

CRISIS HOTLINES **(24 HOURS)**

If you do not find what you need, call 211 for a variety of resources you can choose from.

- **Women's Crisis Center:**
831-757-1001

Services include: assessing students with crisis's in need of attention, referrals to a program/support group that fits student's crisis, emergency shelter, and advocate for domestic violence in court cases. **No fee.**

- **Suicide Prevention Crisis Line:**
831-649-8008

Services include: free intervention in 160 different languages, assesses and refers to other supportive organizations if needed, outreach presentations.

- **California YOUTH Crisis:**
1-800-843-5200

Services include: FREE services specializing in ages 12-24 supportive workers to talk to about depression, school problems, financial problems, counseling, shelter locations, and state wide referrals.

- **Community Hospital Mental Health**
831-625-4623

Services include: sponsored care 24 hours a day, 7 days a week,

student is seen in Emergency Room, assessed by a medical professional, if needed, staff refers student to mental health agency.

- **Community Human Services:**
831-373-4773

Services include: basic/general counseling, 10 sessions at a reduced fee (based on gross income).

- **Youth Run Away services**
24 hour number:
831-241-0914

- **YWCA Domestic Violence Crisis Line**
831-372-6300/800-YWCA-151

Services include: counseling on domestic violence, restraining orders, legal advocate during court, moral support. Fees are on a sliding scale depending on client's income and are only charged for counseling/therapy. **RESTRAINING ORDERS HAVE NO CHARGE.** Grants are offered if eligible under domestic victim, poverty, violent circumstances.

- **Family Service Center:**
831-373-4421

Services include: counseling for general crisis. Fees are charged on a sliding scale based on monthly income. **NO TURN DOWNS FOR INABILITY TO PAY.** Up to 10 free sessions.

- **Rape Crisis/Sexual Harassment:**
831-375-4357
Services include: counseling, prevention in school and community. Intervention is at no cost, following appointments will be based on sliding scale.
- **Child Abuse Reporting Hotline: 831-647-7900**
(County Communications; after business hours)
831-755-4661/ 1-800-606-6618
Reports any child abuse of neglect of any kind at no cost. Only takes reports.
- **Mental Health Crisis Team (Monterey County):**
831-755-4111
Services include: counseling for those in need of help with psychological problems.
- **Veterans Transition Center**
831-883-8387

POLICE DEPARTMENTS

Carmel	831-624-6403
Del Rey Oaks	831-394-9333
Gonzales	831-675-5010
Greenfield	831-674-5111
King City	831-385-4848
Marina	831-384-7575
Monterey	831-646-3830
Monterey Co. Sheriff	831-647-7911
Pacific Grove	831-648-3143
Salinas	831-758-7321
Sand City	831-394-1451
Seaside	831-394-6811

HOSPITALS

Community Hospital of the Monterey Peninsula (CHOMP).....831-624-5311
Mee Memorial...831-385-6000
Natividad.....831-755-4111
SV Memorial....831-757-4333

EMERGENCY DISASTER SERVICES

American Red Cross Monterey Bay Area Chapter:
831-624-6921

MEDICAL SERVICES

Monterey Bay Urgent Care
245 Washington St, Monterey
831-372-2273

Doctors on duty
501 Lighthouse Ave, Monterey
831-649-0142
2260 North Fremont St,
Monterey
831-372-6700

Monterey Medical Clinic
550 Camino El Estero, Suite 204
Monterey
831-375-5151

Monterey County Health Department
Seaside: Family Health Center
1150 Fremont Blvd.
831-899-8100
Marina: 3155 De Forest Rd.
831-384-1445

Salud Para La Gente
 1130 Fremont Blvd
 Seaside, Ca 93955
 831-394-6642

EMERGENCY MENTAL HEALTH SERVICES

CHOMP ER (psychiatric or
 medical) 831-625-4900

CHOMP Crisis Team
 831-625-4623

Behavioral Health Services
 831-755-4111

Community Counseling Center
 831-373-4773

Natividad Crisis Intervention
 831-755-4111

Suicide Prevention/Crisis
 831-649-8008

DOMESTIC VIOLENCE

Homeward Bound: 384-3322

YWCA: 372-6300/ 757-1001

Woman's Crisis Center:
 757-1001

Rape Crisis Center: 375-4357
 or 373-3955

**Family Service Center of
 Salinas:** 394-4622

Legal Aid Society: 375-0505

SUBSTANCE ABUSE

Sun Street Centers: 753-5140

Alcoholics Anonymous:
 373-3713

Off Main Clinic: 424-4828

Beacon House: 372-2334

Door to Hope: 422-6226

Genesis House: 899-2436

Pueblo del Mar: 582-9461

Valley Health Association:
 424-6655

Alonon/ Alateen: 373-2532 or
 424-6207

**CHOMP Alcohol and Drug
 Program:** 373-0924

Sunrise House: 831-758-3302

CHILDREN:

Child Abuse Hotline:

1-800-606-6618 or 755-4661

Child Protective Services:

899-8015 or 755-4661. Main
 office: 755-4475

Big Brothers/ Big Sisters:

757-7992

Head Start Program: 755-0353

or 888-973-2800

Children's Services

International: 424-6939

COUNSELING:

YWCA

457 Webster St.

Monterey, Ca 93940

831-655-9222

<http://ywcamontereycounty.org/>

Services include: domestic
 violence shelter for women and
 children, advocacy, and
 counseling. Counseling is
 provided for elementary children,
 ages 17-23, and high school age
 girls for learning to cope with
 any domestic violence issues.

Monterey Rape Crisis Center

P.O. Box 2630

Monterey, Ca 93940

831-375-3955

831-375-HELP (24 hour crisis
 line)

www.mtryrapecrisis.org

Services include: counseling for
 rape victims, prevention services

(child abuse prevention, rape prevention education, “My Strength”, self defense, and predator drugs). Services available for teens and men also.

HIV/AIDS RESOURCES

John XXIII AIDS Ministry

1121 Baldwin St.
Salinas, Ca 93906
831-442-3959

www.johnxxiii.org

Services include: HIV testing and education, community volunteering programs, housing and emotional support for individuals and families at risk for, or living with HIV/AIDS in Monterey and San Benito Counties in California.

Central California HIV/AIDS Services (CCHAS)

780 Hamilton Ave.
Seaside, Ca 93955
831-394-4747

www.mcap.org

Services include: information and referrals, counseling and benefits counseling (some free), mental health services, ADAP (AIDS Drug Assistance Program), care HIPP, emotional support, client events and activities.

**LESBIAN, GAY,
BISEXUAL,
TRANSGENDER,
QUEER, &
QUESTIONING
(LGBTQ) RESOURCES**
PFLAG OF Monterey County
Unitarian Universalist Church

490 Aguajito Rd.
Carmel, Ca 93923
831-655-3524

www.pflagmontereycounty.org

Services include: support on coping with adverse society, education on enlightening the public, advocacy to end discrimination and secure civil rights. Also inclusive of Bisexual, Transgender, Queer, and Questioning issues.

Gay and Lesbian Alcoholics Anonymous

Little House in the Park
Central and Grand Ave.
Pacific Grove, Ca 93950

www.aamonterey.org

Services include: an organization where gays and lesbians can talk openly with others about their alcohol problem. A list of meetings is on website above. Drop-ins welcome.

Pride of Monterey County

P.O. Box 2684
Monterey, Ca 93940

<http://montereypride.org>

Services include: a non profit community organization dedicated to celebrating the lives of LGBT people. Pride of Monterey County offers festivals, marches, and other events to raise awareness of the LGBT community in Monterey County.

Salinas Valley Pride

www.myspace.com/salinasvalleypride

A website to visit, make friends, meet people in your area, talk about events, and enjoy!

Diversity Center

1117 Soquel Ave.
Santa Cruz, Ca 95061
831-425-5422

www.diversitycenter.org

Services include: "Pride" marches, transgender programs, senior programs, "Tobacco Free" events, spiritual resource directory, youth programs, and movie nights. **ALSO ON FACEBOOK.**

ADVOCACY**Disability Rights California**

1330 Broadway, Suite 500
Oakland, Ca 94612
510-267-1200

CCIL: Central Coast Center for Independent Living

234 Cayuga St. Ste. 208
Salinas, Ca 93901

Community Human Services

Gary Davidson, MFT
Clinical Program Director
1178 Broadway Ave.
Seaside, Ca 93955
831-394-4622

www.chservices.org

Services include: substance abuse services, mental health services, runaway and homeless youth services.

Monterey County Health Department

Ray Bullick, Director of Health
1270 Natividad Rd., Room 200
Salinas, Ca 93906
831-755-4510 or
Gloria Rodriguez 755-8986
Services include: behavioral health services, mental health

services, adult and children's services, CalWORKS Employment Assistance Program, Alcohol and Drug Programs, Managed Care Program, and System of Care Interagency Training.

California Office of Patients' Rights

100 Howe Ave., Suite 210N
Sacramento, Ca 95825
916-575-1610

Protection & Advocacy Inc.

1-800-776-5746

www.pai-ca.org

Services include: educating people with disabilities about legal, civil, and service rights; technical assistance, training, publications and advocacy support; legislative advocacy; investigation on complaints about serious physical and sexual abuse/neglect related deaths in institutions; outreach programs, peer self-advocacy; patients rights advocacy; and other FREE OF CHARGE programs.

PREGNANCY**Planned Parenthood:** 394-1691

Services include: reproductive services such as patient education on birth control methods, STD testing, pregnancy testing, etc. Fees include donations, funding programs depending on income and family size.

Crisis Pregnancy Center:

757-5500

FOOD BANKS**Carmel**

ALL SAINTS EPISCOPAL
CHURCH
Weekdays 9:00am-3:00pm
Dolores Street and Ninth Avenue
624-3883

CARMEL MISSION BASILICA
Rio Road, Carmel
Mon-Fri: 2:00-4:00pm
A \$20 Safeway gift card is
provided.
831-624-1271

Pacific Grove

MEALS ON WHEELS
Weekdays, lunch on site
11:30am-1:00pm
Meals delivery: 10:00am-
12:30pm
700 Jewell Avenue
375-4454

ST. ANGELA'S CATHOLIC
CHURCH
9th Street & Lighthouse Avenue,
Pacific Grove, Ca
For Monterey and Pacific Grove
residents only.
Monday-Friday 1:00pm-3:00pm
655-4160

SAINT MARY'S EPISCOPAL
CHURCH
146 Central, Pacific Grove
Monday, Wednesday, Friday
1:00pm-2:45pm
831-373-4441

Salinas

DOROTHY'S PLACE
Meals daily. Breakfast 8:30am-
9:30am and Lunch 1:00pm-
2:00pm
30 Soledad Street, Salinas
424-1102

FOOD BANK OF MONTEREY
Monday-Friday, food distribution
between 1:00pm-3:00pm
815 West Market Street
1-800-870-3663

Seaside

SALVATION ARMY
Hot meal: weekdays 10:30am-
11:30am
Good Samaritan Center
800 Scott Street
Monday-Thursday 11:00am
Park by Naval Postgraduate
School. Food distribution:
Tuesday, Wednesday, Thursdays
2:00pm-4:00pm

ST. VINCENT DE PAUL at ST.
FRANCES XAVIER
CATHOLIC CHURCH
1475 La Salle, Seaside
Tues-Thurs 1:30-3:00pm
831-394-8546 x25

Marina

EPIPHANY COMMUNITY
CENTER & THOMAS
CARMAN FOOD PANTRY
425 Carmel Ave, Marina
A choice of a pre-packed bag of
non-perishables or a bag of fresh
produce, frozen meat or fish,
eggs and dairy. Serves all
weekly, up to 4 times per month.
Office: 831-384-6323
Food Pantry: 831-883-8024

ST. JUDE'S CATHOLIC
CHURCH
303 Hillcrest Ave, Marina
(Marina residents only)
1st & 3rd Wed of each month
10:00-11:00am
831-384-5434

Sand City

GOOD SAMARITAN CENTER
800 Scott St, Sand City
Pastries and Coffee
8:30-10:30am Mon-Fri
Food Boxes 2:00-4:00 PM Tues,
Wed, and Thurs.
2nd and 4th Thurs are Senior Days
Hot meals provided Mon-Fri at
10:30 am and also at the parking
lot across the street from the
Naval Postgraduate School Mon-
Thurs at 11:15 am
831-899-4988

Monterey

LOAVES & FISHES
Parking lot across from the Navy
Post Graduate School
Del Monte Blvd., Monterey
Fri & Sun at 10:30 am

SHORELINE CHURCH
2500 Garden Rd, Monterey
Tues & Thurs 12:30-2:30 PM
Also has clothing
831-655-0100

ST. JAMES EPISCOPAL
CHURCH
381 High St, Monterey
1st & 3rd Thurs 4:00-5:00 PM
831-655-4810

**EMERGENCY FAMILY
HOUSING/SHELTER**

I-Help

831-394-8372
Single adult men.

Men in Transition

831-384-3362

HAMILTON HOUSE

831-394-8372

FAMILY HELP LINE; 24 HOURS

1-800-339-8228

**DOMESTIC CRISIS SERVICES,
INC.**

(associates with YWCA)
24 hour crisis line: 753-6300
WOMEN AND CHILDREN HAVE
PRIORITY.
DOMESTIC VIOLENCE ONLY.

VICOTRY MISSION

43 Soledad St., Salinas
Phone: 424-5688
MEN ONLY. Must show up at 7:30pm
for placement in shelter.

AMERICAN RED CROSS

942 Lupin Dr., Salinas
Phone: 424-4824
Provides shelter for all persons in a
disaster situation. Also provides food,
clothing and help in finding apartments
for displaced persons.

**HOUSING AUTHORITY OF
MONTEREY**

123 Rico St, Salinas
Phone: 775-5000
Housing programs include: Migrant and
Farm Worker Housing, special Needs
Housing and HACM Owned/Managed
Programs, Family Self-Sufficiency
Program, Plaza House Single Room
Occupancy, and Pueblo Del Mar
Transitional Housing Program.

SALVATION ARMY

2460 North Main Street, Salinas-443-9655
1850 Fremont Blvd, Seaside-394-6507

Central Coast HIV/AIDS Services

831-442-3959
1121 Baldwin Ave,
Salinas, Ca 93906

831-394-4747
Peninsula Office
780 Hamilton Ave
Seaside, Ca

**HOUSING ADVOCACY COUNCIL
OF MONTEREY COUNTY**

134 E. Rossi St. Salinas
Phone: 424-9186 or 1-800-946-1911

ST. VINCENT DE PAUL

26 Stone St., Salinas
Phone: 775-0545
Provides food, clothing and fares to return home, but does not provide shelter.

SHELTER OUTREACH PLUS

PO BOX 1340, Marina 93933
Phone: 831-422-2201
831-394-8372
Provides single point-of-entry for people in crisis, including a 24-hour information and referral hotline; long-term transitional housing programs for men, women and children; emergency shelters in Salinas and Seaside for women and children; interfaith emergency lodging program for single men in Salinas and Monterey Peninsula and mobile outreach services to homeless.

DISABILITY HOUSING**CENTRAL COAST CENTER FOR
INDEPENDENT LIVING**

318 Cayuga St., Suite 208; Salinas
Phone: 757-2968
TTD Phone: 757-3949
Promotes the independence of people with disabilities by supporting their equal and full participation in community life; provides advocacy, education and support to people with all

disabilities, their families and the community.

**GATEWAY CENTER OF
MONTEREY COUNTY, INC.**

850 Congress Ave., Pacific Grove
Phone: 372-8002
Provides long-term and respite residential care to developmentally disabled adults as well as Supported Living Services; day programs include training, recreation, education, and community access for developmentally disabled adults; transportation is provided.

INTERIM, INC.

P.O. Box 3222, Monterey
Phone: 649-4522
Affordable housing and supportive services for adults with psychiatric disabilities. Services include crisis intervention, supportive permanent housing, homeless supportive transitional housing, dual diagnosis treatment program, supported education and employment services, homeless outreach and emergency housing, family outreach and social support groups.

Mc HOME HOMELESS SHELTER

Phone: 883-3030
Eviction services.

OTHER HOUSING

Housing Resource Center
134 E Rossi St
Salinas, Ca 93901
831-758-3302

Monterey County Homeless Student
Liaison Program
901 Blanco Cir
Salinas, Ca 93901
831-755-6466
831-373-2955 X466

Sunrise House Rental Assistance
119 Capital St
Salinas, Ca 93901
831-758-3302

Dorothy's Place
30 Soledad St
Salinas, Ca 93901
831-757-3838

**CENTRAL COAST HIV/AIDS
SERVICES**

780 Hamilton, Seaside
Phone: 394-4747

Emotional support, information and
referral and client services including
housing, transportation, shelter and food
for persons living with HIV disease,
their families and friends.

JOHN XXIII AIDS MINISTRY

Phone: 442-3959

Provides case management services to
assist with HIV and/or AIDS to avoid
eviction or homelessness.

Mon-Fri 9:00-5:00

MISCELLANEOUS

**California Rural Legal
Assistance**

2100 Garden Rd, Ste D
Monterey, Ca
831-375-0505

Food Stamps

1281 Broadway Ave
Seaside, Ca 93955
831-899-8001 or 755-8500

**One Stop Career Center-
Employment**

1760 D-2 Fremont Blvd
Seaside, Ca 93955

Legal Assistance for Seniors

915 Hilby Ave, Ste 2
Seaside, Ca 93955

Social Security

928 Blanco Rd
Salinas, Ca 93901



Do you need to see a doctor but do not
have health insurance?
Are you not eligible for
Medi-Cal/Medicare?

ViaCare Monterey County provides health care services to eligible individuals living in Monterey County with income at or below \$931/month or \$11,172/year; couples at or below \$1,261/month or \$15,132/year.

Pick-up an application at one of the seven locations:

Navtidad Medical Center -1441 Constitution Blvd, Salinas, Ca 93906

Department of Social Services -King City Office, 116 Broadway St., King City, Ca 93930

One Stop Office-Seaside-1760 D2 Fremont Blvd, Seaside, Ca 93955

Alisal Health Center- 559 E. Alisal St., Suite 201, Salinas, Ca 93905

Monterey County Health Clinic-Marina- 3155 De Forest Rd., Marina, Ca 93933

Seaside Family Health Center- 1150 Fremont Blvd., Seaside, Ca 93955

Castro Plaza Resource Center- 10601 McDougall St, Castroville, Ca 95012

Complete application and drop off at one of the locations:

Nativityd Medical Center, Department of Social Services King City Office, or One Stop Office.

For more information, please call 831-783-2400

- The ViaCare Monterey County program ends December 31, 2013. They anticipate that most ViaCare members will transition to Medicare or Medi-Cal beginning January 1, 2014