

Sometimes You Need Some Help...

Problems with tobacco, drugs or alcohol?

Antelope Valley Council on Alcohol and Drug Dependency	(661) 948-5046
Tarzana Treatment Centers of the Antelope Valley	(661) 726-2630
Al-A-Teen (support for Teens)	(661) 274-9353
Alcoholics Anonymous	(661) 945-5757
Al-A-Non Family Support	(888) 684-6444 or (877) 769-7168
U-CAN Teen Help Line	(661) 266-HELP
California Smokers' Help Line	(800) NO-BUTTS

Depressed? Thoughts of Suicide?

Suicide Prevention Lifeline (for yourself or someone else)	(800) 273-8255
Teen Care Line	(800) TLC-TEEN
California Youth Crisis line	(800) 843-5200
Psychiatric Mobile Response Team	(661) 223-3838 or (800) 854-7771
DiDi Hirsch Mental Health Suicide Prevention Center	(877) 727-4747

Anger Issues? Domestic Violence? Child Abuse? Runaway?

Police, Fire, Rescue	911
Kern County Child Abuse Hotline (DCFS)	(661) 631-6011
AV Youth Services (all types of referrals)	(661) 949-1069
Sexual Assault Response Service	(661) 723-7273
Domestic Violence Hotline	(661) 945-6736
Children of the Night (24 hour runaway hotline)	(800) 551-1300
National Runaway Switchboard (1-800-RUN-AWAY)	(800) 786-2929
Covenant House Nineline (support for Teens)	(800) 999-9999
U-CAN (United Community Action Network)	(661) 948-3000
VIDA Program (LA County Sheriff's Department)	(323) 793-0331

Other Help Lines and Hot Lines

Penny Lane Antelope Valley	(661) 266-4783
City of Lancaster	(661) 723-6000
City of Palmdale	(661) 567-5100
Southern California AIDS Hotline	(800) 922-AIDS
Care Net Women's Resource Center (800-395-HELP)	(661) 729-4277
Antelope Valley Partners for Health	(661) 942-4719 ext.458
Best Babies Collaboration-assistance for teen moms	(661) 942-4719 ext.459
Youth Support Association-for teen parents	(661) 949-6615
AV Health Center (basic medical care)	(661) 723-4511
Tarzana Medical Center (basic health care)	(661) 723-4829
High Desert Health Systems (immunizations)	(661) 272-5001/(661) 948-8581
www.HealthyCity.org and/or www.211LACounty.org	CALL 2-1-1 for FREE

