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

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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Resources for Survivors of Violent Crime | LOS ANGELES COUNTY
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

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

www.211losangeles.org
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

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.
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
  - (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 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 faith there is always hope.
• 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 every broken heart, every hurt, every wound can be healed with love and a strong community of support.
• 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

Resources for Survivors of Violent Crime | LOS ANGELES COUNTY
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

Resources for Survivors of Violent Crime | LOS ANGELES COUNTY  15
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.aarplsn.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
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<tr>
<td>Airport Branch</td>
<td>(310) 727-6500</td>
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<tr>
<td>Alhambra Branch</td>
<td>(626) 308-5302</td>
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<tr>
<td>Antelope Valley Branch</td>
<td>(661) 974-7700</td>
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<td>Antelope Valley Juvenile</td>
<td>(661) 945-6435</td>
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<td>Bellflower Area</td>
<td>(562) 804-8085</td>
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<td>Burbank Satellite</td>
<td>(818) 557-3525</td>
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<tr>
<td>Compton Branch</td>
<td>(310) 603-7483</td>
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<tr>
<td>Compton Juvenile</td>
<td>(310) 603-7462</td>
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<tr>
<td>Downey Area</td>
<td>(562) 803-7100</td>
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<tr>
<td>East Los Angeles Area</td>
<td>(323) 780-2032</td>
</tr>
<tr>
<td>Eastlake Juvenile</td>
<td>(323) 226-8955</td>
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<td>El Monte Area</td>
<td>(626) 575-4155</td>
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<tr>
<td>Glendale Area</td>
<td>(818) 500-3593</td>
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<tr>
<td>Inglewood Area</td>
<td>(310) 419-5182</td>
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<tr>
<td>Inglewood Juvenile</td>
<td>(310) 419-5255</td>
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<tr>
<td>Juvenile HQ</td>
<td>(626) 356-5785</td>
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<tr>
<td>Long Beach Branch</td>
<td>(562) 247-2000</td>
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<tr>
<td>Long Beach Juvenile</td>
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<td>Los Angeles HQ</td>
<td>(213) 974-3512</td>
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<td>Los Padrinos Juvenile</td>
<td>(562) 940-8827</td>
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<tr>
<td>Norwalk Branch</td>
<td>(562) 807-7212</td>
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<td>Pasadena Branch</td>
<td>(626) 356-5620</td>
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<td>Pasadena Juvenile</td>
<td>(626) 356-5785</td>
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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

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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

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www.probation.lacounty.gov
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<tr>
<td>Altadena</td>
<td>(626) 798-1131</td>
<td><a href="http://www.altadena.lasd.org">www.altadena.lasd.org</a></td>
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<tr>
<td>Avalon</td>
<td>(310) 510-0174</td>
<td><a href="http://www.avalon.lasd.org">www.avalon.lasd.org</a></td>
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<tr>
<td>Carson</td>
<td>(310) 830-1123</td>
<td><a href="http://www.carson.lasd.org">www.carson.lasd.org</a></td>
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<tr>
<td>Century</td>
<td>(323) 568-4800</td>
<td><a href="http://www.century.lasd.org">www.century.lasd.org</a></td>
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<td>Cerritos</td>
<td>(562) 860-0044</td>
<td><a href="http://www.cerritos.lasd.org">www.cerritos.lasd.org</a></td>
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<td>Compton</td>
<td>(310) 605-6500</td>
<td><a href="http://www.compton.lasd.org">www.compton.lasd.org</a></td>
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<tr>
<td>Crescenta Valley</td>
<td>(818) 248-3464</td>
<td><a href="http://www.crescentvalley.lasd.org">www.crescentvalley.lasd.org</a></td>
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<tr>
<td>East Los Angeles</td>
<td>(323) 264-4151</td>
<td><a href="http://www.eastla.lasd.org">www.eastla.lasd.org</a></td>
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<tr>
<td>Industry</td>
<td>(626) 330-3322</td>
<td><a href="http://www.industry.lasd.org">www.industry.lasd.org</a></td>
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<td>Lancaster</td>
<td>(661) 948-8466</td>
<td><a href="http://www.lancaster.lasd.org">www.lancaster.lasd.org</a></td>
</tr>
<tr>
<td>Lomita</td>
<td>(310) 539-1661</td>
<td><a href="http://www.lomita.lasd.org">www.lomita.lasd.org</a></td>
</tr>
<tr>
<td>Malibu / Lost Hills</td>
<td>(818) 878-1808</td>
<td><a href="http://www.losthills.lasd.org">www.losthills.lasd.org</a></td>
</tr>
<tr>
<td>Marina Del Rey</td>
<td>(310) 482-6000</td>
<td><a href="http://www.marinadelrey.lasd.org">www.marinadelrey.lasd.org</a></td>
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</table>
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
LOS ANGELES POLICE COMMUNITY STATIONS

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.elmontepd.org/

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  

Huntington Park ................................... (323) 584-6254  
http://hppolice.org/
<table>
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<tr>
<th>City</th>
<th>Phone Number</th>
<th>Website Link</th>
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<tr>
<td>Inglewood</td>
<td>(310) 412-5211</td>
<td><a href="https://www.cityofinglewood.org/149/Police">https://www.cityofinglewood.org/149/Police</a></td>
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<tr>
<td>Irwindale</td>
<td>(626) 962-3601</td>
<td><a href="http://www.ci.irwindale.ca.us/Index.aspx?NID=122">http://www.ci.irwindale.ca.us/Index.aspx?NID=122</a></td>
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<tr>
<td>La Verne</td>
<td>(909) 596-1913</td>
<td><a href="http://www.lvpd.org/">http://www.lvpd.org/</a></td>
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<tr>
<td>Long Beach</td>
<td>(562) 570-7260</td>
<td><a href="http://www.longbeach.gov/police/">http://www.longbeach.gov/police/</a></td>
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<tr>
<td>Manhattan Beach</td>
<td>(310) 802-5100</td>
<td><a href="http://www.citymb.info/departments/police-department">http://www.citymb.info/departments/police-department</a></td>
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<tr>
<td>Monrovia</td>
<td>(626) 256-8000</td>
<td><a href="https://www.cityofmonrovia.org/your-government/police-department">https://www.cityofmonrovia.org/your-government/police-department</a></td>
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<tr>
<td>Palos Verdes</td>
<td>(310) 378-4211</td>
<td><a href="http://www.pvestates.org/services/police-department">http://www.pvestates.org/services/police-department</a></td>
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<tr>
<td>Pasadena</td>
<td>(626) 744-4501</td>
<td><a href="https://ww5.cityofpasadena.net/Police/">https://ww5.cityofpasadena.net/Police/</a></td>
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<tr>
<td>Redondo Beach</td>
<td>(310) 379-2477</td>
<td><a href="https://www.redondo.org/depts/police/default.asp">https://www.redondo.org/depts/police/default.asp</a></td>
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<td>San Fernando</td>
<td>(818) 898-1254</td>
<td><a href="http://ci.san-fernando.ca.us/police/">http://ci.san-fernando.ca.us/police/</a></td>
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<td>San Gabriel</td>
<td>(626) 308-2828</td>
<td><a href="http://www.sangabrielcity.com/679/San-Gabriel-Police-Department">http://www.sangabrielcity.com/679/San-Gabriel-Police-Department</a></td>
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<tr>
<td>San Marino</td>
<td>(626) 300-0720</td>
<td><a href="http://www.cityofsanmarino.org/147/Police-Department">http://www.cityofsanmarino.org/147/Police-Department</a></td>
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<tr>
<td>Santa Monica</td>
<td>(310) 395-9931</td>
<td><a href="https://www.santamonicapd.org/">https://www.santamonicapd.org/</a></td>
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<tr>
<td>Sierra Madre</td>
<td>(626) 355-1414</td>
<td><a href="http://cityofsierramadre.com/cityhall/departments/police_department/">http://cityofsierramadre.com/cityhall/departments/police_department/</a></td>
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<tr>
<td>Signal Hill</td>
<td>(562) 989-7200</td>
<td><a href="http://www.cityofsignalhill.org/17/About-Us">http://www.cityofsignalhill.org/17/About-Us</a></td>
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<tr>
<td>South Gate</td>
<td>(323) 563-5400</td>
<td><a href="https://www.cityofsouthgate.org/233/Police">https://www.cityofsouthgate.org/233/Police</a></td>
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<tr>
<td>South Pasadena</td>
<td>(626) 403-7270</td>
<td><a href="http://www.ci.south-pasadena.ca.us/index.aspx?page=125">http://www.ci.south-pasadena.ca.us/index.aspx?page=125</a></td>
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<td>Torrance</td>
<td>(310) 328-3456</td>
<td><a href="https://www.torranceca.gov/our-city/police">https://www.torranceca.gov/our-city/police</a></td>
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<tr>
<td>Vernon</td>
<td>(323) 587-5171</td>
<td><a href="http://www.cityofvernon.org/departments/police-department">http://www.cityofvernon.org/departments/police-department</a></td>
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<tr>
<td>West Covina</td>
<td>(626) 939-8500</td>
<td><a href="https://www.wcpd.org/">https://www.wcpd.org/</a></td>
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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

Resources for Survivors of Violent Crime | LOS ANGELES COUNTY 25
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 Juventile 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
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<tr>
<th>Bureau of Victim Services</th>
<th>Phone Number</th>
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<tr>
<td>LA County Sheriff Dept - West Hollywood</td>
<td>(310) 358-4057</td>
<td>780 N. San Vicente Blvd, West Hollywood, CA 90069</td>
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<tr>
<td>LA Police Dept - Central</td>
<td>(213) 627-1619</td>
<td>251 E. Sixth St, Los Angeles, CA 90014</td>
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<td>LA Police Dept - Hollywood</td>
<td>(323) 871-1184</td>
<td>1358 N. Wilcox Ave, Los Angeles, CA 90028</td>
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<td>LA Police Dept - Rampart</td>
<td>(213) 483-6731</td>
<td>1401 W. 6th St, Los Angeles, CA 90017</td>
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<td>LA Police Dept - South Bureau Homicide</td>
<td>(323) 786-5151</td>
<td>7600 Broadway, Los Angeles, CA 90003</td>
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<td>LA Police Dept - Southeast</td>
<td>(323) 754-8064</td>
<td>145 W. 108th St, Los Angeles, CA 90061</td>
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<tr>
<td>LA Police Dept - Southwest</td>
<td>(323) 296-8645</td>
<td>1546 Martin Luther King, Jr. Blvd, Los Angeles, CA 90062</td>
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<td>Lifer and Post-Conviction Proceedings (LPP)</td>
<td>(213) 893-0486</td>
<td>320 W. Temple St, Suite 540, Los Angeles, CA 90012</td>
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<tr>
<td>Long Beach Branch Office</td>
<td>(562) 247-2068</td>
<td>275 Magnolia Ave, Suite 3195, Long Beach, CA 90802</td>
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<td>Norwalk Branch Office</td>
<td>(562) 807-7230</td>
<td>12720 Norwalk Blvd, Room 201, Norwalk, CA 90650</td>
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<tr>
<td>Pasadena Branch Office</td>
<td>(626) 356-5783</td>
<td>300 E. Walnut St, Room 103, Pasadena, CA 91101</td>
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<tr>
<td>Pomona Branch Office</td>
<td>(909) 620-3381</td>
<td>400 Civic Center Plz, Room 201, Pomona, CA 91766</td>
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<tr>
<td>Realignment (RVSP)</td>
<td>(213) 893-7899</td>
<td>210 W. Temple St, Suite 12-514, Los Angeles, CA 90012</td>
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<tr>
<td>San Fernando Branch</td>
<td>(818) 898-2406</td>
<td>900 Third St, 3rd Floor, San Fernando, CA 91340</td>
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<td>Sex Crimes</td>
<td>(213) 257-2054</td>
<td>211 W. Temple St, 9th Floor, Los Angeles, CA 90012</td>
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<tr>
<td>Torrance Branch Office</td>
<td>(310) 222-3599</td>
<td>825 Maple Ave, Room 190, Torrance, CA 90503</td>
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<tr>
<td>Van Nuys Branch Office</td>
<td>(818) 374-3075</td>
<td>14400 Erwin Street Mall, Room B-116, Van Nuys, CA 91401</td>
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<tr>
<td>Victim Services K9 Unit</td>
<td>(213) 257-2045</td>
<td>211 W. Temple St, Suite 900, Los Angeles, CA 90012</td>
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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.projectsisiter.org

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

Strenght United ...................................................... (818) 886-0453
www.stregthunited.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
Claris 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.clarishealth.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
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
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.
www.calvcb.ca.gov

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

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

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
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**
- Phone: (661) 259-8175
- Website: [www.childfamilycenter.org](http://www.childfamilycenter.org)

**Valley Oasis**
- Phone: (661) 945-6736
- Website: [www.valleyoasis.org](http://www.valleyoasis.org)

### Central & West Los Angeles

**Center for Pacific Asian Family**
- Phone: (800) 339-3940
- Website: [www.nurturingchange.org](http://www.nurturingchange.org)

**Good Shepherd Shelter**
- Phone: (323) 737-6111
- Website: [www.goodshepherdshelter.org](http://www.goodshepherdshelter.org)

**Sojourn**
- Phone: (310) 264-6644
- Website: [https://www.opcc.net](https://www.opcc.net)

### Orange County

**WISE Place**
- Phone: (714) 542-3577
- Website: [https://www.wiseplace.org](http://www.wiseplace.org)

**Women’s Transitional Women’s Center**
- Phone: (714) 992-1931
- Website: [http://wtlc.org](http://wtlc.org)

### Pomona

**House of Ruth**
- Phone: (909) 988-5559
- Website: [www.houseofruthinc.org](http://www.houseofruthinc.org)

### San Fernando Valley

**Haven Hills**
- Phone: (818) 887-6589
- Website: [www.havenhills.org](http://www.havenhills.org)

**JFS Hope (Formerly Haven House)**
- Phone: (818) 505-0900
- Website: [www.jfsla.org/hope](http://www.jfsla.org/hope)

### San Gabriel Valley & East Los Angeles

**Angel Step Inn**
- Phone: (323) 780-4357
- Website: [www.angelstepinn.org](http://www.angelstepinn.org)

**East Los Angeles Women’s Center**
- Phone: (323) 526-5819
- Website: [https://elawc.org](https://elawc.org)

**Glendale YWCA**
- Phone: (888) 999-7511
- Website: [www.glendaleywca.org](http://www.glendaleywca.org)

**Haven House**
- Phone: (323) 681-2626
- Website: [www.jfsla.org/havenhouse](http://www.jfsla.org/havenhouse)
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women &amp; Children Crisis Center</td>
<td>(562) 945-3939</td>
<td><a href="http://www.wccshope.org">www.wccshope.org</a></td>
</tr>
<tr>
<td>YWCA-WINGS</td>
<td>(626) 967-0658</td>
<td><a href="http://www.ywcasgv.org/wings.html">www.ywcasgv.org/wings.html</a></td>
</tr>
<tr>
<td>Pathways DV Shelter</td>
<td>(323) 644-2200</td>
<td><a href="http://www.epath.org">www.epath.org</a></td>
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</table>

**South Bay**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>1736 Family Crisis Center</td>
<td>(323) 737-3900</td>
<td><a href="http://www.1736familycrisiscenter.org">www.1736familycrisiscenter.org</a></td>
</tr>
<tr>
<td>Domestic Violence Program of the Child and Family Center</td>
<td>(661) 259-8175</td>
<td><a href="http://dvc-scv.com">http://dvc-scv.com</a></td>
</tr>
<tr>
<td>Human Options</td>
<td>(949) 737-5242</td>
<td><a href="https://humanoptions.org">https://humanoptions.org</a></td>
</tr>
<tr>
<td>Interface Children &amp; Family Services</td>
<td>(805) 485-6114</td>
<td><a href="https://www.icfs.org">https://www.icfs.org</a></td>
</tr>
<tr>
<td>Jenesse Center</td>
<td>(323) 299-9496</td>
<td><a href="https://jenesse.org">https://jenesse.org</a></td>
</tr>
<tr>
<td>JFS Hope (Formerly Tamar House)</td>
<td>(323) 681-2626</td>
<td><a href="http://www.jfsla.org/hope">www.jfsla.org/hope</a></td>
</tr>
<tr>
<td>Phoenix House</td>
<td>(818) 686-3000</td>
<td><a href="https://www.phoenixhouse.org">https://www.phoenixhouse.org</a></td>
</tr>
<tr>
<td>Precious Life Shelter</td>
<td>(562) 431-5025</td>
<td><a href="http://www.preciouslifeshelter.org">www.preciouslifeshelter.org</a></td>
</tr>
<tr>
<td>Rainbow Services</td>
<td>(310) 547-9343</td>
<td><a href="http://www.rainbowservicesdv.org">www.rainbowservicesdv.org</a></td>
</tr>
<tr>
<td>South Asian Helpline and Referral Agency (SAHARA)</td>
<td>(562) 402-4132</td>
<td><a href="http://www.saharacares.org">www.saharacares.org</a></td>
</tr>
<tr>
<td>Su Casa</td>
<td>(562) 402-4888</td>
<td><a href="http://www.sucasadv.org">www.sucasadv.org</a></td>
</tr>
<tr>
<td>Su Casa (Transitional)</td>
<td>(562) 421-3297</td>
<td><a href="http://www.sucasadv.org">www.sucasadv.org</a></td>
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<tr>
<td>Su Casa 24 Hour Hotline</td>
<td>(562) 402-4888</td>
<td><a href="http://www.sucasadv.org">www.sucasadv.org</a></td>
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<tr>
<td>Thai Community Development Center</td>
<td>(323) 468-2555</td>
<td><a href="http://www.thaicdc.org">www.thaicdc.org</a></td>
</tr>
<tr>
<td>Upward Bound House</td>
<td>(310) 458-7779</td>
<td><a href="https://upwardboundhouse.org">https://upwardboundhouse.org</a></td>
</tr>
<tr>
<td>Women’s &amp; Children’s Crisis Shelter</td>
<td>(562) 945-3939</td>
<td><a href="https://wccshope.org">https://wccshope.org</a></td>
</tr>
<tr>
<td>Women Shelter of Long Beach</td>
<td>(562) 437-7233</td>
<td><a href="http://www.womenshelterlb.org">www.womenshelterlb.org</a></td>
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</tbody>
</table>
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.gbbbl-a.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.lovebeyondlimits.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
Confidential hotline for teens
Youth Crisis Hotline .......................................... (800) 843-5200
Runaway youth, family and friends

Therapists/Counselors

2-1-1/Infolink Los Angeles County ............... 2-1-1-(800) 339-6993
www.211losangeles.org

Alma Family Services .................................. (562) 801-4626
Pico Rivera .................................................. (323) 881-3799
Los Angeles .................................................. (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 ................................ (818) 505-0900
North Hollywood ........................................ (562) 427-7916
Long Beach .................................................

Los Angeles County Psychological Association .. (818) 905-0410
www.lapsych.org

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
www.pmhcenter.org

Richstone Family Center ......................... (310) 970-1921

San Fernando Valley Community Mental Health Center .. (844) 256-703
Pasadena www.shepherddoor.org
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 Scene Steri-Clean, LLC

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Los Angeles County</td>
<td>(888) 577-7206</td>
</tr>
<tr>
<td>Orange County</td>
<td>(714) 899-4225</td>
</tr>
<tr>
<td>San Bernardino/Riverside Counties</td>
<td>(909) 481-2285</td>
</tr>
</tbody>
</table>

**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](http://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.

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Gift of Fear</td>
<td>Gavin D. Becker</td>
</tr>
<tr>
<td>Coping with Trauma</td>
<td>Jon Allen</td>
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<tr>
<td>Crime Victims’ Guide to Justice</td>
<td>Mary L Boland</td>
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<tr>
<td>Embracing the Fear</td>
<td>Judith Bemis</td>
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<tr>
<td>The Four Agreements</td>
<td>Don Miguel Ruiz</td>
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<tr>
<td>Gifts from a Course in Miracles</td>
<td>Frances Vaughan and Roger Walsh</td>
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<tr>
<td>The Grieving Teen</td>
<td>Helen Fitzgerald</td>
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<tr>
<td>Life After Trauma</td>
<td>Dena Rosenbloom and Mary Beth Williams with Barbara Watkins</td>
</tr>
<tr>
<td>The Power of Now</td>
<td>Eckhart Jolle</td>
</tr>
<tr>
<td>The PTSD Workbook</td>
<td>Mary Beth Williams</td>
</tr>
<tr>
<td>Stop Domestic Violence</td>
<td>Lou Brown</td>
</tr>
<tr>
<td>What to do When the Police Leave</td>
<td>Bill Jenkins</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stomach problems=indigestion</td>
<td>• Irritability=anger</td>
</tr>
<tr>
<td>• Headaches</td>
<td>• Preoccupation with the event</td>
</tr>
<tr>
<td>• Chest pain</td>
<td>and one’s role in it</td>
</tr>
<tr>
<td>• Difficulty in breathing</td>
<td>• Depression</td>
</tr>
<tr>
<td>• Elevated blood pressure</td>
<td>• Guilt</td>
</tr>
<tr>
<td>• Hyper alertness=easily startled</td>
<td>• Anxiety</td>
</tr>
<tr>
<td></td>
<td>• Emotional numbness</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Behavioral</th>
<th>Cognitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Impulsive</td>
<td>• Poor concentration</td>
</tr>
<tr>
<td>• Excessive risk taking</td>
<td>• Difficulty in decision</td>
</tr>
<tr>
<td>• Silent=withdrawn</td>
<td>• Memory problems</td>
</tr>
<tr>
<td>• Sleep disturbance=nightmares</td>
<td>• Difficulty with details</td>
</tr>
<tr>
<td>• Change in personal or work</td>
<td></td>
</tr>
<tr>
<td>habits</td>
<td></td>
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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 “grievers” 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 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 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:
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.

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