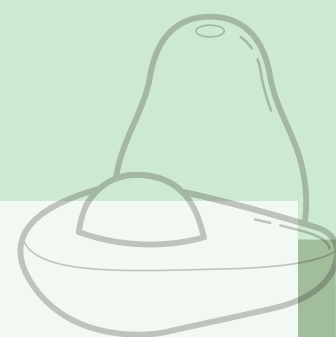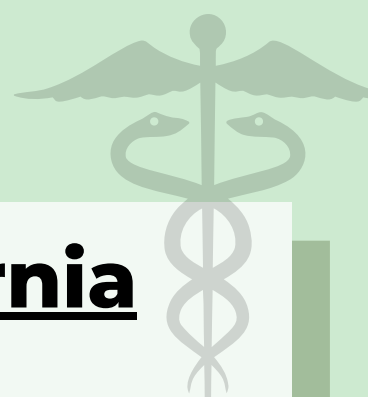# The *TEN* Support Resources

1. CalFresh

CalFresh is a federally funded food assistance program aiming to help low-income individuals and families fight food insecurity. Learn about eligibility and apply here!

2. Food Banks

Food bank organizations are here to help fight hunger by directly distributing free food to individuals. Locate a food pantry near you!

- Food pantries in the Valley
- Food pantries in the Inland Empire

3. Medi-Cal/Covered California

Medi-Cal/Covered California provides low-cost or free health coverage to eligible California residents. Find out more here!

4. Crisis Text Line

The Crisis Text Line is a free 24/7 confidential empathy network ready to chat with you about anything. Get connected with a trained Crisis Counselor by texting HOME to 741741. Learn more here.

5. 988 Suicide and Crisis Life Line

The 988 Life Line is a free 24/7 confidential call, text, or chat line ready to provide anyone in suicidal crisis or emotional distress with support. Call or text 988, or chat with them online here.
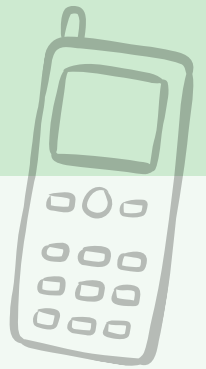
6. The Trevor Project

The Trevor Project paves way for the LGBTQ+ to feel supported every day by focusing on suicide prevention and mental health efforts. Call 1-866-488-7386, text 678-678, or click here to reach a counselor.

7. National Sexual Assault Hotline

The National Sexual Assault Hotline extends their support to survivors of sexual violence and other trauma experience. Find free, 24/7 confidential help at 800-656-HOPE or click here to chat online.

8. Substance Abuse Helpline

The Substance Abuse and Mental Health Service Administration (SAMHSA) aims to mitigate the impact of substance abuse and mental illness. Call 1-800-662-HELP to receive support or learn more here.

9. Shelter and Additional Resources

The U.S. Department of Housing and Urban Development (HUD) assists individuals and families affected by homelessness. Seek assistance:

- San Fernando Valley Rescue Mission
- Path of Life Ministries Family Shelter

10. Internet/Computer Access

United Ways of California offers free or low-cost internet and/or computer access to eligible individuals. Find more information here!