

RESOURCES

SOUTH LOS ANGELES HOMELESSNESS/ GENERAL HELP

Doors of Hope
529 N. Broad Ave.
Wilmington, CA 90744
(310) 518-3667

Harbor View House
921 S. Beacon St.
San Pedro St. CA 90731
(310) 547-3341 x361

Beacon Light Mission
525 N. Broad Ave.
Wilmington, CA 90744
(310) 830-7063

WEST LOS ANGELES

Veteran Employment New
Directions for Veterans
11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 914-4045

LA County Dept. of Military
and Veterans Affairs - West
Los Angeles
11301 Wilshire Blvd.
VA Bldg. 206, Rm. B-29
Los Angeles, CA 90073
(310) 478-3711 x48425

Community Career
Development
3550 Wilshire Blvd.
Los Angeles, CA 90010
(213) 365-9829

Veteran Employment New
Directions for Veterans
11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 914-4045

Vocational Rehabilitation
and Employment
www.vba.va.gov/bln/vre

OUTSIDE

Ocean Park Community
Center
503 Olympic Blvd.
Santa Monica, CA 90401
(310) 450-4050

VA Outpatient Clinic -
Gardena
1251 Redondo Beach Blvd.
Gardena, CA 90247
(310) 851-4705

Step Up on Second
1328 2nd St.
Santa Monica, CA 90401
(310) 394-6989

Whittier/Santa Fe Springs
Clinic
10210 Orr & Day Rd.
Santa Fe Springs, CA 90670
(562) 466-6080

Compton Welfare Rights
211 E. Alondra Blvd.
Compton, CA 90220
(310) 631-9835

VSO Long Beach I
Century Villages at Cabrillo
2001 River Ave., Bldg #28
Long Beach, Ca 90806
(562) 388-8000 X4

Mental Health America -
Long Beach Wellness CTN
100 W. Broadway, Ste. 5010
Long Beach, CA 90802
(562) 285-0149

East Los Angeles Vet Center
5400 E. Olympic Blvd., Ste
140, Commerce, CA 90222
(323) 728-9966

VA Outpatient Clinic - East
Los Angeles
5426 Olympic Blvd.
City of Commerce, CA 90040
(323) 725-7372

West Los Angeles Vet Center
5730 Uplander Way, Rm. 100
Culver City, CA 90230
(310) 641-0326

Los Angeles Vet Center -
Gardena
1045 W. Redondo Beach Blvd.
Gardena, CA 90247
(310) 767-1221

WEBSITES

U.S. Department of
Veterans Affairs Mental
Health Services
[www.mentalhealth.va.gov/
index.asp](http://www.mentalhealth.va.gov/index.asp)

National Alliance for the
Mentally Ill
www.nami.org

Defense and Veterans Brain
Injury Center
www.dvvic.org

Veterans Crisis Line
[http://veteranscrisisline.
net](http://veteranscrisisline.net)
(800) 273-8255 (Press 1)
TEXT:838255

Army Emergency Relief Fund
(866) 878-6378

Veteran Housing and
Shelters HUD-Veterans
Affairs Supportive Housing
(HUD-VASH)
[www.hud.gov/offices/pih/
programs/hcv/vash/](http://www.hud.gov/offices/pih/programs/hcv/vash/)

Save a Warrior Project
PO Box 2416
Malibu, CA 90265
[http://www/saveawarrior.
org](http://www.saveawarrior.org)

AMVETS
www.amvets.org

Human Potential
Consultants
600 E. Carson Plaza Dr.
Carson, CA 90746
(310) 755-1560

U.S Vets Initiative Los
Angeles
733 South Hindry Ave.
Inglewood, Ca 90301
(310) 348-7605

VA Long Beach Healthcare
System
5901 E. 7th St.
Long Beach, CA 90822
(562) 826-8000

American Legion
www.legion.org

Semper Fi Fund
Semperfund.org

CalFresh (Food Stamp
Program)
www.c4yourself.com

Disabled American Veterans
www.dav.org

Veterans of Foreign Wars
www.vfw.org

Healthy City
www.healthycity.org

Vet Center Program
www.vetcenter.va.gov

FindLaw
www.lawyers.findlaw.com

National Center for PTSD
www.ptsd.va.gov

Department of Veterans
Affairs Home Loans
[www.benefits.va.gov/
homeloans](http://www.benefits.va.gov/homeloans)

Military Pro Bono Project
www.militaryprobono.org

This guide is distributed to assist officers and
the public to better understand PTSD, TBI and
Military Sexual Trauma. It also serves as a
resource guide to provide
information on local resources that assist
veterans with these and other serious issues.



FOR ANY EMERGENCY REQUIRING
POLICE, FIRE OR MEDICAL SERVICES

CALL 9-1-1

FOR NON-EMERGENCY POLICE RESPONSE

(877) ASK – LAPD

PRODUCED BY:

**Los Angeles Police Department
Community Relations Section**

CRIME PREVENTION UNIT

100 West 1st Street, Los Angeles, CA 90012
(213) 486-6000

As a covered entity under Title II of the Americans with Disabilities Act,
the City of Los Angeles does not discriminate on the basis of disability
and, upon request, will provide reasonable accommodation to ensure
equal access to its programs, services, and activities.

LOS ANGELES POLICE DEPARTMENT



**VETERAN
RESOURCES**



GENERAL INFORMATION

POST-TRAUMATIC STRESS DISORDER

PTSD is an emotional and behavioral response which may occur after exposure to an exceptionally stressful, threatening or catastrophic event, sexual assault and combat.

Symptoms

Many people experience symptoms which include restlessness, sleeplessness, hyper-alertness, inability to relax, difficulty concentrating, avoiding reminders of the trauma including people, places, conversation and other stimuli. Some may experience mental replays and dreams in which one sees, hears, and smells aspects of the event. Symptoms may last long after the original trauma and significantly impact social, work, school and home life.

Treatment

Treatment includes medications such as antidepressants and Cognitive behavioral therapy designed to help the individual recognize and mitigate negative thinking patterns. Exposure therapy allows individuals to safely re-experience trauma. Eye Movement Desensitization and reprocessing which assists the brain in processing traumatic memories.

TRAUMATIC BRAIN INJURY

TBI is a physical change in the brain caused by a bump, jolt, or blow to the head or a concussive event. The effects of TBI can be temporary or permanent. Not all blows or jolts result in TBI.

Symptoms

Symptoms may be physical and present as a headache, lack of motor coordination,

difficulty with balance, blurred vision and changes in sleep patterns, among others. Cognitive symptoms may include trouble with memory, concentration, anxiety, attention, reasoning or thinking. Communication difficulties and emotional changes such as depression and irritability may also manifest themselves.

Treatment

Treatment includes medications, physical therapy, occupational therapy, speech therapy and other types of rehabilitation. In extreme cases surgery may be performed.

MILITARY SEXUAL TRAUMA

MST is a form of PTSD induced by bullying of a sexual nature or sexual trauma. It is non-gender specific and may be triggered by unwanted sexual attention, sexual harassment or sexual assault.

Symptoms

Symptoms may include shame, fear, anger, embarrassment or guilt. Avoidance symptoms include: avoiding places or things that are reminiscent of traumatic events and avoiding friends, family and other people. Other symptoms may include numbness, difficulties maintaining relationships, trouble sleeping or thoughts of suicide.

Treatment

Treatment may include individual or group counseling, marital and family counseling, substance abuse counseling, and other therapies targeted towards dealing with negative emotions and coping with trauma in more positive ways.

RESOURCES

DOWNTOWN HOMELESSNESS

Los Angeles House of Ruth
Confidential
(323) 266-4139

Midnight Mission
601 S. San Pedro St.
Los Angeles, CA 90014
(888) 624-9258

Weingart Center
Association
566 S. San Pedro St.
Los Angeles, CA 90012
(213) 833-5020

U.S.VETS - National Office
800 West Sixth Street,
Suite 1505
Los Angeles, CA 90017
(213) 542-2600

VA Greater L.A. Healthcare
System
11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 478-3711

Good Shepherd Center for
Homeless Women
1671 Beverly Blvd.
Los Angeles, CA 90026
(213) 235-1460

Volunteers of America -
Access Center
628 S. San Julien St.
Los Angeles, CA 90014
(323) 231-1711

VA's National Call Center for
Homeless Veterans
(877) 424-3838

GENERAL HELP

Veteran Financial
Assistance Military Women
in Need
1816 S. Figueroa St.
Los Angeles, CA 90015
(310) 993-8463

VA Health Benefits
(877) 222-8387
www.va.gov/health/default.asp
www.va.gov/healtheligibility

Managed Career Solutions
4211 Melrose Ave.
Los Angeles, CA 90029
(323) 454-5104

Goodwill - Metro North
342 N. San Fernando Rd.
Los Angeles, CA 90031
(323) 539-2000

2-1-1 is a toll free phone
number that provides
information for health and
social services.

Proyecto Pastoral at
Dolores Mission
170 S. Gless St.
Los Angeles, CA 90033
(323) 881-0018

VSO - Patriotic Hall
1816 S. Figueroa St.
Los Angeles, CA 90015
(877) 452-8387

HEALTH/MENTAL HEALTH

LA County Dept. of Military
and Veterans Affairs -
Outpatient Clinic
351 E. Temple St., Rm B-307
Los Angeles, CA 90012
(213) 253-2677 x14605

Didi Hirsch - S. Mark Taper
Foundation Center
1328 W. Manchester Ave.
Los Angeles, CA 90044
(877) 727-4747

VALLEY

Sepulveda Vet Center
9737 Haskell Ave.
Sepulveda, CA 91343
(818) 892-9227

LA Family Housing
7843 Lankershim Blvd.
Los Angeles, CA 91605
(818) 982-4091

San Fernando Valley
Mission of Rescue Mission
Alliance
13442 Saticoy St.
North Hollywood, CA 91605
(818) 785-4476

VA Outpatient Clinic-
Sepulveda
16111 Plummer St.
North Hills, CA 91343
(818) 891-7711

Catholic Charities of LA - St.
Mary's Center
4665 Willow Brook Ave.
Los Angeles, CA 90029
(323) 662-4391

VA Outpatient Clinic - LA
Ambulatory Care Center
351 E. Temple St.
Los Angeles, CA 90012
(213) 253-2677

Los Angeles County
Department of Mental
Health
(213) 738-2408
www.Dmh.lacounty.gov

Volunteers of America -
La Cienega
1765 S. La Cienega Blvd.
Los Angeles, CA 90035
(323) 657-5550

St. Joseph Center
404 S. Lincoln Blvd.
Venice, CA 90291
(310) 399-6878

San Fernando Valley
Community Mental
Health Center
14660 Oxnard St.,
Van Nuys, CA 91411
(818) 901-4836

San Fernando Valley
Community Mental
Health Center -
Victory Wellness Center
14411 Vanowen St.
Van Nuys, CA 91405
(818) 989-7475