means to correct any aspect of media coverage which you feel is inaccurate.
- You have the right to ask that offensive photographs or visuals be omitted from airing or publication.
If you feel that graphic photographs or visuals are not the best representation of you or your loved ones, you have the right to ask that they not be used.
- You have the right to conduct a television interview using a silhouette or a newspaper interview without having your photograph taken.
There are many ways for reporters to project your physical image without using your photograph or film footage of you, therefore protecting your identity.
- You have the right to completely give your side of the story related to your victimization.
If you feel that a reporter is not asking questions which need to be addressed, you have the right to give a personal statement. And if the alleged or convicted offender grants interviews, which are inaccurate, you have the right to publicly express your point of view.

- You have the right to refrain from answering reporters' questions during trial.
If there is any chance of jeopardizing your case by interacting with the media during judicial proceedings, you have the right to remain silent.
- You have the right to file a formal complaint against a reporter.
A reporter's superior would appreciate knowing when his or her employee's behavior is unethical, inappropriate or abusive. By reporting such behavior, you will also protect the next unsuspecting victim who might fall prey to such offensive reporters or tactics.
- You have the right to grieve in privacy.
Grief is a highly personal experience. If you do not wish to share it publicly, you have the right to ask reporters to remove themselves during times of grief.
- You have the right to suggest training about media and victims for print and electronic media in your community.
Resources are available to educate media professionals about victims, how to deal with victims, and how to refrain from traumatizing victims. You will be suggesting a greatly needed public service to benefit not only victims and survivors, but all members of the community who interact with the media.
- You have the right at all times to be treated with dignity and respect by the media.

Survival Notes:

Survival Notes:

Survival Notes:

Safety & Resource Checklist

- ☐ **Establish safety.** Get to a safe place and ask for help if you need it. Call 911 if you're in danger.
- ☐ **Treat injuries.** Go to a hospital or physician, and be sure to tell them about the crime. *Do not shower or compromise physical evidence needed to apprehend the offender.* See **page 9**.
- ☐ **Call the police as soon as possible.** Remember to preserve the crime scene for evidence. Find sheriff and police contacts on **pages 20-25**.
- ☐ **Document the crime.** Write down all details of the crime, including any stolen items, time, location, nature of the crime and a description of your assailant(s). Find help with crime documentation on **page 10**.
- ☐ **Protect yourself from further harm.** You may want to ask law enforcement to check your home or refer you to a safe house/shelter. Resources for shelters and related services can be found on **page 11**.
- ☐ **Short-term planning.** Consider contacting your employer, insurance company, trusted family members and friends to notify and seek help after surviving a trauma. Find more tips on **page 11**.
- ☐ **Learn about the investigation** of your case from law enforcement. Ask what they will be doing, what the process is and how you will be notified (learn more on **page 10**). Make sure you write down your crime report number for reference: _____
_____.
- ☐ **Contact a local victim advocate.** Victim advocates can help you navigate the criminal justice process and help find additional resources for crime victims. You can reach an advocate through your local Victim Witness Assistance Program (See **pages 29-30 & Pages 34-35** for phone numbers and locations). Make a note of your advocate and contacts so you can have them on-hand: _____
_____.
- ☐ **Learn about your rights as a victim.** You can find information about Marsy's Law and victims' rights in California on **page 8**.
- ☐ **Find support.** Talk with friends, family, a therapist, a support group or other survivors. Resources and national hotlines can be found on **page 12**.
- ☐ **Get help with expenses.** The California Victim Compensation Board can help crime victims with certain expenses that aren't covered by other sources. Learn more about victim compensation on **pages 46-47**.
- ☐ **Steps to healing.** Find suggestions on caring for yourself and connecting with others on **pages 12, 35-36, 43-45**.

This Los Angeles County Resource Guide has been printed by the Los Angeles County Sheriff's Department in partnership with Crime Survivors, Los Angeles County District Attorney's Office and Bureau of Victim Services.



Crime Survivors

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Los Angeles County Sheriff's Department

Hall of Justice

211 West Temple Street, Los Angeles, CA 90012

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www.lasd.org



Los Angeles County District Attorney's Office

211 West Temple Street, Los Angeles, CA 90012

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Bureau of Victim Services

<http://da.lacounty.gov/Victims>

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