

SOUTH BAY LOCATION RESOURCE LIST – LA COUNTY

EMERGENCY CALLS ONLY 911

LOCAL POLICE

Redondo Beach	(310) 379-2477
Los Angeles County Sherriff (PV)	(310) 539-1661
Torrance	(310) 618-5641
Gardena	(310) 217-6159
Manhattan Beach	(310) 545-4566

LOCAL FIRE

Torrance	(310) 781-7042
Gardena	(310) 769-6746
Carson	(310) 324-5941 or (310) 632-8230
Rolling Hills	(310) 377-1584

POISON CONTROL CENTER (800) 222-1222

AMERICAN RED CROSS (800) 733-2767

TARZANA TREATMENT CENTER (800) 996-1051

COLLEGE HOSPITAL (Cerritos) (562) 924-9581
COLLEGE HOSITAL CRISIS TEAM (800) 352-3301



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Child Abuse

Child Protective Services (CPS)
Los Angeles County: 1-800-540-4000
3075 Wilshire Boulevard, 5th Floor
Los Angeles, Ca 90010

Child Protective Services (CPS)
Orange County: 1-714-940-1000
P.O. Box 14102
Orange, Ca 92863-1502

1. Physical Abuse: Physical injury inflicted by other than accidental means by another
 - a. Mild: (bruises, scratches, cuts, welts, scars)
 - b. Moderate: (numerous bruises, minor burns, fractures)
 - c. Severe: (central nervous system, abdominal injury)
2. Sexual Abuse: Sexual assault or exploitation
 - a. Rape, statutory rape, rape in concert, sodomy, lewd or lascivious behavior, oral copulation, penetration and molestation (includes masturbation in front of a child)
 - b. Sexual exploitation: depicting child in obscene acts; preparing, selling, duplicating or distributing child pornography or prostitution
 - c. Mental abuse: Willful cruelty or unjustifiable punishment. Mental abuse includes observing partner abuse and experiencing distress.

Elder and Dependent Adult Abuse

Adult Protective Services
Los Angeles County – 1-213-351-5401

Adult Protective Services
Orange County – 1-714-566-3116

- Elder abuse is the following abuse to individuals who are 65 years or older
- a. Physical
 - b. Abandonment
 - c. Isolation
 - d. Neglect (including self neglect)
 - e. Financial
 - f. Abduction



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Dependent Abuse are for adults who are 18 years or older and are dependent on others for their needs to be met (mentally disabled, physically disabled, etc).

Referral Services

211 Directory – Dial 211

Provides referral services for all community services within LA County

www.211la.org

www.healthycity.org

Crisis Hotlines

a. 1-800-273-TALK (8255)

A 24/7 counseling hotline available to those struggling with suicide and other issues

b. 24 hour Crisis Hotline

1-800-854-7771

A 24/7 hotline for crisis counseling

Domestic Violence Shelters – LA County

a. 1736 Family Crisis Center at 213-745-6434 or 310-370-5902 or 310-379-3620

www.1736familycrisiscenter.org

Provides shelters, housing, and services for runaway and homeless youth and domestic violence victims

b. House of Ruth Shelters at 909-988-5559 (24 hour hotline)

www.houseofruthinc.org

Provides shelters and legal advocacy for domestic violence victims

c. National Domestic Violence Hotline at 1-800-799 – SAFE (7233)

Homeless Program – LA County

a. HIS Harbor Interfaith Services at 1-310-831-0603

www.harborinterfaith.org

670 W Ninth Street

San Pedro, Ca 90731

Provides shelter and training programs for the homeless



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Food Banks – LA County

- a. Food Bank of Southern California at 1-562-435-3577
1444 San Francisco Ave
Long Beach 90813
- b. Los Angeles Regional Food Bank at 1-323-234-3030
1734 E 41st Street
Los Angeles, 90058
- c. Westside Food Bank at 1-310-828-6016
1710 22nd Street
Santa Monica, 90404

Legal Services – LA County

- a. Legal Aid Foundations of Los Angeles
1-800-399-4529
lafla.org
Provides low cost legal services

12 Step Programs

- a. Narcotics Anonymous at 1-800-TODAYNA (863-2962)
www.todayna.org
- b. Alcoholics Anonymous at 1-800-923-8722
www.laocaa.org
- c. Sexaholics Anonymous at 1-213-480-1096
www.sasocal.org

Chemical Dependency Treatment Centers – LA County

- a. Thelma McMillen Center at 1-310-257-5760
3333 Skypark Drive
Torrance 90505
Provides treatment and rehabilitation for drug and alcohol dependency



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- b. Twin Town Treatment Center (Torrance) at 1-310-787-1335
2171 Torrance Blvd Suite 8
Torrance 90501
Provides treatment and rehabilitation for drug and alcohol dependency

Elder Services – LA County

- a. South Bay Senior Services at 1-310-325-2141
2510 W 237th Street #204
Torrance
Provides information and referral resources for South Bay seniors regarding daily living needs
- b. AARP – American Association of Retired Persons
1-800-424-3410
- c. Alzheimer’s Association Hotline
1-800-272-3900
www.alzheimerservicecc.com
- d. St Vincent Meals on Wheels at 213-484-7775
www.stvincentmow.org
Provides meals to the elderly and disabled in LA County

Eating Disorders – Bulimia and Anorexia

- a. Shoreline Eating Disorders at 1-562-434-6007
Long Beach
www.shoreline-eatingdisorders.com
Provides in patient services and groups to those struggling with eating disorders

Rape, Abuse and Incest

- a. Rape, Abuse and Incest National Network National Sexual Assault Hotline
1-800-656-HOPE (4673)
apps.rainn.org
Provides education and support to victims of rape, abuse and incest



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Grief Resources

- a. The Gathering Place at 1-310-374-6323
514 N Prospect Ave Lower Level
Redondo Beach 90277
Provides bereavement and support groups
- b. Compassionate Friends of Los Angeles at 1-310-474-3407
P.O. Box 67823
Los Angeles 90067
Provides grief support to parents who have lost children

Medical Centers – LA County

- a. Harbor UCLA Medical Center at 1-310-222-2345
1000 W Carson Street
Torrance 90502
www.humc.edu
Provides medical services to those without insurance
- b. LA County USC Medical Center at 1-323-226-2622
1200 North State Street
Los Angeles, 90033
www.usc.edu/patient_care/hospitals/lac/usc
Provides medical services to those without insurance

Mental Health In Patient Hospitals

- a. Del Amo Hospital
1-800-533-5266 or 1-310-530-1151
23700 Camino Del Sol
Torrance 90505
- b. College Hospital Cerritos
1-562-924-9581
10802 College Pl
Cerritos 90703
- c. College Hospital Crisis Team
1-800-352-3301



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Professional Christian Counseling Centers

- a. Journeys Counseling Ministry at 1-310-702-9151
24050 Madison Street Suite 210
Torrance 90505

- b. Christian Counseling Service at 1-310-791-1498
23430 Hawthorne Blvd #220
Torrance, 90505

- c. Pepperdine Community Counseling Clinic at 1-866-396-8970 (West LA Campus)
6100 Center Drive
Los Angeles 90045

