

Domestic Violence 101 Resource List

National Hotlines (Confidential, anonymous, 24/7):



- [The National Domestic Violence Hotline](#): 1-800-799-7233
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673)
- [The National Human Trafficking Hotline](#): 1-888-373-7888 or text 233733
- [Rape, Abuse & Incest National Network \(RAINN\) Hotline](#): 1-800-656-HOPE (4673)
- [Suicide Prevention Lifeline](#): 1-800-273-8255 or text "HOME" to 741-741
- [Ayuda en Español](#): 1-888-628-9454
- [Deaf/Hard of Hearing Lifeline](#): Via TTF & Chat 1-800-799-4889
- [California Youth Crisis Line](#): Crisis support for youth. Call 1-800-843-5200
- [Elderly Friendship Line](#): For ages 60+. Call 1-800-971-0016
- [The Trevor Project](#): For LGBTQ youth. Call 1-866-488-7386

Local Hotlines (Local support available 24 hours, 7 days a week):

- [North Coast Rape Crisis Team](#): Free and confidential services for survivors of all ages and genders, regardless of when assault happened. Counseling, advocacy and more. Will accept collect calls. Eureka: 707-445-288. Del Norte: 707-465-2851
- [Humboldt Domestic Violence Services](#): Emergency services for domestic violence and human trafficking survivors. Call for more information. 707-443-6042 or 1-866-668-6543
- [Youth Service Bureau](#): Crisis intervention, family mediation and temporary shelter. 707-444- 2273
- [Child Welfare Services, Emergency Response, Abuse Reports](#): Report child abuse. 707-445-6180
- [Adult Protective Services, Elder Abuse Reports](#): Report abuse. 707-476-2100/1-866-527-8614
- [Humboldt County Mental Health](#): Same-Day Services 707-445-7715. Assessments and referrals for ongoing treatment also available for moderate to severe mental health concerns.
- [WISH Southern Humboldt](#): Domestic violence shelter and emergency services. 707-223-0043

Native American Family and Domestic Violence Resources:

- [Bear River Band of Rohnerville Rancheria](#): 707-733-1900 x 225
- [Blue Lake Rancheria](#): 707-668-5101
- [California Indian Legal Services](#): Legal representation for Native Americans. 707-443-8397
- [California Tribal TANF Partnership](#): Educational training, career and employment opportunities for Indian families. Eureka Office 707-476-0344
- [Hoopa Valley Tribal Human Services Dept.](#): Counseling, Support Groups, Indian Child Welfare, Court Advocacy. Call 530-625-4236
- [Hoopa Valley Tribal Court](#): 530-625-4305
- [Karuk Tribe of Northern California](#): 530-842-9228
- [K'ima:w Medical Center](#): 530-625-4261
- [Northern California Indian Development Council](#): 707-445-8451
- [NIWHONGWH XW E:NA:WH Stop the Violence Coalition](#): 530-625-1662
- [Positive Indian Family Network](#): 530-625-4816

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- [Table Bluff Rancheria](#) 707-733-5055
- [Shu'-'aa-xuu-dvn \(In a Good Way-Place\) Tolowa Dee-ni' Nation](#): Call to talk about your relationship and to find help. 707-487-2089.
- [Two Feathers Native American Family Services](#): Local support for Native families, family therapy and counseling, and mental health programs for Native youth throughout Humboldt County. 707-839-1933.
- [United Indian Health Services](#): Medical and behavioral (mental) health care for those of Native descent. Call 707-825-5000 to learn more.
- [Yurok Tribe](#): Eureka: 707-444-0433, Klamath: 707-481-1350, Weitchpec: 530-625-4130

Victim Advocacy & Legal Resources:

- [District Attorney Victim Witness](#): Help for victims or witnesses to crimes. 707-445-7417.
- [California Victim's Compensation Program](#): Victims of violent crime can apply for compensation for medical expenses, funeral expenses, relocation costs and more. Please note: in most cases, claims must be filed within one year of the crime. Toll free 800-777-9229.
- [Family Court Self-Help Center at County Courthouse](#): Provides help with family and civil law, including custody issues. 707-445-7256. See [schedule here](#).
- [Legal Services of Northern California](#): Legal help for vulnerable populations. Eureka: 707-445-0866.

Additional local support for Children, Youth and Families:

- [2-1-1](#): Find local resources fast. Call 211.
- [Arcata House](#): Transitional Shelter. Providing services to people who are homeless in Arcata and Humboldt. 707-822-4528.
- [CalWORKs](#): Employment assistance and financial assistance to help Humboldt families become more self-sufficient. Eligible participants may also qualify for [HumWORKs](#) for those recovering from substance use, violence or mental health issues. To apply, call 877-410-8809.
- [Changing Tides Family Services](#): Childcare, mental and behavioral healthcare services for youth and families, and parenting support. Call 707-444-8293 or Toll Free 800-795-3554
- [Fortuna Adventist Community Services](#): 3-day emergency shelter for domestic violence survivors. Call 707-725-1166 to find out about current availability.
- [Humboldt County Community Resource List](#): Published as a collaboration between DHHS and St. Joseph's Hospital. Find local services and supports online.
- [New Beginnings](#): Private, faith-based shelter and one-year transitional living program for abused women. Low cost. 24/7 helpline 206-0522-9472 or call office 206-783-4520.
- [Northcoast Children's Services](#): Headstart, Early Headstart, State Preschool, Child Development Centers, Recreation Program, Family Partnership Program services include parenting support, transportation assistance, social services information and assistance. Call 707-822-7206 or 800-808-7206.
- [Paso a Paso](#): Spanish Language Childbirth Education, New Parents Classes, Breastfeeding Support Group. Call 707-599-2474 or 707-441-4477.
- [Redwood Community Action Agency](#): Emergency Shelter Program, Multiple Assistance Center, Bridgehouse and Safe Haven. (707) 269-2075.

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- **[Planned Parenthood](#)**: Healthcare services and education for [women](#), [parents](#) and [teens](#) at 3225 Timber Falls Ct., Eureka. (707) 442-5709.
- **[DHHS Transition Age Youth \(TAY\) Program](#)**: For youth ages 16 to 26. Employment training, independent living skills program, counseling, peer support, food, clothing and more. Call 707-476-4944 or drop-in at 4333 M St., Eureka on Wednesdays from 1 to 4 p.m.
- **[Youth Service Bureau](#)**: Crisis intervention, family mediation and temporary shelter. 707-444- 2273.
- **[Making Headway Center](#)** for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- **[First5 Playgroups](#)**: For kids ages 0-5 and their parents/caregivers. Great way to connect with community. Locations throughout Humboldt County. Call 707-445-7389.
- **[St. Joseph Health Community Resource Centers](#)**: Referrals, health information and support with applications, employment, clothing, food and more. Call the center near you for more information.

LGBTQ+ Domestic Violence Victim Support:

- **[Community United Against Violence \(CUAV\)](#)**: Resources for LGBTQI persons dealing with violence or abuse. Leave a message at 415-333-HELP (4357). Services require an intake assessment.
- **[Family Acceptance Project](#)**: Resources to support families of LGBTQ youth. Helps religiously and ethnically diverse families decrease rejection and increase support to promote LGBTQ child well-being.
- **[Gay Lesbian Straight Education Network \(GLSEN\)](#)**: Resources for students, educators and administrators. To create more inclusive K-12 school environments for LGBTQ students.
- **[LGBT Youth Talk Line: 1-800-246-7743](#)** Free, confidential phone, chat and email support for LGBT youth up to age 25. Talk about coming-out issues, gender identity, relationship concerns, parent issues, school problems, HIV/AIDS anxiety, safer-sex information, and more. Hours Mon-Fri 1-9p.m., Sat 9a.m.-2p.m.
- **[Planned Parenthood](#)**: Healthcare, education, referrals. Spare Change program for teens. 707-442-5709.
- **[Queer Humboldt](#)**: Community resources, referrals, network. Sign up for e-newsletter on their site, learn about LGBTQ events in Humboldt County. 707-834-4839
- **[The Raven Project for Youth](#)**: Street outreach education and center for teens. Garden group, Queer coffeehouse and drop-in hours Mon & Fri 1-4:30 p.m. 707-443-7099. 523 T Street, Eureka.
- **[Humboldt State University Womxn's Resource Center](#)**: Menstrual and safer sex supplies, programs, workshops and safe spaces for womxn. (707) 826-4216

Local Mental Health Supports:

- **[North American Mental Health Services](#)**: Free tele- mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- **[Beacon Mental Health Services](#)**: Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.
- **[Humboldt Family Service Center](#)**: Mental health services on a sliding scale. Medi-Cal accepted. Free walk-ins Mon. 12-4 pm. 1802 California St., Eureka. 707-443-7358.

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- [Kunle Centre](#): Weekend warm-line for people living with mental health issues who need to talk. Available Fri-Sun from 6 p.m.-12 a.m. Call 707-599-2381.
- [Making Headway Center](#) for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.

Temporary Shelters:

- [Harrington House](#): Temporary shelter for men, women and children in Crescent City. 707-465-3013.
- [Humboldt Domestic Violence Services](#): Emergency shelter, temporary restraining order workshops offered Mon & Wed by appointment. Support groups for women and children. 707-443-6042 or toll-free 866-668-6543.

Resources for Spanish Speakers:

- [Paso a Paso](#): Spanish Language Childbirth Education, New Parents Classes, Breastfeeding Support Group. Call 707-599-2474 or 707-441-4477.
- [Changing Tides Family Services](#): Childcare, mental and behavioral healthcare services for youth and families, and parenting support. Call 707-444-8293 or Toll Free 800-795-3554
- [Making Headway Center](#) for brain injury recovery. Counseling, batterer-intervention programs and more. Call 707-442-7668.
- [North American Mental Health Services](#): Free tele- mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- [LatinoNet](#): For service providers. Community agency network that shares info and advocates for Spanish speaking families in Humboldt. 707-532-4246 or email info@latinonet.org.
- [Promotores of Humboldt County](#): For service providers. Attend open bi-weekly meetings to learn more about what's happening to improve the lives of Spanish speaking families.

Learn more online about healthy relationships:

- [The National Domestic Violence Hotline](#): TheHotline.org has lots of information on how to identify abuse, healthy relationships, [safety planning](#) and more.
- [LoveisRespect.org](#): Focused on teen dating violence. Need to talk about your relationship? Call 1-866-331-9474. Text "LOVEIS" to 22522. Chat online 24/7. [Online interactive safety plans](#).
- [BreaktheCycle.org](#): Learn about dating abuse and how to prevent it. For ages 12-24.
- [OneLove](#): Information on healthy and unhealthy relationships. Great education and advocacy resource.

Apps that can help:

- [My3 App](#): Free suicide prevention app. A safety plan for your phone. Upload contacts of important people from your network, list you distractions, and access 24/7 resources.
- [CalmHarm](#): Free app to support people dealing with impulses to self-harm.
- [myPlanapp](#): Safety planning app for domestic violence. Please note: may increase risk of violence for a person whose partner monitors phone use. Can be used on a friend's phone in that situation, if helpful. Traditional paper safety plans could be printed and used instead, if app isn't a good option.