

Be Strong enough to stand alone,
smart enough to know when you need help
and brave enough to ask for it!

AIDS HOTLINE.....	310-376-3000 / 1-800-367-2437
ALCOHOLIC ANONYMOUS.....	1-310-618-1180
AL-ANON AND ALATEEN	1-888-425-2666 / 1-818-760-7122
AMERICAN RED CROSS-DISASTER LINE.....	1-855-891-7325
CHILD ABUSE HOTLINE.....	1-800-540-4000
CALIFORNIA YOUTH CRISIS LINE (COUNSELING, INFORMATION AND REFERRALS).....	1-800-843-5200
CRISIS CALL CENTER	1-800-273-8255 / Text: ANSWER to 839863
CRISIS TEXT LINE (ANXIETY, DEPRESSION, EATING DISORDERS AND SELF HARM)	Text: HOME to 741741
DOMESTIC VIOLENCE HOTLINE	1-800-799-7233
GLBT NATIONAL YOUTH TALKLINE	1-800-246 – PRIDE (7743)
MENTAL HEALTH LINE.....	1-800-854-7771
NATIONAL DOMESTIC VIOLENCE HOTLINE	1-800-799 SAFE (7233)
NATIONAL EATING DISORDERS ASSOCIATION (NEDA)	1-800-931-2237
NATIONAL INHALANT PREVENTION	1-800-269-4327
NATIONAL SUICIDE HOTLINE.....	1-800-784-2433
NATIONAL SUICIDE PREVENTION LIFELINE	1-800-273-8255 (TALK)
NATIONAL TEEN DATING ABUSE HELPLINE	1-866-331-9474
RUNAWAY SAFELINE (INTERVENTION AND REFERRALS).....	1-800-786-2929 (RUNAWAY)
SELF INJURY INFORMATION	1-800-DONT-CUT / 1-310-366-8288
SEXUAL ASSAULT HOTLINE	1-800-656-HOPE (4673)
SOUTH BAY YOUTH PROJECT (COUNSELING AND SOCIAL SERVICES SUPPORT)	1-310-316-0183
SOUTH BAY RAPE CRISIS CENTER-HOTLINE.....	1-310-545-2111
SUICIDE PREVENTION LINE.....	1-877-727-1253
TEEN LINE (TEENS HELPING TEENS FROM 6-10PM)	1-310-855-4673 / Text: TEEN to 839863
TORRANCE DIVERSION (TPD PROVIDE INTERVENTION AND PREVENTION PROGRAMS)	1-310-618-5555
TREVOR PROJECT (LESBIAN, GAY, BISEXUAL, TRANSGENDER & QUEER RESOURCES)	1-866-488-7386
1736 FAMILY CRISIS CENTER (DOMESTIC VIOLENCE, RUNAWAY AND HOMELESS YOUTH)	1-310-379-3620

WEBSITES

CRISIS TEXT LINE (Support with anxiety, depression, eating disorders and self harm) at www.crisistextline.org
EATING DISORDERS ANONYMOUS at www.eatingdisordersanonymous
TREVOR PROJECT (For lesbian, gay, bisexual, transgender, queer & questioning youth)www.thetrevorproject.org
NATIONAL DOMESTIC VIOLENCE at www.ndvh.org
NATIONAL EATING DISORDER ASSOCIATION (NEDA) www.nationaleatingdisorders.org
YOUR LIFE YOUR VOICE (Support with anxiety, depression, eating disorders and self injury) www.yourlifeyourvoice.org
STOMP OUT BULLING (Support stress, depression as a result of bullying) www.stompoutbullying.org

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City of Torrance Community Services Department