



CRISIS RECOVERY *Resource Guide*

If you or someone you know needs resources or trauma support, please share the information below. Don't hesitate to reach out if you need help - there are many FREE resources available, in multiple languages.

STATEWIDE RESOURCES

California Victim Compensation Board (CalVCB)

CalVCB can help witnesses and victims of the recent shootings in Monterey Park and Half Moon Bay. Assistance can help victims and their families cover payment of medical bills, counseling bills, and more. Learn more at <https://victims.ca.gov/for-victims/victims-of-mass-events/> or call 800-777-9229.

Friendship Line California

If you or someone you know would benefit from talking with someone, we're here to listen and help, by providing connections through Friendship Line California. Call 888-670-1360.

CalHOPE

The CalHOPE warm line connects callers 24/7 to people who have persevered through struggles with stress, anxiety, depression, and more. Call 833-317-HOPE (4673) for support. Multiple languages are available.

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. Call or text 988 for help.

National Council on Aging (NCOA)

The NCOA offers tips and resources for older adults and their caregivers regarding gun violence and trauma at <https://www.ncoa.org/article/older-adult-and-gun-violence-trauma-tips-for-the-aging-network>.

National Alliance of Mental Illness (NAMI)

NAMI offers its HelpLine, with people available to answer questions, offer support, and provide resources. Call 800-950-NAMI (6264), text "HelpLine" to 62640, or live chat at <https://nami.org/Home>.

Aging in California Resource Guide

The Guide includes a directory of resources and links to available services in different regions of the state and is available in [English](#), [Spanish](#), [Chinese](#), [Vietnamese](#), and [Korean](#).

CA vs. Hate Resource Line and Network

The CA vs. Hate Resource Line and Network is available to support individuals and communities targeted for hate. Anyone can report a non-emergency hate incident. Call the Resource Line at 833-8-NO-HATE to speak to a trained civil rights agent (with support in 200 languages) or report an incident online at <https://stophate.cacivilrights.ca.gov/s/> (available in 15 languages).



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Monterey Park Local Resources

Victim and Survivor Resource Center
Langley Senior Citizen Center, 400 W. Emerson Ave in Monterey Park. Open daily from 8:00 a.m. to 7:00 p.m. Call 626-307-1395 for assistance in English or Chinese.

Los Angeles County Department of Mental Health (LACDMH)

LACDMH offers resources to cope with disasters and violence at <https://dmh.lacounty.gov/our-services/disaster-services/disaster-mh-resources/> by calling 1-800-854-7771, or text "LA" to 741741.

211 LA County

211 LA (or 211 LA County) is the hub for community members and organizations seeking all types of health, human, and social services in Los Angeles County. Call 2-1-1 toll-free for personalized assistance.

Chinatown Service Center

This non-profit community-based organization is offering trauma counseling to community members. Visit <https://www.cscla.org/behavioral-health> or call 213-808-1700.

USC Family Caregiver Support Center

The USC Family Caregiver Support Center provides support for family caregivers to help caregivers manage their own well-being and that of the care recipient. Visit <https://www.fcsc.usc.edu/> or call 800-540-4442.

LA County Aging & Disabilities Department

The Los Angeles County Aging & Disabilities Department (AD) unites aging, disability, and community services. AD houses 14 local community hubs that provide a wide range of in-person services. For information and assistance, call 800-510-2020.

Half Moon Bay Local Resources

San Mateo County Health Behavioral Health Services & Resources

If you or a loved one is struggling with a mental health problem, you are not alone. The Call Center offers 24/7 assistance and interpreter services are available. Call 800-686-0101.

211 United Way Bay Area

211 United Way Bay Area will connect individuals to current health & human services information in the Bay Area. Dial 2-1-1 to get connected to a specialist for personalized assistance. Available in multiple languages.

San Mateo County Area Agency on Aging

Provides services for older and dependent adults, including abuse prevention, public guardian and authority, in-home care, nutritious meals, and more. Call 800-675-8437 or visit www.smchealth.org/services-aging-and-adult.

Family Caregiver Alliance

Family Caregiver Alliance offers support for family caregivers in the Bay Area to help you provide the best possible care while also focusing on your own health and well-being. Call 800-445-8106 or 415-434-3388 or visit: <https://www.caregiver.org/>.

Self-Help for the Elderly

Self-Help for the Elderly promotes independence, well-being, and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area. Call 415-677-7600 or visit <https://www.selfhelpelderly.org/>.