



# Bay Area Resources & Helplines

The following list contains an extensive (but not exhaustive) list of resources for survivors of domestic, dating, sexual, and family violence who live in or near the Bay Area. Resources are separated by county and by resource type. All resources come at low or no cost to survivors, unless stated otherwise. These resources have been vetted to the best of our ability, and we have indicated with an asterisk (\*) which organizations confirmed the availability of services inclusive of youth and the LGBTQ+ community.

## SAN FRANCISCO COUNTY

### DOMESTIC VIOLENCE RESOURCES

#### **W.O.M.A.N., Inc. (Mission Bay)**

Call: 877-384-3578 (24-HOUR CRISIS LINE)

Languages offered: English, Spanish

*\*Resources for minors and LGBTQ+*

Women Organized to Make Abuse Nonexistent (W.O.M.A.N.), Inc. supports survivors of domestic violence and their loved ones. They provide peer counseling, therapy, safety planning, and referrals.

#### **La Casa de las Madres (South of Market)**

Call: 1-877-503-1850 (ADULT CRISIS LINE) | 1-877-923-0700 (TEEN CRISIS LINE) | Text: (415) 200-3575

Languages offered: English, Spanish

*\*Resources for minors and LGBTQ+*

The mission of La Casa de las Madres is to respond to calls for help from domestic violence victims, of all ages, 24 hours a day, 365 days a year. They provide emergency shelter, legal assistance, and counseling for domestic violence survivors.

#### **Asian Women's Shelter**

Call: 1-877-751-0880 (24-HOUR HOTLINE)

Languages Offered: English, Spanish, +39

*\*Resources for minors and LGBTQ+*

AWS shelter services are open to all survivors of domestic violence and human trafficking, including to those with disabilities.

Non-shelter services include a crisis hotline, community-building activities, and support groups, including the Queer Asian Women and Transgender Support (QAWTS) Program.

### SEXUAL ASSAULT RESOURCES

#### **Trauma Recovery Center (Mission District)**

Call: (415) 437-3000

Languages Offered: English, Spanish, Portuguese, Mandarin + translation services

*\*Resources for 18+, LGBTQ+, refugees, asylees, asylum-seekers*

The Trauma Recovery Center offers services for adult survivors of trauma, violence, and loss through an innovative, clinically-proven model of comprehensive care, advocacy, and outreach, including mental health and medical services.

#### **San Francisco Women Against Rape (Mission Dolores)**

Call: (415) 861-2024 (INFO) | (415) 647-7273 (HOT LINE NUMBER)

Languages Offered: English, Spanish, Mandarin, Tagalog, French

*\*Resources for minors and LGBTQ+*

San Francisco Women Against Rape provides resources, support, advocacy, and education to those who are victims of sexual violence.

### LGBTQIA+ RESOURCES

#### **UCSF Center for LGBT Health and Equity (Golden Gate Park)**

Call: (415) 502-5593 (INFO)

The UCSF Center for LGBT Health & Equity is housed at the University of California's San Francisco campus. They provide health services to the local LGBT community at UCSF and provides training on health and workplace equity issues.

#### **San Francisco LGBT Community Center (Lower Haight)**

Call: (415) 865-5555 (INFO)

Languages offered: English, Spanish, Mandarin

*\*Resources for minors*

Services are free to members

The Center offers many offers more than 200 programs, including health and wellness, childcare, funding for business startups, lectures as well as a variety of arts and culture exhibits.

### **Community United Against Violence (Lower Haight)**

Call: 415-777-5500 (INFO) | 415 -333-HELP (HELPLINE)

Languages Offered: English, Spanish

*\*Resources for 18+*

CUAV is a community organization which strives to end all type of violence especially that facing the LGBTQ+ community by providing counseling and different community building opportunities. Additionally, they help members of the LGBTQ+ community find the legal or medical support they may need.

### **OTHER ORGANIZATIONS & PROVIDERS**

#### **Legal Aid at Work**

Call: (415) 864-8848 (INFO) | (888) 864-8336 (HELPLINE)

Languages Offered: English, Spanish, Cantonese, Mandarin + translation services

Legal Aid's "Project Survive" works with survivors of domestic violence, sexual assault, and stalking to keep their jobs, take time off, and obtain accommodations while seeking safety or medical or legal help. They represent low-wage workers, provide community education, and advocate for policy change to expand survivors' workplace rights. Additionally, they provide free confidential legal advice through their Survive Helpline.

#### **Cooperative Restraining Order Clinic (CROC)**

Call: (415) 863-1760 (INFO) | (415) 255-0165 (FOR APPOINTMENTS)

Languages Offered: English, Spanish

*\*Resources for LGBTQ+ and minors*

The Cooperative Restraining Order Clinic (CROC) is a collaborative, city-wide project that helps domestic violence survivors in San Francisco obtain restraining orders at no cost.

## **SAN MATEO COUNTY**

### **DOMESTIC VIOLENCE RESOURCES**

#### **Community Overcoming Relationship Abuse (CORA) (Hayward Park)**

Email: [resources@corasupport.org](mailto:resources@corasupport.org) (SUPPORT EMAIL)

Call: (800) 300-1080 (24-HR HOTLINE) | (650) 652-0800 (INFO)

CORA provides free and confidential services to victims and survivors of domestic/dating violence and abuse in San Mateo County. They provide crisis intervention, family support, legal services, and outreach.

### **SEXUAL ASSAULT RESOURCES**

#### **Rape Trauma Services (Burlingame)**

Call: (650) 692-7273 (24HR CRISIS LINE) | (650) 652-0598 (INFO)

Languages Offered: English, Spanish

*\*Resources for minors*

RTS provides services to for survivors of sexual violence and other form of abuse. Specifically, they provide counseling, advocacy for survivors of abuse, and education.

### **LGBTQIA+ RESOURCES**

#### **San Mateo County Pride Center (San Mateo)**

Call: (650) 591-0133 (INFO)

Languages Offered: English, Spanish, Tagalog, Chinese,

*\*Resources for minors*

The San Mateo County Pride Center provides a variety of services including therapy, crisis intervention, cultural and social events, and a state-of-the-art resource hub which includes a computer lab and a referrals service.

### **OTHER ORGANIZATIONS & PROVIDERS**

#### **Bay Area Legal Aid (Bay Area-wide Service)**

Call: (510) 663-4755 (INFO) | (800) 551-5554 (LEGAL ADVICE LINE)

*\*Resources for LGBTQ+ and minors*

Bay Area Legal Aid provides free legal services and council to Bay Area residents who live in poverty. They help residents with domestic abuse cases, restraining orders, child custody, and immigration matters.

#### **Star Vista (San Carlos)**

Call: (650) 579-0350 (CRISIS HOTLINE) | (650) 591-9623 (INFO)

*\*Resources for LGBTQ+ and minors*

Star Vista offers free resources to San Mateo County, including counseling, crisis prevention, youth housing, and outreach programs.

### **San Mateo Medical Center (Keller Center) (San Mateo)**

Call: (650) 573-2623 (INFO)

Languages Offered: English, Spanish

*\*Resources for LGBTQ+ and minors*

The Keller Center helps victims of child abuse, elder abuse, sexual assault, and domestic violence. They provide medical, emotional, social, and legal care with services that include emergency medical treatment, medical exams, forensic exams, safety plans and patient follow-up.

## **MARIN COUNTY**

### **DOMESTIC VIOLENCE RESOURCES**

#### **Center for Domestic Peace (San Rafael)**

Call: (415) 526-2557 (MARIN YOUTH SERVICES TEXT LINE) | (415) 924-6616 (24-HR HOTLINE) | (415) 457-6457 (INFO)

Languages Offered: English, Spanish

*\*Resources for LGBTQ+ and minors*

The C4DP provides a variety of different services to help victims of domestic abuse including emergency shelter, 24/7 hotlines, long-term traditional housing, support groups, and legal advocacy and services.

### **SEXUAL ASSAULT RESOURCES**

#### **Community Violence Solutions (San Rafael)**

Call: (800) 670-7273 (CRISIS HOTLINE)

Languages Offered: English, Spanish

*\*Resources for minors*

Community Violence Solutions provides support services to child and adult victims of sexual assault and their families, including crisis & information lines and a Sexual Assault Response Team (SART).

### **LGBTQIA+ RESOURCES**

#### **The Spahr Center (Corte Madera)**

Call: (415) 457-2487 (INFO)

Languages Offered: English, Spanish (therapy offered in English only)

*\*Resources for minors*

The Spahr Center provides LGBTQ programs and services for youth, adults, seniors and families including social and support groups and activities, counseling, classroom education, cultural competency training and much more.

## **CONTRA COSTA COUNTY**

### **DOMESTIC VIOLENCE RESOURCES**

#### **Shepherd's Gate (Brentwood)**

Call: (925) 308-7507 (INFO) | (925) 308-7507 EXT. 307 (PROGRAM INTAKE LINE)

*\*This organization is religiously affiliated*

Shepherd's Gate provides a living community for women and children escaping domestic violence. Residents are provided case management, bible study, recovery and life skill training, parenting classes and education, job training, and job placement classes.

#### **STAND! (Concord)**

Call: 1-888-215-5555 (24 HR. CRISIS LINE) | Email: [crisisline@standffov.org](mailto:crisisline@standffov.org)

Languages Offered: English, Spanish + translation services

*\*Resources for LGBTQ+ and minors*

STAND! has several services for families and individuals fleeing violence. They offer a 24-hour hotline, emergency shelter, therapy, case management, and safety planning.

### **SEXUAL ASSAULT RESOURCES**

#### **Community Violence Solutions (San Pablo and Antioch)**

Call: (800) 670-7273 (HOTLINE) | (510) 237-0113 (INFO, SAN PABLO) | (925) 706-4290 (INFO, ANTIOCH)

*\*Resources for minors*

Community Violence Solutions provides support services to child and adult victims of sexual assault and their families, including crisis & information lines and a Sexual Assault Response Team (SART).

### **Bay Area Women Against Rape (Oakland)**

Call: (510) 845-7273 (24 HR. SEXUAL ASSAULT CRISIS HOTLINE) | (925) 706-4290 (INFO, ANTIOCH)

Languages Offered: English, Spanish, Mandarin

*\*Resources for LGBTQ+ and minors*

BAWAR is a place where rape and incest survivors can receive counseling and advocacy. Additionally, they provide community education regarding sexual assault issues and support for the survivor's family.

### **LGBTQIA+ RESOURCES**

#### **The Rainbow Community Center of Contra Costa (Concord)**

Call: (925) 692-2056 (CONFIDENTIAL INTAKE LINE) | (925) 692-0091 (INFO)

*\*Resources for minors*

The Rainbow community provides clinics as well school-based services to support LGBTQ+ youth and their families. They provide mental health services, HIV support, a variety of youth programs as well as a homeless transitional youth program.

### **OTHER ORGANIZATIONS & PROVIDERS**

#### **Family Justice Center (Richmond)**

Call: (510) 974-7200 (INFO)

Languages Offered: English, Spanish, Thai, Korean, Lao

*\*Resources for LGBTQ+ and minors*

The Family Justice center provides a variety of programs and resources to families affected by domestic violence, sexual assault, child abuse, elder abuse and human trafficking, including legal advocacy, long term family safety planning, counseling, and self-sufficiency and leadership programs.

## **ALAMEDA COUNTY**

### **DOMESTIC VIOLENCE RESOURCES**

#### **Building Futures (Alameda)**

Call: (866) 292-9688 (24HR HOTLINE) | (510) 769- 0271 (HOUSING RESOURCE - ALAMEDA CALIFORNIA)

Languages Offered: English, Spanish, Tigrinya

*\*Resources for LGBTQ+ and 18+*

Building Futures provides confidential shelter and support to all persons fleeing domestic violence. They provide group counseling and one-on-one sessions.

#### **Ruby's Place (Castro Valley)**

Call: (888) 3339-7233 (HOTLINE ENGLISH) | (510) 303-9953 (HOTLINE SPANISH) | (510) 580-5626 (INFO)

Languages Offered: English, Spanish + translation services

*\*Resources for LGBTQ+ and minors*

Ruby's place provides survivors of assault with crisis services, shelter, counseling, therapy, and child services. They have shelters for self-identified women and children and an Oakland shelter for male-identifying individuals.

#### **A Safe Place**

Call: : (510) 536-7233 (EMERGENCY LINE) | (510) 989-8600 (INFO)

Languages Offered: English, Spanish + translation services

*\*Resources for LGBTQ+ and minors*

A Safe Place provides emergency shelter, transport, food, clothing, therapy, and counseling to those fleeing domestic violence. They offer re-entry services, including counseling, case management, advocacy, and safety planning for survivors soon to be released from incarceration.

### **SEXUAL ASSAULT RESOURCES**

#### **Highland Sexual Assault Center (Oakland)**

Call: (888-517-4638 (HOT LINE)

Languages Offered: American Sign Language, Amharic, Arabic, Bosnian, Burmese, Chinese, Cambodian, Croatian, Dari, Farsi, Hindi, Korean, Karen, Laotian, Mien, Nepali, Pashto, Punjabi, Russian, Serbian, Spanish, Thai, Tigrigna, Urdu, Vietnamese, English

*\*Resources for LGBTQ+ and 14+*

Highland Sexual Assault Center offers a variety of different resources to victims of sexual assault including counseling, legal assistance, community education, and medical resources.

**Bay Area Women Against Rape (Oakland)**

Call: (510) 845-7273 (24 HR. HOTLINE) | (925) 706-4290 (INFO, ANTIOCH)

Languages Offered: English, Spanish, Mandarin

*\*Resources for LGBTQ+ and minors*

BAWAR is a place where rape and incest survivors and their families can receive the support they need, including counseling advocacy.

**LGBTQIA+ RESOURCES****The Pacific Center for Human Growth (Berkeley)**

Call: 510-548-8283 (INFO)

*\*Resources for minors*

The Pacific Center fosters and enhances the well-being and self-respect of diverse Lesbian, Gay, Bisexual, Transgender, and Queer youth, seniors, adults, and families through the delivery of LGBTQ-proficient mental health and wellness services, and through the training of a strong and inclusive community of LGBTQ-proficient mental health care professionals.

**Oakland LGBTQ+ Community Center**

Call: 510-882-2286 (INFO)

*\*Resources for minors*

The Oakland LGBTQ+ provides a variety of services to the LGBTQ+ community including a variety of youth services, counseling, support groups, housing assistance as well as senior/elder support.

**OTHER ORGANIZATIONS & PROVIDERS****Dreamcatcher Shelter Youth Program (Oakland)**

Call: (510)-522-8363 (INFO)

Languages Offered: English, Spanish, Mandarin

*\*Resources for LGBTQ+ and minors*

Dreamcatcher has a shelter and a support center for youth between the ages of 13-17 (18 if they are still enrolled in school). They offer a place to sleep, food, healthcare, job training, and case management.