Individual client safety plan

CALL OR TEXT 988

Step 1: Warning Signs

BODY	What changes do I notice in my body?
FEELINGS	What feelings/emotions appear?
THOUGHTS	What thoughts come with all this discomfort?
FEARS	What am I most afraid of right now?

Step 2: Ways I can comfort and calm myself

Pause and breathe: Can I pause, even briefly, to breathe, let go of fear, and lean into my inner strength?
Quiet enough space: Can I imagine or go to a place that feels safe and comfortable enough?
Senses: Can I use one of my five senses to calm myself and get away from the noise in my body and mind?
Breathing and Sound: Can I breathe slowly through my nose and out through my mouth, including a soft sound (such as ocean waves, wind, or a humming noise) to generate calm?
Touch: Can I feel my body supported on the floor, rest my hands on my legs, or give myself a butterfly hug?
Posture and Power: Can I straighten my spine, open my chest, stretch my shoulders, and lift my chin to reconnect with my strength?

Step 3: My support contacts (people, places, agencies I can call for help when I notice warning signs).

Trusted people I can contact, talk to, and ask for help if I need it:	
Helplines/Hotlines I can call for help:	
Places/Agencies I can reach for help?	

Professionals or Agencies to Call in a Crisis

National Suicide and Crisis Helpline: Call or text for 24/7 support.	988
Los Angeles Substance Abuse Hotline: For 24/7 support	(844) 804-7500
The Trevor Project Helpline for LGBTQ+ Youth and Young Adults: 24/7 Support	1-866-488-7386 or text START (678678). Chat: thetrevorproject.org/get-help
National Domestic Violence Hotline: 24/7 and confidential:	1-800-799-7233
Los Angeles Department of Mental Health 24/7 Helpline/Access Center Line: Language Options Available	1-800-854-7771

Local hospitals and emergency rooms

USC General Medical Hospital, Los Angeles	(323) 409-3899	1200 N. State St., Los Angeles, CA 90033
Los Angeles Community Hospital Emergency Department	(323) 881-2674	4081 E. Olympic Blvd., Los Angeles, CA 90023 Lach-la.com
California Hospital Medical Center Emergency and Trauma Services (California Hospital J. Thomas McCarthy Emergency Services Center) Full-service emergency room available 24 hours a day, 7 days a week	(213) 748-2411	1401 S. Grand Ave., Los Angeles, CA 90015
Hollywood Presbyterian Medical Center Emergency Room	(213) 413-3000	1300 N. Vermont Ave., Los Angeles, CA 90027
Southern California Hospital in Hollywood	(323) 462-2271	6245 De Longpre Ave., Los Angeles CA 90028
Dignity Health Glendale Memorial Hospital	(818) 502-1900	1420 S. Central Ave., Glendale CA 91204
East Los Angeles Physicians Hospital	(323) 268-5514	4060 Whittier Blvd., Los Angeles CA 90023

Important hotlines and resources

CHILD ABUSE HOTLINE	1-800-540-4000
Hotline Against Elder Abuse	1-877-477-3646
Department of Mental Health Mobile Psychological Response Team (DMH PMRT)	1-800-854-7771
National Alliance on Mental Illness (NAMI) National Helpline for resources and support	1-800-950-6264 helpline@nami.org
Los Angeles Information and Resources	211
Domestic Violence (DV) Helpline, Los Angeles, CA	1-800-978-3600
Los Angeles Rape and Abuse Hotline: A confidential and non-judgmental resource where our staff and volunteers are available to provide emotional support, advocacy, information, and referrals. If you or a loved one has been a victim of sexual assault, domestic violence, or intimate partner stalking, please call our 24-hour crisis line.	(213) 626-3393 Central Los Angeles
Rape, Abuse & Incest National Network (RAINN)	1-800.656.HOPE (4673)
Los Angeles Disaster Helpline. The helpline is open to anyone experiencing disaster-related emotional distress. This includes disaster survivors; loved ones of victims; first responders; rescue, recovery, and relief personnel; clergy; and parents and caregivers. You can call on behalf of yourself or someone else. Disasters can include: • Tornadoes and severe storms • Hurricanes and tropical storms • Floods • forest fires • Earthquakes • Drought • Incidents of mass violence • Anniversaries and triggering events • Outbreaks of infectious diseases, such as the coronavirus pandemic • Incidents of community unrest	1-800-985-5990
NAMI can provide resources, including housing resources.	1-800-985-5990

Important Hotlines and Resources (continued)

Los Angeles Information and Resources	**211**
Domestic Violence (DV) Helpline, Los Angeles, CA	**1-800-978-3600**
Los Angeles Rape and Abuse Hotline: A confidential and non-judgmental resource where our staff and volunteers are available to provide emotional support, advocacy, information, and referrals. If you or a loved one has been a victim of sexual assault, domestic violence, or intimate partner stalking, please call our 24-hour crisis line.	**(213) 626-3393** **Central Los Angeles**
Los Angeles Disaster Helpline. **The helpline is open to anyone experiencing disaster-related emotional distress. This includes disaster survivors; loved ones of victims; first responders; rescue, recovery, and relief personnel; clergy; and parents and caregivers. You can call on behalf of yourself or someone else. Disasters can include:** • Tornadoes and severe storms • Hurricanes and tropical storms • Floods • forest fires • Earthquakes • Drought • Incidents of mass violence • Anniversaries and triggering events • Outbreaks of infectious diseases, such as the coronavirus pandemic • Incidents of community unrest	**1-800-985-5990**
Los Angeles LGBT Center/Mi Centro: Mental health and psychiatric services, legal services, HIV testing, support groups, legal services for immigrants. Mi Centro, in Boyle Heights, was formed through a community partnership of the Los Angeles LGBT Center and the Latino Equality Alliance.	**323-993-8944** **553 S. Clarence St., Los Angeles, CA 90033**
LGBTQ Youth Center and Housing: Youth Services, Housing, Drop-In Center, Education, Employment Assistance, Services for Foster Youth (RISE), Support Groups, Recovery and Substance Use Services The Youth Center serves young people between the ages of 16 and 24 who are at risk of being or are currently experiencing homelessness or housing instability.	**323-860-2280** **1118 N. McCadden Pl., Los Angeles, CA**
Trans Wellness Center: Gender-affirming care, legal services, primary care, transgender services, employment assistance, therapy, group therapy The Trans Wellness Center (TWC) offers comprehensive resources and services for transgender and non-binary individuals under one roof.	**323-993-2900** **3055 Wilshire Blvd., Suite 360, Los Angeles, CA 90010**

Important Hotlines and Resources (continued)

YWCA
We provide services to women and their families in our community. Women come to YWCAs in times of crisis, as survivors of rape or domestic violence. They come for job training and career guidance. They come for childcare. They come to stay fit. educational and employment classes for women, teen clubs, community dialogue groups to discuss race relations, childcare centers, a youth resource center, and aquatics programming.
Affordable housing support, counseling, financial education, job training and employment assistance
The hotline provides emotional support, information, and resources 24 hours a day, 365 days a year.

Legal Defense: 847-470-5052

Assist survivors in obtaining protective orders and safety planning, as well as accessing other legal resources as part of a broader safety plan.

24-hour Crisis Line: 877-718-1868

Legal defense: 847-470-5052

East Los Angeles Women's Center
Main services:
- Sexual assault
- Domestic violence
- Human trafficking

Housing Services
Services include: individual and group therapy, case management services, crisis intervention, safety planning, advocacy, healing groups, community awareness, and outreach and resources.

CRISIS HOTLINE
800-585-6231 CONFIDENTIAL BILINGUAL | 24 HOURS | 7 DAYS
The Wellness Center at Los Angeles General Medical Center
213 -481 - 6030
1200 State St. Suite 1049 Los Angeles, CA 90033

Interval House: Crisis Shelters and Centers for Victims of Domestic Violence:
Survivor-led program providing comprehensive domestic violence services and housing programs in over 70 different languages to individuals and families in Los Angeles and Orange counties.
- 24-hour crisis hotlines
- 24-Hour Teen Crisis Hotlines
- Emergency Response Team
- Community service centers
- Housing Programs
  - Emergency shelters
  - Transitional housing
  - Permanent housing
- Advice
- Legal assistance
- Health and well-being
- Preventing "Second-Generation" Teen Dating Violence
- Children's program
- Elder abuse
- Human trafficking
- Interfaith Project "Creating a Safe Environment" (CASE)
- Financial empowerment
- Professional, educational and leadership development
- Prevention education and community outreach
- International Institute Against Violence
- Volunteering and university internships

DIRECT LINES:
562-594-4555 and 714-891-8121
Phone: 562-594-9492 Fax: 562-596-3370 Email: admin@intervalhouse.org

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Domestic Violence Restraining Order Clinic:
Services available to survivors of domestic violence at the center include drafting petitions for Domestic Violence Protective Orders (DPOs), evidence preparation, hearing preparation, drafting DPO responses, and DPO modifications and renewals. Clinic staff do not assist with family matters unrelated to DPOs at this center.
Hours:
Open without an appointment on Mondays and Wednesdays | 9 a.m. to 12 p.m. and 1 to 3 p.m.
Services are provided on a first-come, first-served basis. LAFLA recommends that walk-ins arrive by 9:00 a.m., as the clinic is typically full by 10:00 a.m.

Superior Court, Central District
111 N. Hill St., Room 216 (2nd Floor) Los Angeles, CA 90012

Important Hotlines and Resources (continued)

Peace over violence: Case management, legal services, advice. Types of services • VAWA Self-Petitions • Divorce • Protection orders • Legal defense for survivors of sexual assault • Assistance with paperwork • Legal defense/Judicial accompaniment • Consult with a lawyer • Pro Bono Representation • Legal clinics	**213-955-9090 office** Metro Headquarters 1541 Wilshire Boulevard, 3rd Floor Los Angeles, CA 90017 213.955.9093 fax
Violence Against Women Act (VAWA). VAWA can grant permanent residency to victims of abuse committed by a U.S. citizen or lawful permanent resident. (Despite its name, it is not available only to women.) **VAWA protects people from persecution or deportation if they are being abused by a U.S. permanent resident or citizen to whom they are or were married, or who is their parent or child.** VAWA also provides people with the protection of safe havens and restraining orders (protective orders), regardless of their immigration status. To obtain VAWA protections, it's a good idea to document the abuse. You must also be willing to cooperate with authorities in investigating the abuse. You must live (or have lived) with the abusive partner and be of good character. VAWA cases are considered administrative, not criminal, so the abuser is not questioned. While evidence of restraining orders or police reports may be helpful in your case, they are not necessary for your success. If you qualify, you can apply for permanent residence (a green card) without involving the abusive partner. Permanent residence means you can work in the U.S. and access public benefits. Asylum. Asylum grants you immigration status if you have been persecuted in your home country for reasons of religion, race, nationality, political opinion, or social group. Most people who qualify for asylum are not survivors of domestic violence, but it is possible to qualify in some cases. T visa. Individuals who have been subjected to a forced commercial sex act or forced labor may be eligible for four years of nonimmigrant status with a T visa. If you obtain a T visa, you could apply for permanent residence. Special Immigrant Juvenile Status. Minors who cannot be reunited with their parents due to abandonment, abuse, or neglect may be eligible for permanent residence.	**If you are a survivor in need of legal advocacy services, please call the YWCA Evanston North/Shore Legal Advocacy Program at 1-847-470-5052.** **You have questions; we have answers.** **Contact us directly by phone or email with any questions.** **Phone: (847) 864-8445** **info@ywca-ens.org**

Mental health counseling and support

Casa De La Familia: Individual counseling, family counseling, group counseling, support groups, advocacy, crisis intervention, and outreach in Los Angeles and Orange counties.	**(877) 611-2272**	3550 Wilshire Blvd., Ste 670, Los Angeles, CA 90010 1650 East 4th Street, Santa Ana, California 92701 508 W Commonwealth Ave., Fullerton, CA 92832
Los Angeles County Mental Health: If you are not a LACDMH customer, please call our helpline at: to find a service provider near you	**800-854-7771**	
Lincoln Heights Family Recovery Center Hours: Monday - Friday 8:00 a.m. - 5:00 p.m. • Walk-in hours: CONTACT PROVIDER • **Services by age:** • Child • Transition-Age Youth (TAY)	**Phones:** (323) 221-1746	**4099 North Mission Rd.** **Los Angeles, CA 90032**

Mental Health Counseling and Support (continued)

Behavioral Health Services Inc., Los Angeles: Addiction Treatment: Intensive Outpatient Program • **Outpatient program** • **Substance use** • **Outpatient services for young people** **Website: http://www.bhs-inc.org/** **Hours: Monday to Friday: 10 a.m. to 4 p.m.**	**(323) 221-1746 Helpline (SASH) at 1-844-804-7500 (TTY:711)**	**4099 North Mission Road, Los Angeles, CA 90032**
Mental Health Center of the Center It offers outpatient treatment, psychotropic medication, dialectical behavioral therapy, and trauma therapy to seniors 65 and older, youth, and adults. The Center's Mental Health Center also supports people with serious mental illness, people with trauma, and those requiring treatment with dual diagnoses. Additional services offered by the Center's Mental Health Center include educational services, supported employment and mentoring, peer support, and consumer-directed services. • mental health treatment • Dual diagnosis treatment for coexisting serious mental illnesses, serious emotional disorders, and substance use disorders. Emergency mental health services • Crisis Intervention Team • Walk-in psychiatric emergency services Auxiliary services • case management • educational services • housing services • intensive case management • psychosocial rehabilitation services • supported employment • supported housing • suicide prevention services • vocational rehabilitation services • Mentoring/Peer Support/Consumer-Led Services Accepted age groups • adults • older people (65 years or older) • young adults	**(213) 629-6200**	**529 South Maple Avenue, Los Angeles, CA 90013**
Star View Community Services - Los Angeles, CA It offers outpatient treatment and is classified as an outpatient mental health center. Treatment includes cognitive-behavioral therapy, individual psychotherapy, and couples/family therapy. Star View Community Services staff are highly trained to provide treatment to young adults, adults, and children/adolescents with mental health issues. Additionally, Star View Community Services offers treatment to transition-aged young adults, individuals with trauma, and children/adolescents with serious emotional disturbances. Other services offered by Star View Community Services include psychosocial rehabilitation, court-ordered outpatient treatment, and intensive case management. • mental health treatment • Dual diagnosis treatment for coexisting serious mental illnesses, serious emotional disorders, and substance use disorders. Special programs and supported population groups • young adults of transitional age • people with trauma • people with post-traumatic stress disorder (PTSD) • children/adolescents with serious emotional disorders Auxiliary services • chronic disease management • case management • court-ordered outpatient treatment • family psychoeducation • intensive case management • psychosocial rehabilitation services • suicide prevention services Accepted age groups • adults • children / adolescents • young adults Additional languages supported: Spanish	**323-999-2404**	**1625 West Olympic Boulevard, Suite 600, Los Angeles, CA 90015.**

Mental Health Counseling and Support (continued)

Exodus Recovery, Inc./Exodus Recovery Crisis Transition Team - CTT Eastside Hours: Monday-Friday 8:00 a.m.-4:00 p.m.	**Main (323) 276-6462 Joyce Case Manager (323) 276-6463 Elisa Fax (323) 276-6459**	**1920 Marengo Street, 2nd Floor, Los Angeles, CA 90033**
Exodus Recovery, Inc. Integrated Services Partnership - Integrated Mobile Health Team FSP Marengo: The IMHT team serves Downtown (Skid Row and surrounding areas), Boyle Heights (LAC+USC Medical Center and surrounding areas), and South Los Angeles (Vermont/Manchester neighborhoods and surrounding areas). The Integrated Mobile Health Team (IMHT) is a 100% field-based adult "street medicine" team that provides mental health, physical health, substance abuse, and housing services using a holistic and integrated approach. The population served by the IMHT team suffers from serious mental illness, is homeless, has a chronic medical condition, and may have a substance abuse disorder. Mental health services offered include assessment, therapy, case management, family support, crisis intervention, and pharmacological support. Physical health services include evaluation and treatment, chronic disease management, preventive screening, and education. Other services include housing search and retention, benefits and employment support, and educational services. **Monday to Friday from 8:00 a.m. to 4:00 p.m.** **Program Director: Martha Arechiga** We serve adult populations between 26 and 59 years old.	**Main (323) 276-6470 Fax (323) 276-6479**	**Calle Marengo 1902, Suite 109-110 Los Angeles, CA 90033**