

# 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*





## MISSION STATEMENT

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.

## VISION

Crime Survivors' vision is for victims of crime to recover from their experience mentally, physically, emotionally, and financially, by receiving respect, support, and protection from law enforcement, the judicial system, and the community.

## 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 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 believe that with faith, there is always hope.

This Guide is produced by Crime Survivors, Los Angeles County Sheriff's Department.



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

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# 2-1-1

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

## Benefits of 2-1-1

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

## Did you know?

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

## Services Provided by 2-1-1

[www.211losangeles.org](http://www.211losangeles.org)

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

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





## When to Call 9-1-1

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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](http://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

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

# Marsy's Law

## Constitutional Amendment 2008 California Victims' Bill of Rights

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

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

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

For Information Contact:

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

P.O. Box 944255

Sacramento, CA 94244-2550

Phone Toll-free: (877) 433-9069

[www.da.lacounty.gov/victims](http://www.da.lacounty.gov/victims)

### Marsy's Law Card Information:

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

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

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



# California Law and Victims' Rights

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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

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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

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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

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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

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

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

# Find Support

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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](http://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](http://www.victimconnect.org)

**National Domestic Violence Hotline** ..... (800) 799-SAFE  
 (800) 799-7233 and ..... (800) 787-3224 (TDD)  
[www.thehotline.org](http://www.thehotline.org)

**National Hopeline Network** ..... (800) SUICIDE, (800) 784-2433  
[www.hopeline.com](http://www.hopeline.com)

**Love is Respect (National Dating Abuse Calling Line)**..... (866) 331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org)

# Steps to Healing

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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](https://www.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](mailto:info@crimesurvivors.org)

## Mission

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

## Values

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

## We are Here to Help!

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

## Victims Advocate

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

# Los Angeles County Courts

.....[www.lacourt.org/courthouse](http://www.lacourt.org/courthouse)

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

**Alfred J. McCourtney Juvenile Justice Center** ..... (661) 945-6447  
1040 W. Avenue J, Lancaster, CA 93534

**Alhambra Courthouse** ..... (626) 293-2199  
150 W. Commonwealth Ave., Alhambra, CA 91801 (626) 293-2100

**Bellflower Courthouse** ..... (562) 345-3398  
10025 E. Flower St., Bellflower, CA 90706 (562) 345-3300

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

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

**Catalina Courthouse** ..... (562) 256-1561  
215 Summer Ave., Avalon, CA 90704

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

**Central Civil West Courthouse** ..... (213) 742-6648  
600 S. Commonwealth Ave., Los Angeles, CA 90005

**Chatsworth Courthouse** ..... (818) 407-2271  
9425 Penfield Ave., Chatsworth, CA 91311 (818) 407-2200

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

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

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

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

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

**Edmund D. Edelman Child's Court (Dependency)** ..... (323) 307-8096  
201 Centre Plaza Dr., Monterey Park, CA 91754 (323) 307-8098

<b>El Monte Courthouse</b> . . . . .	<b>(626) 401-2298</b>
11234 E. Valley Blvd., El Monte, CA 91731	
<b>Glendale Courthouse</b> . . . . .	<b>(818) 265-6498</b>
600 E. Broadway, Glendale, CA 91206	
	<b>(818) 265-6400</b>
<b>Inglewood Courthouse</b> . . . . .	<b>(310) 419-1396</b>
1 Regent St., Inglewood, CA 90301	
<b>Inglewood Juvenile Courthouse (Delinquency)</b> . . . . .	<b>(310) 412-8343</b>
110 Regent St., Inglewood, CA 90301	
<b>LA County Superior Court (Hollywood Courthouse)</b> . . . . .	<b>(323) 441-1898</b>
110 Regent St., Inglewood, CA 90301	
<b>Los Padrinos Juvenile Courthouse (Delinquency)</b> . . . . .	<b>(562) 940-8681</b>
7281 E. Quill Dr., Downey, CA 90242	
<b>Long Beach (Governor George Deukmejian Courthouse)</b> . . . . .	<b>(562) 256-2314</b>
275 Magnolia Ave., Long Beach, CA 90802	
	<b>(562) 256-2310</b>
<b>Metropolitan Courthouse</b> . . . . .	<b>(213) 742-1884</b>
1945 S. Hill St., Los Angeles, CA 90007	
<b>Michael Antonovich Antelope Valley Courthouse</b> . . . . .	<b>(661) 483-5797</b>
42011 4th Street West, Lancaster, CA 93534	
<b>Norwalk Courthouse</b> . . . . .	<b>(562) 345-0899</b>
12720 Norwalk Blvd., Norwalk, CA 90650	
	<b>(562) 345-3700</b>
<b>Pasadena Courthouse</b> . . . . .	<b>(626) 396-3393</b>
300 E. Walnut Ave., Pasadena, CA 91101	
	<b>(626) 396-3300</b>
<b>Pomona Courthouse South</b> . . . . .	<b>(909) 802-1198</b>
400 Civic Center Plaza, Pomona, CA 91766	
	<b>(909) 802-1100</b>
<b>San Fernando Courthouse</b> . . . . .	<b>(818) 256-1898</b>
900 Third St., San Fernando, CA 91340	
	<b>(818) 256-1800</b>
<b>Santa Clarita Courthouse</b> . . . . .	<b>(661) 253-5698</b>
23747 W. Valencia Blvd., Santa Clarita, CA 91355	
	<b>(661) 253-5699</b>
<b>Santa Monica Courthouse</b> . . . . .	<b>(310) 255-1963</b>
1725 Main St., Santa Monica, CA 90401	
	<b>(310) 255-1840</b>
<b>Stanley Mosk Courthouse</b> . . . . .	<b>(213) 830-0803</b>
111 N. Hill St., Los Angeles, CA 90012	
<b>Sylmar Juvenile Courthouse (Delinquency)</b> . . . . .	<b>(818) 256-1099</b>
16350 Filbert St., Sylmar, CA 91342	
	<b>(818) 256-1180</b>

- Torrance Courthouse** . . . . . (310) 787-3697  
825 Maple Ave., Torrance, CA 90503 (310) 787-3700
- 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 (818) 989-6999
- West Covina Courthouse** . . . . . (626) 430-2598  
1427 W. Covina Pkwy., West Covina, CA 91790 (626) 430-2600

## Legal Resources

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- AARP Legal Network Services** . . . . . (800) 424-3410  
www.aarpls.com (866) 448-3614
- 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
- Hindi . . . . . (855) 971-2552
- Vietnamese . . . . . (714) 477-2958
- 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) 627-2727 (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
- Neighborhood Legal Services of Los Angeles County** . . . . . (213) 243-1525  
www.nlsa.org



# District Attorney's Offices

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

Airport Branch .....	(310) 727-6500
Alhambra Branch .....	(626) 308-5302
Antelope Valley Branch.....	(661) 974-7700
Antelope Valley Juvenile.....	(661) 945-6435
Bellflower Area.....	(562) 804-8085
Burbank Satellite.....	(818) 557-3525
Compton Branch.....	(310) 603-7483
Compton Juvenile.....	(310) 603-7462
Downey Area .....	(562) 803-7100
East Los Angeles Area .....	(323) 780-2032
Eastlake Juvenile.....	(323) 226-8955
El Monte Area.....	(626) 575-4155
Glendale Area.....	(818) 500-3593
Inglewood Area.....	(310) 419-5182
Inglewood Juvenile .....	(310) 419-5255
Long Beach Branch.....	(562) 247-2000
Long Beach Juvenile .....	(562) 247-2000
Los Angeles HQ .....	(213) 974-3512
Los Padrinos Juvenile .....	(562) 940-8827
Norwalk Branch.....	(562) 807-7212
Pasadena Branch.....	(626) 356-5620
Pasadena Juvenile .....	(626) 356-5785
Pomona Branch .....	(909) 620-3350

DISTRICT ATTORNEY'S OFFICES

- 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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.....[www.probation.lacounty.gov](http://www.probation.lacounty.gov)

<b>Alhambra Area Office</b> .....	<b>(626) 308-5542</b>
<b>Antelope Valley Juvenile Office</b> .....	<b>(661) 951-1501</b>
<b>Antelope Valley Sub Office</b> .....	<b>(661) 954-6310</b>
<b>Centinela Area Office</b> .....	<b>(323) 241-5800</b>
<b>Crenshaw Area Office</b> .....	<b>(323) 298-3511</b>
<b>East Los Angeles Area Office</b> .....	<b>(323) 780-2185</b>
<b>East San Fernando Valley Office</b> .....	<b>(818) 374-2000</b>
<b>Firestone Area Office</b> .....	<b>(323) 586-6469</b>
<b>Foothill Area Office</b> .....	<b>(626) 356-5281</b>
<b>Harbor Area Office</b> .....	<b>(310) 222-2672</b>
<b>Long Beach Area Office</b> .....	<b>(562) 247-2200</b>
<b>Pomona Valley Area Office</b> .....	<b>(909) 469-4507</b>
<b>Pretrial Services – Bauchet Office</b> .....	<b>(213) 974-5821</b>
<b>Pretrial Services – Wilshire Office</b> .....	<b>(213) 351-0373</b>
<b>Rio Hondo Area Office</b> .....	<b>(562) 908-3119</b>
<b>Riverview Area Office</b> .....	<b>(626) 579-8506</b>
<b>San Gabriel Valley Area Office</b> .....	<b>(626) 575-4059</b>
<b>South Central Area Office</b> .....	<b>(310) 603-7311</b>
<b>Valencia Sub Office</b> .....	<b>(661) 253-7271</b>
<b>Van Nuys (Juvenile) Area Office</b> .....	<b>(818) 373-8100</b>
<b>Van Nuys Juvenile Investigation Sub Office</b> .....	<b>(818) 374-6959</b>

# Los Angeles County Sheriff's Department

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<b>www.lasd.org</b> .....	<b>Non-Emergency (213) 229-1700</b>
<b>Altadena</b> .....	<b>(626) 798-1131</b> <a href="http://www.altadena.lasd.org">www.altadena.lasd.org</a>
<b>Avalon</b> .....	<b>(310) 510-0174</b> <a href="http://www.avalon.lasd.org">www.avalon.lasd.org</a>
<b>Carson</b> .....	<b>(310) 830-1123</b> <a href="http://www.carson.lasd.org">www.carson.lasd.org</a>
<b>Century</b> .....	<b>(323) 568-4800</b> <a href="http://www.century.lasd.org">www.century.lasd.org</a>
<b>Cerritos</b> .....	<b>(562) 860-0044</b> <a href="http://www.cerritos.lasd.org">www.cerritos.lasd.org</a>
<b>Compton</b> .....	<b>(310) 603-7422</b> <a href="http://www.compton.lasd.org">www.compton.lasd.org</a>
<b>Crescenta Valley</b> .....	<b>(818) 248-3464</b> <a href="http://www.crescentvalley.lasd.org">www.crescentvalley.lasd.org</a>
<b>East Los Angeles</b> .....	<b>(323) 264-4151</b> <a href="http://www.eastla.lasd.org">www.eastla.lasd.org</a>
<b>Industry</b> .....	<b>(626) 330-3322</b> <a href="http://www.industry.lasd.org">www.industry.lasd.org</a>
<b>Lakewood</b> .....	<b>(562) 623-3500</b>
<b>(Bellflower Substation)</b> .....	<b>(562) 925-0124</b>
<b>(Paramount Substation)</b> .....	<b>(562) 220-2002</b> <a href="http://www.lakewood.lasd.org">www.lakewood.lasd.org</a>
<b>Lancaster</b> .....	<b>(661) 948-8466</b> <a href="http://www.lancaster.lasd.org">www.lancaster.lasd.org</a>
<b>Lomita</b> .....	<b>(310) 539-1661</b> <a href="http://www.lomita.lasd.org">www.lomita.lasd.org</a>
<b>Malibu / Lost Hills</b> .....	<b>(818) 878-1808</b> <a href="http://www.losthills.lasd.org">www.losthills.lasd.org</a>
<b>Marina Del Rey</b> .....	<b>(310) 482-6000</b> <a href="http://www.marinadelrey.lasd.org">www.marinadelrey.lasd.org</a>

**Norwalk** ..... (562) 863-8711  
 (La Mirada Substation) ..... (562) 902-2960  
 (Whittier Substation) ..... (562) 903-1874  
[www.norwalk.lasd.org](http://www.norwalk.lasd.org)

**Palmdale** ..... (661) 272-2400  
[www.palmdale.lasd.org](http://www.palmdale.lasd.org)

**Pico Rivera** ..... (562) 949-2421  
[www.picorivera.lasd.org](http://www.picorivera.lasd.org)

**San Dimas** ..... (909) 450-2700  
 (non-emergency) ..... (626) 332-1184  
[www.sandimas.lasd.org](http://www.sandimas.lasd.org)

**Santa Clarita Valley** ..... (616) 255-1121  
 (Gorman & Pyramid Lake) ..... [www.santaclarita.lasd.org](http://www.santaclarita.lasd.org)

**South Los Angeles** ..... (323) 820-6700  
 (Lawndale) ..... (310) 219-2750  
[www.lasd.org](http://www.lasd.org)

**Temple** ..... (626) 285-7171  
[www.temple.lasd.org](http://www.temple.lasd.org)

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

**West Hollywood** ..... (310) 855-8850  
 (Universal Citywalk Substation) ..... (818) 622-9580  
[www.westhollywood.lasd.org](http://www.westhollywood.lasd.org)

## Los Angeles Police Community Stations

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**[www.lapdonline.org](http://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

<b>Hollywood Community Station</b> .....	(213) 972-2971
<b>Mission Community Station</b> .....	(818) 838-9800
<b>Newton Community Station</b> .....	(323) 846-6547
<b>North Hollywood Community Station</b> .....	(818) 623-4016
<b>North Hollywood Station</b> .....	(818) 754-8300
<b>Northeast Community Station</b> .....	(323) 561-3211
<b>Olympic Community Station</b> .....	(213) 382-9102
<b>Pacific Community Station</b> .....	(310) 482-6334
<b>Rampart Community Station</b> .....	(213) 484-3400
<b>77th Community Station</b> .....	(213) 485-4164 (323) 786-5077
<b>South Traffic</b> .....	(213) 421-2577
<b>Southeast Community Station</b> .....	(213) 972-2828
<b>Southwest Community Station</b> .....	(213) 485-2582
<b>Topanga Community Station</b> .....	(818) 756-4800
<b>Valley Traffic Division</b> .....	(818) 644-8000
<b>Van Nuys Community Station</b> .....	(818) 374-9500
<b>West Los Angeles Community Station</b> .....	(310) 444-0701
<b>West Traffic Division</b> .....	(213) 473-0222
<b>West Valley Community Station</b> .....	(818) 374-7611
<b>Wilshire Community Station</b> .....	(213) 473-0476

# Municipal Police Departments

<b>Alhambra</b> .....	<b>General (626) 570-5168</b>
<a href="http://www.cityofalhambra.org/page/22/police_department/">www.cityofalhambra.org/page/22/police_department/</a>	<b>Non Emergency Dispatch (626) 574-5151</b>
<b>Arcadia</b> .....	<b>Non Emergency Dispatch (626) 574-5151</b>
<a href="http://www.arcadiaca.gov/government/city-departments/police-department">www.arcadiaca.gov/government/city-departments/police-department</a>	
<b>Azusa</b> .....	<b>Non Emergency Dispatch (626) 812-3200</b>
	<a href="https://azusapd.org/">https://azusapd.org/</a>
<b>Baldwin Park</b> .....	<b>Non Emergency Dispatch (626) 960-1955</b>
<a href="http://www.baldwinparkpolice.com/">http://www.baldwinparkpolice.com/</a>	
<b>Bell/Cudahy</b> .....	<b>(323) 585-1245</b>
<a href="http://www.cityofbell.org/?navid=106">http://www.cityofbell.org/?navid=106</a>	
<b>Bell Gardens</b> .....	<b>(562) 806-7600</b>
<a href="http://bgpd.digitalaxis.us/">http://bgpd.digitalaxis.us/</a>	
<b>Beverly Hills</b> .....	<b>(310) 550-4951</b>
<a href="http://www.beverlyhills.org/citygovernment/departments/policedepartment/callingthepolice/">http://www.beverlyhills.org/citygovernment/departments/policedepartment/callingthepolice/</a>	
<b>Burbank</b> .....	<b>General (818) 238-3333</b>
<a href="http://www.burbankpd.org/">http://www.burbankpd.org/</a>	<b>Non Emergency Dispatch (818) 238-3000</b>
<b>Claremont</b> .....	<b>(909) 399-5411</b>
<a href="http://www.ci.claremont.ca.us/government/departments-divisions/police-department">http://www.ci.claremont.ca.us/government/departments-divisions/police-department</a>	
<b>Covina</b> .....	<b>General (626) 331-3391</b>
<a href="https://covinaca.gov/police">https://covinaca.gov/police</a>	<b>Non Emergency Dispatch (626) 384-5808</b>
<b>Culver City</b> .....	<b>General (310) 253-6208</b>
<a href="https://www.culvercitypd.org/">https://www.culvercitypd.org/</a>	<b>Non Emergency Dispatch (310) 834-7122</b>
<b>Downey</b> .....	<b>(562) 861-0771</b>
<a href="http://www.downeypd.org/">http://www.downeypd.org/</a>	
<b>El Monte</b> .....	<b>(626) 580-2110</b>
<a href="http://www.elmonte.org/Government/Police.aspx">http://www.elmonte.org/Government/Police.aspx</a>	
<b>El Segundo</b> .....	<b>General (310) 524-2200</b>
<a href="https://www.elsegundo.org/depts/police/">https://www.elsegundo.org/depts/police/</a>	<b>Non Emergency Dispatch (310) 524-2760</b>
<b>Gardena</b> .....	<b>(310) 217-9670</b>
<a href="http://www.gardenapd.org/">http://www.gardenapd.org/</a>	<b>Non Emergency Dispatch (310) 217-9600</b>
<b>Glendale</b> .....	<b>(818) 548-4840</b>
<a href="https://www.glendaleca.gov/government/departments/police-department">https://www.glendaleca.gov/government/departments/police-department</a>	
<b>Glendora</b> .....	<b>(626) 914-8200</b>
<a href="http://www.cityofglendora.org/departments/police">www.cityofglendora.org/departments/police</a>	<b>Non Emergency Dispatch (626) 914-8250</b>
<b>Hawthorne</b> .....	<b>General (310) 349-2700</b>
<a href="https://hawthornepolice.com/">https://hawthornepolice.com/</a>	<b>Non Emergency Dispatch (310) 675-4444</b>
<b>Hermosa Beach</b> .....	<b>(310) 318-0360</b>
<a href="http://www.hermosabch.org/index.aspx?page=123">http://www.hermosabch.org/index.aspx?page=123</a>	<b>Non Emergency Dispatch (310) 524-2750</b>
<b>Huntington Park</b> .....	<b>General (323) 584-6254</b>
<a href="http://hppolice.org/">http://hppolice.org/</a>	

- Inglewood** ..... General (310) 412-5210  
<https://www.cityofinglewood.org/149/Police> Non Emergency Dispatch (310) 412-8771
- Irwindale** ..... (626) 430-2244  
<http://www.ci.irwindale.ca.us/Index.aspx?NID=122>
- La Verne** ..... General (909) 596-1913  
<http://www.lvpd.org/> Non Emergency Dispatch (909) 593-2531
- Long Beach** ..... General (562) 570-7260  
<http://www.longbeach.gov/police/> Non Emergency Dispatch (562) 435-6711
- Manhattan Beach** ..... General (310) 502-5100  
[www.citymb.info/departments/police-department](http://www.citymb.info/departments/police-department) Non Emergency Dispatch (210) 545-4566
- Monrovia** ..... General (626) 256-8000  
[www.cityofmonrovia.org/your-government/police-department](http://www.cityofmonrovia.org/your-government/police-department) Non Emergency Dispatch (626) 256-8080
- Montebello** ..... General (323) 887-1288  
[www.cityofmontebello.com/departments/police.html](http://www.cityofmontebello.com/departments/police.html) Non Emergency Dispatch (323) 887-1313
- Palos Verdes** ..... (310) 378-4211  
<http://www.pvestates.org/services/police-department>
- Pasadena** ..... General (626) 744-4501  
<https://www5.cityofpasadena.net/Police/> Non Emergency Dispatch (626) 744-4241
- Pomona** ..... General (909) 620-2155  
[www.ci.pomona.ca.us/index.php/government/city-departments/police-department](http://www.ci.pomona.ca.us/index.php/government/city-departments/police-department) Non Emergency Dispatch (909) 622-1214
- Redondo Beach** ..... General (310) 379-2477  
<https://www.redondo.org/depts/police/default.asp> Non Emergency Dispatch (310) 379-5411
- San Fernando** ..... General (818) 898-1254  
<http://ci.san-fernando.ca.us/police/> Non Emergency Dispatch (818) 898-1287
- San Gabriel** ..... (626) 308-2828  
<http://www.sangabrielcity.com/679/San-Gabriel-Police-Department>
- San Marino** ..... (626) 300-0720  
<http://www.cityofsanmarino.org/147/Police-Department>
- Santa Monica** ..... General (310) 458-9495  
<https://www.santamonicapd.org/> Non Emergency Dispatch (310) 458-8911
- Sierra Madre** ..... (626) 355-1414  
[http://cityofsierramadre.com/cityhall/departments/police\\_department/](http://cityofsierramadre.com/cityhall/departments/police_department/)
- Signal Hill** ..... General (562) 989-7200  
<http://www.cityofsignalhill.org/17/About-Us> Non Emergency Dispatch (562) 989-7201
- South Gate** ..... General (323) 563-5400  
<https://www.cityofsouthgate.org/233/Police> Non Emergency Dispatch (323) 563-5436
- South Pasadena** ..... General (626) 403-7270  
[www.ci.south-pasadena.ca.us/index.aspx?page=125](http://www.ci.south-pasadena.ca.us/index.aspx?page=125) Non Emergency Dispatch (626) 403-7297
- Torrance** ..... General (310) 328-3456  
<https://www.torranceca.gov/our-city/police> Non Emergency Dispatch (310) 618-5641
- Vernon** ..... General (323) 587-5171  
[www.cityofvernon.org/departments/police-department](http://www.cityofvernon.org/departments/police-department) Non Emergency Dispatch (323) 587-8135
- West Covina** ..... (626) 939-8500  
<https://www.wcpd.org/>



# California Highway Patrol

[www.chp.ca.gov](http://www.chp.ca.gov)

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

## Bureau of Victim Services

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

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

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

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

**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

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- Case de la Familia** ..... (714) 667-5220  
[www.casadelafamilia.org](http://www.casadelafamilia.org)
- Crime Victims United of California** ..... (530) 885-9544  
[www.crimevictimsunited.com](http://www.crimevictimsunited.com)
- Chosen Few Outreach Ministries** ..... (562) 381-3531  
[www.chosenfewoutreachministries.com](http://www.chosenfewoutreachministries.com)
- Justice For Homicide Victims (VM)**..... (310) 457-0030  
[www.justiceforhomicidevictims.com](http://www.justiceforhomicidevictims.com)
- Human Services Associations** ..... (562) 806-5400  
[www.hsala.org](http://www.hsala.org)
- Justice For Murdered Children** ..... (310) 547-JFMC (5362)  
[www.jfmc.org](http://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](http://www.gocpomc.org)
- San Gabriel Chapter (VM)** ..... (626) 446-3580  
[www.pomc.org](http://www.pomc.org)
- Project Cry No More (VM)**..... (310) 764-0165  
[www.projectcrynomore.yolasite.com](http://www.projectcrynomore.yolasite.com)
- Project Sister Family Services** ..... (909) 623-1619  
 .....24 Hr. Rape Hotline (909) 626-4357  
 24 Hr. Child Abuse Hotline (909) 966-4155  
[www.projectsister.org](http://www.projectsister.org)
- The Joyful Child Foundation** ..... (866) 756-9385  
[www.thejoyfulchildfoundation.org](http://www.thejoyfulchildfoundation.org)
- Strength United**..... (818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)

# Resources Section

## Adolescent Resources

- California Youth Crisis Line** .....(800) 843-5200  
[www.calyouth.org](http://www.calyouth.org)
- National Runaway Switchboard** .....(800) 786-2929  
[www.1800runaway.org](http://www.1800runaway.org)      **Program Contact**(800) 621-4000
- New Directions for Youth** ..... (818) 503-6330  
[www.ndfy.org](http://www.ndfy.org)
- Healed Women Heal**..... (909) 927-5389  
[www.healedwomenheal.org](http://www.healedwomenheal.org)
- Human Services Association** .....(562) 806-5400  
[www.hsala.org](http://www.hsala.org)
- Peer to Peer Crisis Teen Line** .....(800) 852-8336  
[www.teenline.org](http://www.teenline.org)
- Tarzana Treatment Center, INC** ..... (818) 996-1051  
[www.tarzanatc.org](http://www.tarzanatc.org)
- Caribou Ridge Intervention** ..... (800) 974-1999  
[www.caribouridgeintervention.com](http://www.caribouridgeintervention.com)
- Strength United**.....(818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)



# Sexual Assault/Rape

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## Artesia

**Su Casa Family Crisis & Support Center** ..... (562) 402-4888  
[www.sucasadv.org](http://www.sucasadv.org)

## Cerritos

**Cerritos Psychological Center** ..... (562) 860-2210  
[www.cerritospsychcenter.com](http://www.cerritospsychcenter.com)

## California, Statewide

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

## Claremont

**Project S.I.S.T.E.R.** ..... (626) 966-4155  
[www.projectsister.org](http://www.projectsister.org)

## El Monte and Foothill

**Foothill Family Services Agency** ..... (626) 993-3000  
[www.foothillfamily.org](http://www.foothillfamily.org)

## Compton

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

## Los Angeles

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

**Coalition to Abolish Slavery & Trafficking** ..... (888) 539-2373  
[www.castla.org/homepage](http://www.castla.org/homepage)

**East Los Angeles Rape & Battering Hotline** ..... (800) 585-6231  
[www.elawc.org](http://www.elawc.org)

**East Los Angeles Women's Center** ..... (323) 526-5819  
[www.elawc.org](http://www.elawc.org)

**Peace Over Violence Central Los Angeles** ..... (213) 626-3393

**Stalking and Threat Assessment Team** ..... (213) 257-2220

**Y.W.C.A. Greater Los Angeles** ..... (213) 365-2991  
 ..... **Long Beach** (562) 590-6400  
<https://ywcagla.org/what-we-do/programs/sexual-assault/>

**Strength United** ..... (818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)

Pasadena

**Foothill Family Services Agency** .....(626) 993-3000  
[www.foothillfamily.org/index.php](http://www.foothillfamily.org/index.php)

**Peace Over Violence Central Los Angeles** ..... (213) 626-3393

Santa Monica

**Rape Trauma Center UCLA** ..... (424) 259-7208

**Sojourn Services for Battered Women** .....(310) 264-6644  
[www.opcc.net](http://www.opcc.net)

Sherman Oaks

**Clinical Counseling Center** ..... (818) 986-1161

Van Nuys

**Strength United**.....(818) 886-0453  
[www.strengthunited.com](http://www.strengthunited.com)

**Valley Oasis SARS** ..... (661) 723-7273  
[www.valleyoasis.org](http://www.valleyoasis.org)

West Covina

**Foothill Family Services Agency**.....(626) 993-3000  
[www.foothillfamily.org](http://www.foothillfamily.org)

## Support Services

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**ADA Monitored Family Visitation Services** ..... (714) 752-0091  
*provides supervised visitation for children and parents*  
[www.adamonitoredfamilyvisitationservices.com](http://www.adamonitoredfamilyvisitationservices.com)

**Alliance for Young Women and Girls** ..... (323) 795-5936  
*provides leadership and employability for 18-25* [www.alliance4ywg.org](http://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](http://www.cyfcla.org)

**Chinatown Service Center** ..... (213) 808-1720  
*provide advocacy for immigrants and other communities* [www.cscla.org](http://www.cscla.org)

**Claris Health** ..... **Lynwood (323) 299-9977**  
..... **West Los Angeles (310) 299-7181**  
*provides free and affordable care for those facing pregnancy and sexual health concerns*  
<https://www.clarishealth.org>



- Chosen Few Outreach Ministries** ..... (562) 381-3531  
[www.chosenfewoutreachministries.com](http://www.chosenfewoutreachministries.com)
- 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](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](http://www.downtownwomenscenter.org)
- Family Outreach & Community Intervention Services** .....(562) 807-6464  
 programs and services <http://www.focisweb.com>
- Family Support and Advocacy Center** ..... (866) 435-1455
- Just Us 4 Youth**.....(909) 525-4155  
[www.ju4y.org](http://www.ju4y.org)
- Heritage Clinic** .....(626) 577-8480  
 mental health services for low income older adults 55+ & family caregivers 18+  
[www.heritageclinic.org](http://www.heritageclinic.org)
- JWCH Institute, Inc.**..... (323) 201-4516  
 provides health care, health education services and research [www.jwchinstitute.org](http://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](http://www.lovs.org)
- Mothers Against Drunk Drivers (MADD)** ..... (714) 838-6199  
 support victims of this violent crime [www.madd.org/southerncalifornia](http://www.madd.org/southerncalifornia)
- Neighborhood Legal Services of Los Angeles** .....(800) 433-6251
- 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](http://www.turningpointaod.com)

- East Los Angeles Women’s Center** . . . . . **(323) 526-5819**  
[www.nlsla.org](http://www.nlsla.org)
- Healed Women Heal.** . . . . . **(909) 927-5389**  
[www.healedwomenheal.org](http://www.healedwomenheal.org)
- LA County Department of Mental Health** . . . . . **(213) 680-0600**  
[www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)
- Los Angeles Center for Law & Justice** . . . . . **(323) 714-3234**  
[www.laclj.org](http://www.laclj.org)
- New Directions for Youth** . . . . . **(818) 503-6330**  
[www.ndfy.org](http://www.ndfy.org)
- Pinnacle Treatment Centers.** . . . . . **(818) 206-0360**  
**24HR Hotline (800) 782-1520**  
[www.pinnacletreatment.com](http://www.pinnacletreatment.com)
- Tarzana Treatment Center, INC** . . . . . **(818) 996-1051**  
[www.tarzanatc.org](http://www.tarzanatc.org)
- Training programs to everyone interested in becoming a substance use disorder counselor, peer support specialist, and who wants to get their GED
- Tarzana Treatment Centers College** . . . . . **(818) 217-0052**  
[www.ttccollege.org](http://www.ttccollege.org)
- Training programs to everyone interested in becoming a substance use disorder counselor, peer support specialist, and who wants to get their GED
- Project Return Peer Support Network** . . . . . **(323) 346-0906**  
[www.prpsn.org](http://www.prpsn.org)
- San Fernando Mental Health Center.** . . . . . **(213) 663-8079**
- Telecare Mental Health Urgent Care Center.** . . . . . **(562) 790-1860**  
[www.telecrecorp.com](http://www.telecrecorp.com)

# Crime Victim Services

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

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

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

**California Victims Resource Center.....Hearing Impaired**(800) 842-8467

**Chosen Few Outreach Ministries** ..... (562) 381-3531  
[www.chosenfewoutreachministries.com](http://www.chosenfewoutreachministries.com)

**Human Services Association** .....(562) 806-5400  
[www.hsala.org](http://www.hsala.org)

**Los Angeles Chapter of Parents of Murdered Children**.... (310) 567-3540  
[www.pomcla.org](http://www.pomcla.org)

**Los Angeles Cener for Law & Justice** ..... (323) 714-3234  
[www.laclj.org](http://www.laclj.org)

**Let Us! Inc** ..... (310) 631-3662  
(800) 400-4370

**National Organization for Victim Assistance** .....(703) 535-6682  
[www.trynova.org](http://www.trynova.org) (703) TRY-NOVA

**Family Visitation Services** .....(818) 968-8586  
provides professional supervised visitations fostering a family friendly approach  
[www.familyvisitationservices.com](http://www.familyvisitationservices.com)

**Foothill Family** .....(626) 993-3000  
provides mental health and social services to at-risk children and families  
[www.foothillfamily.org](http://www.foothillfamily.org)

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

**National Organization for Victim Assistance** .....(800) TRY-NOVA

**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

**Strength United**.....(818) 886-0453  
www.csun.edu/eisner-education/strength-united

**The National Center for Victims of Crime**.....(202) 467-8700  
www.victimsofcrime.org (800) FIY-CALL

**Therapeutic Play Foundation** .....(323) 924-9084  
provides services for victims of child abuse, neglect, sexual assault and family violence  
with www.violenceinterventionprogram.org

**Victim Connect Resource Center** ..... (855) 4-VICTIM  
www.victimconnect.org

**Violence Intervention Program**..... (323) 221-4134  
provides a wealth of services that target mind, body, spirit and empowerment  
www.violenceinterventionprogram.org

**Watts Labor Community Action Committee (WLCAC) - Family Source  
Center** ..... (323) 563-5639 / (323) 567-6262  
provides domestic violence, sexual assault, utility bill payment, college corner and many  
more www.wlcac.org

**Yetunde Price Resource Center** .....(310) 554-4639  
Ensure people have all access to existing resources and create new ones, if necessary  
www.yprcla.org

**YWCA Greater Los Angeles** . . . . . (213) 365-2991  
 provides services for victims of sexual violence and seniors. <https://ywcagla.org>

**YWCA Greater Los Angeles Rape Crisis Center** . . . . . (310) 763-9117  
 rape crisis centers for victims in Los Angeles County. . . . . (562) 590-6400  
<https://ywcagla.org>

## Trauma Recovery Centers

**Long Beach Trauma Recovery Center** . . . . . (562) 491-7977  
 1045 Atlantic Ave., Suite 801, Long Beach  
<https://www.csulb.edu/college-of-education/long-beach-trauma-recovery-center>

**Peace Over Violence / Downtown Women’s Center Trauma Recovery Center** . . . . . (213) 955-9090  
 1015 Wilshire Blvd., Room 200, Los Angeles <https://www.peaceoverviolence.org>

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

**Special Service for Groups Trauma Recovery Center** . . . . . (323) 432-4399  
 5849 Crocker St, Unit X, Los Angeles [www.traumaresourcecenter.org](http://www.traumaresourcecenter.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

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- Chosen Few Outreach Ministries** ..... (562) 381-3531  
[www.chosenfewoutreachministries.com](http://www.chosenfewoutreachministries.com)
  
- East Los Angeles Women’s Center** ..... (323) 526-5819  
[www.elawc.org](http://www.elawc.org)
  
- Healed Women Heal**..... (909) 927-5389  
[www.healedwomenheal.org](http://www.healedwomenheal.org)
  
- House of Ruth**.....(909) 623-4364  
Claremont [www.houseofruthinc.org](http://www.houseofruthinc.org)
  
- Jewish Family Service of Los Angeles Hope** ..... (818) 789-1293  
[www.jfsla.org](http://www.jfsla.org)
  
- Los Angeles Center for Law & Justice** ..... (323) 714-3234  
[www.laclj.org](http://www.laclj.org)
  
- New Star Family Justice Center** ..... (323) 345-2686  
Hawthorne [www.nsfjc.org](http://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](http://www.peaceoverviolence.org)
  
- Project Peacemakers** ..... (323) 291-2525  
Los Angeles [www.projectpeacemakersinc.org](http://www.projectpeacemakersinc.org)
  
- Shepherd’s Door Domestic Violence Resource Center** ..... (626) 765-9967  
Pasadena [www.shepherddoor.org](http://www.shepherddoor.org)
  
- Strength United**.....(818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)
  
- Su Casa** ..... (562) 421-6537  
Long Beach [www.sucasadv.org](http://www.sucasadv.org)
  
- Tarzana Treatment Centers, INC**..... (818) 996-1051  
Tarzana [www.tarzanatc.org](http://www.tarzanatc.org)
  
- Valley Oasis/True Life Community Church** ..... (661) 945-5509  
[www.valleyoasis.org](http://www.valleyoasis.org)

# Domestic Violence Shelters

## Antelope Valley, Palmdale & Santa Clarita

- Child Family Center** ..... (661) 259-8175  
[www.childfamilycenter.org](http://www.childfamilycenter.org)
- Valley Oasis** ..... (661) 945-6736  
[www.valleyoasis.org](http://www.valleyoasis.org)

## Central & West Los Angeles

- Center for Pacific Asian Family** ..... (800) 339-3940  
[www.nurturingchange.org](http://www.nurturingchange.org)
- Good Shepherd Shelter** ..... (323) 737-6111  
[www.goodshepherdshelter.org](http://www.goodshepherdshelter.org)
- Sojourn** ..... (310) 264-6644  
[www.thepeopleconcern.org/sojourn](http://www.thepeopleconcern.org/sojourn)

## Orange County

- WISE Place** ..... (714) 542-3577  
<https://www.wiseplace.org>
- Radiant Futures** ..... (714) 992-1931  
[www.radiantfutures.org](http://www.radiantfutures.org)

## Pomona

- House of Ruth** ..... Hotline (877) 988-5559  
 ..... Outreach (909) 623-4364
- JFS Hope** ..... Services (877) 275-4537  
 ..... Crisis Line (818) 505-0900

## San Fernando Valley

- Haven Hills** ..... (818) 887-6589  
[www.havenhills.org](http://www.havenhills.org)
- JFS Hope (Formerly Haven House)** ..... (818) 505-0900  
[www.jfsla.org/hope](http://www.jfsla.org/hope)

## San Gabriel Valley & East Los Angeles

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

DOMESTIC VIOLENCE SHELTERS

- East Los Angeles Women’s Center** ..... (323) 526-5819  
<https://elawc.org>
- Glendale YWCA** ..... (888) 999-7511  
[www.glendaleywca.org](http://www.glendaleywca.org)
- Valley Oasis/True Life Community Church** ..... (661) 945-5509  
[www.valleyoasis.org](http://www.valleyoasis.org)
- Women & Children Crisis Center**..... (562) 945-3939  
[www.wccshope.org](http://www.wccshope.org)
- YWCA-WINGS**..... (626) 967-0658  
[www.ywcasgv.org/wings.html](http://www.ywcasgv.org/wings.html)
- PATH** ..... (323) 644-2200  
[www.epath.org](http://www.epath.org)

South Bay

- 1736 Family Crisis Center** ..... (323) 737-3900  
[www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)
- Human Options** ..... (949) 737-5242  
<https://humanoptions.org>
- Interface Children & Family Services**..... (805) 485-6114  
<https://www.icfs.org>
- Jenesse Center** ..... (323) 299-9496  
<https://jenesse.org>
- Precious Life Shelter**..... (562) 431-5025  
[www.preciouslifeshelter.org](http://www.preciouslifeshelter.org)
- Rainbow Services** ..... (310) 547-9343  
[www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)
- South Asian Helpline and Referral Agency (SAHARA)**..... (562) 402-4132  
[www.saharacares.org](http://www.saharacares.org)
- Su Casa 24 Hour Hotline** ..... (562) 402-4888  
[www.sucasadv.org](http://www.sucasadv.org)
- Thai Community Development Center** ..... (323) 468-2555  
[www.thaicdc.org](http://www.thaicdc.org)
- Upward Bound House** ..... (310) 458-7779  
<https://upwardboundhouse.org>
- Women’s & Children’s Crisis Shelter** ..... (562) 945-3939  
<https://wccshope.org>
- Women Shelter of Long Beach** ..... (562) 437-7233  
[www.womenshelterlb.org](http://www.womenshelterlb.org)



# Domestic Violence

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## *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**

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- 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

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**Adult Protective Services** ..... (213) 351-5401  
*24 hours per day; 7 days a week* (877) 477-3646

**Domestic Violence Hotline** ..... (800) 978-3600

**National Domestic Violence Hotline** ..... (800) 799-7233  
[www.thehotline.org](http://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](http://www.vinelink.com)

## Human Sex Trafficking

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**Association for the Recovery of Children (ARC)** ..... (310) 373-2319  
*locate and rescue missing, abducted or trafficked American children or youth*  
[www.recoveryofchildren.org](http://www.recoveryofchildren.org)

- Coalition to Abolish Slavery (CAST)** ..... (888) 539-2373  
Survivors top 24/7 hotline, comprehensive case management and legal services to all survivors [www.castla.org](http://www.castla.org)
- Chosen Few Outreach Ministries.** ..... (562) 381-3531  
[www.chosenfewoutreachministries.com](http://www.chosenfewoutreachministries.com)
- EveryONE Free.** .....(909) 300-5090  
[www.everyonefree.org](http://www.everyonefree.org)
- Forgotten Children, Inc.** ..... (800) 793-2213  
provides after care and extensive support services [www.forgottenchildreninc.org](http://www.forgottenchildreninc.org)
- International Institute of Los Angeles** .....(323) 224-3800  
serves foreign-born victims [www.iilosangeles.org](http://www.iilosangeles.org)
- Journey Out** ..... (818) 988-4970  
fights for the freedom and survival of adult victims in Los Angeles County  
[www.journeyout.org](http://www.journeyout.org)
- New Directions for Youth.** ..... (818) 503-6330  
[www.ndfy.org](http://www.ndfy.org)
- Restoration Diversion Services Drop In Center** ..... (310) 639-1695  
[www.restorationdiversionservices.com](http://www.restorationdiversionservices.com)
- Saving Innocence** .....(323) 379-4232  
serve, empower, prevent and advocate for child victims [www.savinginnocence.org](http://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](http://www.bacaworld.org)
- Caring for Kids (San Fernando Valley Community Mental Health Center)**(844) 256-0735  
..... (818) 901-4830  
Child Abuse short term trauma treatment for youth 0-17 years of age  
bullying 24-hour call center and advocacy program [www.movinglifeforward.org](http://www.movinglifeforward.org)  
[www.forgottenchildreninc.org](http://www.forgottenchildreninc.org)
- Change Lanes Youth Support Services** ..... (661) 948-2555  
catalyst for changing lives [www.changelanes.org](http://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](http://www.childnet.net)
- Children’s Clinic** ..... (844) 822-4646  
provides quality health care to children and their families [www.thechildrensclinic.org](http://www.thechildrensclinic.org)

- Crystal Stairs** .....(323) 299-8998  
improving the lives of families through child care services, research and advocacy  
[www.crystalstairs.org](http://www.crystalstairs.org)
- Great Beginnings for Black Babies** ..... (310) 677-7995  
reduce infant mortality by encouraging early and continuous prenatal care  
[www.gbbb-la.org](http://www.gbbb-la.org)
- Helpline Youth Counseling, Inc.** ..... (562) 273-0722  
serve youth and their families by promoting strong individuals and families in their  
community <https://www.hycinc.org>
- Human Services Association** .....(562) 806-5400  
[www.hsala.org](http://www.hsala.org)
- Healed Women Heal**..... (909) 927-5389  
[www.healedwomenheal.org](http://www.healedwomenheal.org)
- Just Us 4 Youth**..... (909) 525-4155  
[www.ju4y.org](http://www.ju4y.org)
- Los Angeles Center for Law & Justice** ..... (323) 714-3234  
[www.laclj.org](http://www.laclj.org)
- Love Beyond Limits** ..... (562) 377-4857  
assists in developing self awareness, self respect, high self esteem and independence  
[www.lovebeyondlimits.org](http://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](http://www.mcyaf.org)
- New Directions for Youth** ..... (818) 503-6330  
[www.ndfy.org](http://www.ndfy.org)
- Strength United**.....(818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)
- Pathways LA** ..... (213) 427-2700  
provides child care payment assistance, education and training and resource & referral  
line [www.pathwaysla.org](http://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](http://www.thewholechild.info)
- Tarzana Treatment Centers, INC.** ..... (818) 996-1051  
[www.tarzanatc.org](http://www.tarzanatc.org)

# 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*
- Child Abuse Hotline: 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
- Strength United** ..... (818) 886-0453  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)
- Suicide and Crisis Lifeline** ..... 988  
Help is out there. 24HR hotline, call, text, chat with a trained counselor
- Teen Line** ..... (800) 852-8336  
*Confidential hotline for teens*
- Youth Crisis Hotline** ..... (800) 843-5200  
*Runaway youth, family and friends*
- Valley Oasis/True Life Community Church** ..... (661) 945-5509  
[www.valleyoasis.org](http://www.valleyoasis.org)
- Women’s and Children’s Crisis Shelter Hotline** ..... (562) 945-3937  
[www.wccshope.org](http://www.wccshope.org)

# Therapists/Counselors

- 2-1-1/Infolink Los Angeles County** ..... 2-1-1-(800) 339-6993  
[www.211losangeles.org](http://www.211losangeles.org)
- Alma Family Services** .....  
*Pico Rivera* ..... (562) 801-4626  
*Los Angeles* ..... (323) 881-3799

- Los Angeles..... (213) 344-3799
- Amanecer Community Counseling Service** . Children Services (213) 482-9400  
 ..... Adult Services (213) 482-9466
- Akane Takijiri** ..... (818) 447-9393  
[www.akanecounseling.com](http://www.akanecounseling.com) Accepts CALVCB
- Casa de la Familia** ..... (213) 413-7777
- ChildNet Youth and Family Services** ..... (562) 490-7600
- East Los Angeles Women’s Center** ..... (323) 526-5819  
[www.elawc.org](http://www.elawc.org)
- Foothill Family** ..... (626) 993-3000
- Healed Women Heal**..... (909) 927-5389  
[www.healedwomenheal.org](http://www.healedwomenheal.org)
- Heritage Clinic** ..... (213) 382-4400  
[www.heritageclinic.org](http://www.heritageclinic.org)
- Human Services Association** ..... (562) 806-5400  
[www.hsala.org](http://www.hsala.org)
- Jewish Family Services** .....  
 North Hollywood ..... (818) 505-0900  
 Long Beach ..... (562) 427-7916
- Jewish Family Service of Los Angeles Hope** ..... (818) 789-1293  
[www.jfsla.org](http://www.jfsla.org)
- Just Us 4 Youth**..... (909) 525-4155  
[www.ju4y.org](http://www.ju4y.org)
- Los Angeles County Psychological Association**..... (818) 905-0410  
[www.lapsych.org](http://www.lapsych.org)
- LA County Department of Mental Health** ..... (818) 798-1683  
[www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)
- Masonic Center for Youth and Families** ..... (626) 251-2300
- New Star Family Justice Center**..... (323) 345-2686
- New Directions for Youth** ..... (818) 503-6330  
[www.ndfy.org](http://www.ndfy.org)
- Our House Grief Support Center** ..... (310) 473-1511

- Richstone Family Center** ..... (310) 970-1921
- San Fernando Valley Community Mental Health Center** ... (818) 908-4999  
..... (213) 663-8079  
Pasadena [www.shepherddoor.org](http://www.shepherddoor.org)
- Shields for Families** ..... (323) 242-5000  
[www.shieldsforfamilies.org](http://www.shieldsforfamilies.org)
- Star View Community Services** ..... (888) 535-3288
- The Whole Child** ..... (562) 692-0383
- Tarzana Treatment Centers, INC** ..... (818) 996-1051  
[www.tarzanatc.org](http://www.tarzanatc.org)
- Telecare Mental Health Urgent Care Center** ..... (562) 790-1860  
[www.telecarecorp.com](http://www.telecarecorp.com)
- 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
- Women’s and Children’s Crisis Shelter Hotline** ..... (562) 945-3937  
[www.wccshope.org](http://www.wccshope.org)

## Suicide Resources

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- Hotline of Southern California** ..... Los Alamitos (877) 910-9276  
8:00 am to 12:00 midnight
- Shields for Families** ..... (323) 242-5000  
[www.shieldsforfamilies.org](http://www.shieldsforfamilies.org)
- LA County Department of Mental Health** ..... (818) 798-1683  
[www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)
- Suicide and Crisis Lifeline** .....988  
Help is out there. 24HR hotline, call, text, chat with a trained counselor

# 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](http://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](http://www.victims.ca.gov) ..... (800) 777-9229

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

### Who Qualifies for Victim Compensation?

#### CalVCB can help victims of crimes such as:

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

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

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

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

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



## What Expenses Can CalVCB Help Pay?

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

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

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

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

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

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

## Local Assistance

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

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



# Crime & Trauma Scene Cleanup

## Crime Scene Steri-Clean, LLC

Los Angeles County ..... (888) 577-7206

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

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

[www.CrimeCleaners.com](http://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.**

*The Gift of Fear* – Gavin D. Becker

*Coping with Trauma* – Jon Allen

*Crime Victims’ Guide to Justice* – Mary L Boland

*Embracing the Fear* – Judith Bemis

*The Four Agreements* – Don Miguel Ruiz

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

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

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

*The Power of Now* – Eckhart Jolle

*The PTSD Workbook* – Mary Beth Williams

*Stop Domestic Violence* – Lou Brown

*What to do When the Police Leave* – Bill Jenkins

# Helping the Emotionally Injured After Tragedy Strikes

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## Reach Out Physically

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- 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

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- 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

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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

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

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

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

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

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

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

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

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

## What to Say

*“What happened?”*

*“I’m so sorry”*

*“This must be very difficult for you”*

*“It’s OK to feel . . .”*

## What Not to Say

*“I know how you feel”*

*“Calm down”*

*“Don’t cry”*

*“It could be worse”*

# Common Reactions Following a Traumatic Event

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

## Physical

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

## Emotional

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

## Behavioral

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

## Cognitive

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



# Effective Ways of Coping Following a Traumatic Event

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- 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?

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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

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

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

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

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

# Survival Notes:

# Survival Notes:



# Survival Notes:

# 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.



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