

USC Verdugo Hills Hospital

Keck Medicine of USC



HELPLINES gives access to support and information that individuals might not have received otherwise. In urgent situations, we often draw upon our friends, family, neighbors, hired companions, or emergency personnel. Sometimes we exhaust all our options from personal relationships and we find ourselves needing more answers and support. Consider a helpline to get access to more assistance.

MENTAL HEALTH

National Suicide Prevention Lifeline

Free confidential support 24/7 for people in emotional distress or suicidal crisis.

(800) 273-8255

Suicide & Crisis Lifeline: 988

Substance Abuse and Mental Health Services Administration (SAMHSA)

Free 24/7 confidential information that can include referrals to individuals and/or families facing mental and/or substance use disorders.

(800) 662-4357

SOCIAL CARE

If you find yourself needing assistance finding local resources, there are helplines to call. They provide information on food banks, emergency housing, healthcare, transportation, and more.

211 Los Angeles County

24/7 guide to services and information you need.

Call or visit website to find services in your area.

Call 211

211la.org

LA County Aging & Disabilities Department Information and Assistance

Provides information on services and assistance for older adults and caregivers

(800) 510-2020

ad.lacounty.gov

National Asian Pacific Center on Aging

Community resource helpline for older adults and caregivers.

English: 800-336-2722

廣東話 Cantonese: 800-582-4218

普通话 Mandarin: 800-683-7427

日本語 Japanese: 800-398-1117

Tiếng Việt Vietnamese: 800-582-4336

한국어 Korean: 800-582-4259

Tagalog: 800-593-8087

Español (Spanish) 800-948-3844

napca.org

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or aging-resources@med.usc.edu. To learn more, visit: uscvhh.org

BUILDING CONNECTIONS

Reduce social isolation by reaching out and talking with others. These free programs provide valuable connections and support.

Senior Caring Caller Program

Glendale Police Services Officer or Volunteer contacts vulnerable senior residents in Glendale to assist with resources and health and wellbeing. Contact Officer Amy Tate to refer a senior resident.

(818) 548-4015

ATate@GlendaleCA.gov

GoldenTALK Chat

Connect with LA County volunteers to chat. Be trained as a volunteer to support someone.

(888) 604-6533

ididsomethinggoodtoday.org

AARP Community Connections

Connect with friendly volunteers.

(888) 281-0145 - English

(888) 497-4108 - Spanish

aarpcommunityconnections.org

Friendship Line California

Provides free 24/7 emotional support, crisis intervention, and check-in for older adults.

(888) 670-1360

ioaging.org

REPORTING ELDER ABUSE

Adult Protective Services

Provides 24/7 response to investigate abuse, neglect, and/or exploitation of older and disabled adults.

(877) 477-3646

ad.lacounty.gov/services/adult-protective-services

Wise and Healthy Aging

Long-Term Care Ombudsman Program

Provides assistance to residents of long-term care facilities with concerns of services/care, safety, rights/dignity, and inappropriate use of chemical or physical restraints.

(800) 334-WISE (9473)

wiseombudsman.org

AARP Fraud Watch Network Helpline

Confidential toll-free service to members and non-members. Get guidance free of judgment.

Mon-Fri, 8am to 8pm, ET

(877) 908-3360

NOTE: *This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.*
