

Dear EAP Member,

Below are resources that may be able to assist you regarding the **social unrest in Los Angeles, CA**. To access the websites, please click on the links. You may wish to contact these providers for additional information.

Community Violence Preparedness and Recovery

- [APA — Trauma Resources \(English\)](#)
- [NIMH — Acontecimientos Traumáticos \(Español\)](#)
- [APA — Combatting Misinformation \(English\)](#)
- [Future Free Speech — Combatir la Desinformación \(Español\)](#)
- [APA — PTSD \(English\)](#)
- [NIMH — Estrés Postraumático \(Español\)](#)
- [CISA — Conflict Prevention \(English\)](#)
- [CISA — Guía “Power of Hello” \(Español\)](#)
- [HelpGuide — Trauma \(English\)](#)
- [HelpGuide — Estrés Traumático \(Español\)](#)

LOCAL RESOURCES

Road Closures and Evacuations

[Los Angeles County Public Works](#)

Dial 511 for up-to-date information.

Los Angeles County Sheriff’s Department

[LASD \(English\)](#) | [LASD \(Español\)](#) | [Facebook](#) | [Twitter](#)

City of Los Angeles

[City of Los Angeles \(English\)](#) | [City of Los Angeles \(Español\)](#) | [Facebook](#) | [Twitter](#)

Governor of California

[English](#) | [Español](#) | [Facebook](#) | [Twitter](#)

NAMI Greater Los Angeles County

515 Flower Street, Suite 1963, Los Angeles, CA 90071

[English](#) | [Español](#)

Legal Aid Foundation of Los Angeles

1550 West 8th Street, Los Angeles, CA 90017

800-399-4529

[English](#) | [Español](#)

Community Legal Aid SoCal

2101 North Tustin Avenue, Santa Ana, CA 92705

714-571-5200

[English](#) | [Español](#)

Neighborhood Legal Services of Los Angeles County

800-433-6251

[English](#) | [Español](#)

Counseling Services

- [Disaster Distress Helpline \(English\)](#)
- [Disaster Distress Helpline \(Español\)](#)
- [Psychology Today — Find a Therapist in Los Angeles](#)
[211 Los Angeles \(English\)](#) | [211 Los Angeles \(Español\)](#)
2-1-1 is a 24/7 service that connects you to food, clothing, financial assistance, or community programs in your area.

Financial Assistance

Los Angeles County Dept of Public Social Services
349-B East Avenue, Lancaster, CA 93535
626-569-1399

[English](#) | [Español](#)

Catholic Charities of Los Angeles, Inc.
1531 James M. Wood Boulevard, Los Angeles, CA 90017
213-521-3400

[English](#) | [Español](#)

National Resources

- [Victim Connect Resource Center \(English\)](#) | [Español](#)
- [National Organization for Victim Assistance \(English\)](#) | [Español](#)
- [Everytown Survivor Network](#)
- [National Alliance on Mental Illness \(NAMI\) Helpline](#) —
Call 800-950-6264 or text 62640 (Chat option available)
- [988 Suicide & Crisis Lifeline \(English\)](#) or [Español](#) —
Dial 988 or chat with a trained counselor

If you need additional resources, counseling or support, National EAP is here for you. Contact us at 1-800-624-2593 (24/7/365) or get started with your [online EAP intake](#).

For more EAP services available to you, visit [MY EAP](#).

Warmest Regards,
The National EAP Client Success Team