

## **CRISIS HOTLINES** **(24 HOURS)**

- **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.**

- **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 or 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.

### **POLICE DEPARTMENTS**

<b>Carmel</b>	831-624-6403
<b>Del Rey Oaks</b>	831-394-9333
<b>Gonzales</b>	831-675-5010
<b>Greenfield</b>	831-674-5111
<b>King City</b>	831-385-4848
<b>Marina</b>	831-384-7575
<b>Monterey</b>	831-646-3830
<b>Monterey Co. Sheriff</b>	831-647-7911
<b>Pacific Grove</b>	831-648-3143
<b>Salinas</b>	831-758-7321
<b>Sand City</b>	831-394-1451
<b>Seaside</b>	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:**  
831-424-4824

### **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/ 655-9222

**Woman's Crisis Center:**  
757-1001

**Rape Crisis Center:** 375-4357  
or 373-3955

**Family Service Center of Salinas:** 757-7915

**Legal Aid Society:** 375-0505

### **SUBSTANCE ABUSE**

**Sun Street Centers:** 753-5140

**Alano Club:** 757-3146

**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

## **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:**

655-9231 or 757-7992

### **Head Start Program:** 769-0907

### **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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.diversitycenter.org)

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

**ADVOCACY****Community Human Services**

Gary Davidson, MFT  
Clinical Program Director  
1178 Broadway Ave.

Seaside, Ca 93955  
831-394-4622

[www.chservices.org](http://www.chservices.org)

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

**Monterey County Health Department**

Wayne Clark, Ph.D.

Division Chief

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](http://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

**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

9<sup>th</sup> Street & Lighthouse Avenue  
For Monterey and Pacific Grove  
residents only.

Monday-Friday 1:00pm-3:00pm

655-4160

SAINT MARY'S EPISCOPAL  
CHURCH

Central Avenue and 12<sup>th</sup> Street  
Monday, Wednesday, Friday

1:00pm-2:45pm

373-4441

**Salinas**

DOROTHY'S PLACE

Meals daily. Breakfast 8:30am-

9:30am and Lunch 1:00pm-

2:00pm

30 Soledad Street

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. FRANCIS ANCIS XAVIER CATHOLIC CHURCH**

St. Francis De Paul. Call for schedule.

1475 La Salle

394-8546

**EMERGENCY FAMILY HOUSING/SHELTER****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

**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**

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