

SPA 8 Regional Health Office LA County DPH Monthly Newsletter

January 2026

[Lea este boletín en Español](#)

Happy New Year from the SPA 8 Regional Health Office!



The New Year is often a time where we reflect on the previous year, and look forward to what is to come. This can be exciting to some, and stressful to others. If you find yourself feeling overwhelmed, please remember to give yourself the time and space to cope with this stress. If you need additional support, the LA County Department of Mental Health has got you covered. To find mental health resources, please visit their website here: <https://dmh.lacounty.gov/get-help-now/>

January Observances

Cervical Health Awareness Month

While cervical cancer rates in the United States have dropped over the past few decades, it has been estimated that approximately 13,820 individuals were diagnosed with cervical cancer in 2024, and over 4,360 died from the disease.

For the most part, cervical cancer is a preventable disease. Nearly all cases of cervical cancer are caused by infections with high-risk strains of the human papillomavirus (HPV). Fortunately, the HPV vaccine currently used in the United States, Gardasil 9, can protect against nine of the 12 high-risk HPV strains.

The HPV vaccine is approved for males and females ages 9 to 45, with recommendations that they should get the first dose at age 11 or 12.

In addition to preventative vaccines, we have screening tests that can detect cancer at an early stage, when treatment is more effective than at a later point. Even precancerous conditions can be detected and treated. Screening includes the well-known "Pap test" or "Pap smear."

Most health insurances cover the cost of all recommended vaccines, including the HPV vaccine. If you are interested, please speak to your medical provider. If you are uninsured or underinsured, there are programs available to help cover the cost of vaccines.

If you are uninsured or underinsured, there are programs available to help cover the cost of vaccines. Children who are 18 years of age or younger are eligible to receive vaccines at no cost through the Vaccines for Children (VFC) Program if they are:

- Eligible for or are enrolled in Medi-Cal
- American Indian or Alaskan Native
- Uninsured (do not have health insurance)
- Underinsured (private health insurance does not cover the full cost of vaccines)

Uninsured or underinsured adults can access free or low-cost vaccines at select clinics enrolled in the Vaccines for Adults (VFA) program. For more information on who is eligible, read VFA Eligibility Based on Insurance Status. You can use the following resources for more information on locating clinics:

- A list of free and low-cost clinics in Los Angeles County.
- Interactive county map to locate free and low-cost vaccine clinics.
- LACDPH Vaccines website for patients and their families to get more information on vaccines.

You can also call 1-833-540-0473 (Public Health InfoLine) for a list of free or low-cost vaccine clinics. This includes Vaccines for Children (VFC) provider locations that serve Medi-Cal eligible children and uninsured or underinsured adults. Learn more about specific vaccine information for different age groups:

- Vaccines for Infants and Children (LACDPH)
- Vaccines for Adolescents and Teens (LACDPH)
- Vaccines for Adults (LACDPH)



National Birth Defects Awareness/Prevention Month



Every 4.5 minutes a baby is born with a condition that affects the structure or function of their body - these conditions are referred to as birth defects. While "birth defect" is a medical term, it does not mean that an individual is "defective."

Birth defects can happen for many reasons, and we cannot prevent them all. However, there are steps a pregnant person can take to give the baby a great start:

- Take charge of existing health conditions, such as diabetes or high blood pressure
- See a healthcare professional regularly
- Avoid alcohol, smoking, and other recreational drugs

- Talk to a healthcare professional about any medication you take
- Try to prevent infections

Although no two people living with these conditions are exactly alike, many are lifelong and require lifelong care. A community of support can help people with these conditions, no matter what health experiences they are navigating. Community plays an important role in the lives of people and their families affected by birth defects. For families navigating this journey, connecting with others who share similar experiences can be a helpful source of support and understanding. This connection may be in person or through internet groups hosted by condition-specific organizations.

Additionally, a community-wide focus on inclusion encourages an environment of acceptance that benefits everyone. Disability inclusion means understanding the relationship between the way people function and how they can participate in society.

Human Trafficking Prevention Month

January is National Human Trafficking Prevention Month. This month is dedicated to raising awareness about human trafficking and to educating the public about how to identify and prevent this crime.

Human trafficking, also known as trafficking in persons, includes both forced labor and sex trafficking. It robs millions of their dignity and freedom, enriches transnational criminals and terrorists, and threatens public safety and national security everywhere. There are estimated to be more than 27.6 million people — adults and children — subjected to human trafficking around the world, including in the United States.

JANUARY
**HUMAN
TRAFFICKING**
PREVENTION MONTH



People may be at-risk to trafficking if they:

- Have an unstable living situation
- Have previously experienced other forms of violence such as sexual abuse or domestic violence
- Have run away or are involved in the juvenile justice or child welfare system
- Are facing poverty or economic need
- Have a caregiver or family member who has a substance use issue
- Are addicted to drugs or alcohol

To report your concerns about a potential trafficking situation or get help for a person who may be a victim, contact the following helplines:

- **National Human Trafficking Hotline** - this confidential hotline connects victims with support and services, provides information, and receives tips about potential trafficking situations.
 - 1-888-373-7888
 - If you are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services.
 - Text: 233733
 - <https://www.humantraffickinghotline.org>
-

SPA 8 Resources and Upcoming Events

Curtis Tucker Center for Community Wellness



Free food distribution is every second and fourth Thursday of the month at the Curtis Tucker Center for Community Wellness (CCW). Upcoming distributions will be held on every second and 4th Thursday of the month, starting at 10:00am.



FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork,
or ID required.

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

Parking lot adjacent to the Curtis Tucker
Center for Community Wellness

Every 2nd & 4th **Thursday** of the month

10:00 AM - 12:00 PM

or until supplies last

Please bring a reusable bag



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.

MON	TUE	WED	THU	FRI	SAT
			1 Center is Closed. Happy New Year × Happy New Year ×	2	3
5 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 2:30pm – 5:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH	6 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 2:00pm – 3:00pm Mindful Rock Painting Workshop (IP) 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	7 9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 10:00am – 11:00am Wednesday Wellness Walk (IP) Please Meet Outside the Wellness Center. 11:00am – 12:00pm Gardening Workshop: Introduction to Gardening - Basic 101 (IP) 5:00pm – 6:00pm Rock the Mic: Community Karaoke Hour (IP)	8 10:00am – 11:00am Mental Health and Stigma (Spanish/V) Join by Phone: (323) 770-0990 Passcode: 807 207 032# 10:00am – 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first- served, while supplies last. 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MKYRhsabMOwarC3Z7	9 9:00am – 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 11:30am – 1:00pm CardioSole Beginners Line Dancing (IP)	10 8:00am – 9:30am Live Unstoppable: Walk/Run (IP) Please Meet Outside the Wellness Center. 9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 1:30pm – 2:30pm Help Me Grow: Los Angeles Parent Cafe (IP) To register: https://tinyurl.com/HMGPparentCafe
12 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 11:00am – 12:00pm Resiliency (V) Join by Phone: (323) 770-0990 Passcode: 454 227 008# 2:30pm – 5:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH	13 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (IP) 5:45pm – 7:15pm AD-4L Soul Line Dancing (IP)	14 9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 11:30am – 12:30pm Nurse Health Hub: Art + Memory, Reducing the Risk for Dementia (IP) To register: https://forms.office.com/g/9Cn0Hd9Nny 3:30pm – 4:30pm Gardening Workshop: Wet & Wonderful - A Guide for Watering (IP) 5:00pm – 6:00pm Rock the Mic: Community Karaoke Hour (IP)	15 10:00am – 11:15am Depression and Anxiety (Spanish/V) Join by Phone: (323) 770-0990 Passcode: 807 207 032# 11:00am – 1:00pm Kinship Academy Monthly Training (IP) 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MKYRhsabMOwarC3Z7	16 9:00am – 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 3:00pm – 4:00pm Friday Social: Chess and Board Games Bringing Community Together (IP)	17 9:00am – 10:30am Think Tank: Communication Workshop (IP) 1:00pm – 3:00pm African Communities Public Health Coalition: Amharic Language Learning Class (IP)

(IP) - In Person (V) - Virtual, Click Title to Join

MON	TUE	WED	THU	FRI	SAT
19 Center is Closed in Observance of Martin Luther King Jr. Day	20 9:00am - 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 4:00pm - 5:00pm Gardening Workshop: Companion Plants for the Garden (IP) 5:45pm - 7:15pm CardioSole Beginners Line Dancing (IP)	21 9:00am - 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 3:30pm - 4:30pm A Window Between Worlds: New Year Wishing Well Art Workshop (IP) Please register: https://tinyurl.com/AWBW-Jan 6:00pm - 7:00pm Unstoppable: Mental Health Workshop (IP)	22 10:00am - 11:15am Preserving Your Memory (Spanish/V) Join by Phone: (323) 776-0990 Passcode: 867 207 632# 10:00am - 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first-served, while supplies last. 3:00pm - 4:00pm Yoga Class (IP) To register: https://forms.gle/MkVrhzbMOwarC3Z7	23 9:00am - 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 11:30am - 1:00pm CardioSole Beginners Line Dancing (IP) 3:30pm - 4:30pm Gardening Workshop: How to Prepare your Garden for Spring/Summer (IP)	24 9:00am - 10:30am CardioSole Beginners Line Dancing (IP) 1:00pm - 3:00pm African Communities Public Health Coalition: Amharic Language Learning Class (IP)
26 10:00am - 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 2:00pm - 3:00pm Gardening Workshop: Propagating Herbs (IP) 2:30pm - 5:00pm African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH	27 9:00am - 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 5:45pm - 7:15pm AD4L Soul Line Dancing (IP)	28 9:00am - 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 11:30am - 12:30pm Nurse Health Hub: Stay Safe This Season: Your Guide to Winter Viruses (IP) To register: https://forms.office.com/g/9Cn0Hd9Nry 5:00pm - 6:00pm Rock the Mic: Community Karaoke Hour (IP)	29 10:00am - 11:15am Good Sleep for Emotional Wellbeing for Older Adults (Spanish/V) Join by Phone: (323) 776-0990 Passcode: 867 207 632# 3:00pm - 4:00pm Yoga Class (IP) To register: https://forms.gle/MkVrhzbMOwarC3Z7	30 9:00am - 11:30am African Communities Public Health Coalition: Immigration Office Hours (V) To register: https://tinyurl.com/ACPHCOH 11:30am - 1:00pm CardioSole Beginners Line Dancing (IP) 3:00pm - 4:00pm Friday Social: Chess and Board Games Bringing Community Together (IP)	31 9:00am - 10:30am CardioSole Beginners Line Dancing (IP) 1:00pm - 3:00pm African Communities Public Health Coalition: Amharic Language Learning Class (IP)

To register for the program, please contact the instructor:

AD4L Soul Line Dancing | Stacy: (323) 804-0918

Amharic Language Learning Class | Seifu: (310) 612-4035

CardioSole Line Dancing | Donetta: (323) 445-4491

Kinship Academy Monthly Training | Mary: (310) 908-4183

Think Tank: Communication Workshop | Irene: streetmeetcompany@gmail.com

Recognizing and Responding to an Opioid Overdose with Naloxone | Krystal: kmousseau@ph.lacounty.gov

 <p>123 W. Manchester Blvd. Inglewood, CA 90301 http://publichealth.lacounty.gov/phs/COCcy.htm</p>	 <p>Programming Hours Monday: 8:00 AM - 4:00 PM Tuesday - Wednesday: 8:00 AM - 7:30 PM Thursday - Friday: 8:00 AM - 4:00 PM Saturday: 8:00 AM - 3:00 PM Sunday: Closed</p>	 <p>For more information, to partner with the Curtis Tucker Center for Community Wellness, or to be added to our listserve please contact: CurtisTuckerCCW@ph.lacounty.gov</p>	<p>(IP) - In Person (V) - Virtual Click Title to Join</p>

HEALTH MATTERS CLINIC PRESENTS

LIVE MOVE. HEAL. TRANSFORM. UNSTOPPABLE



Move your body, clear your mind, and connect with your crew.
Lace up, walk, run, and recharge together.

RSVP today at www.healthmatters.clinic

8:00 AM

10TH
JAN

123 W MANCHESTER BLVD
INGLEWOOD, CA 90301



L.A. Care
HEALTH PLAN



**CURTIS TUCKER
WELLNESS
COMMUNITY**
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope • Healing • Purpose



**COUNTY OF LOS ANGELES
Public Health**

NURSE HEALTH HUB



Curtis Tucker Center for Community Wellness invites you to our "Nurse Health Hub" series.

To ensure everyone gets the full benefit of the session, participants arriving after 11:40 AM will be asked to attend the next workshop. Thank you for your understanding! **Must be 18+ to participate.**



Curtis Tucker Center for Community Wellness
123 W. Manchester Blvd. Inglewood, CA 90301

Art + Memory Reducing the Risk of Dementia



January 14, 2026
11:30am - 12:30pm

Stay Safe This Season: Your Guide to Winter Viruses



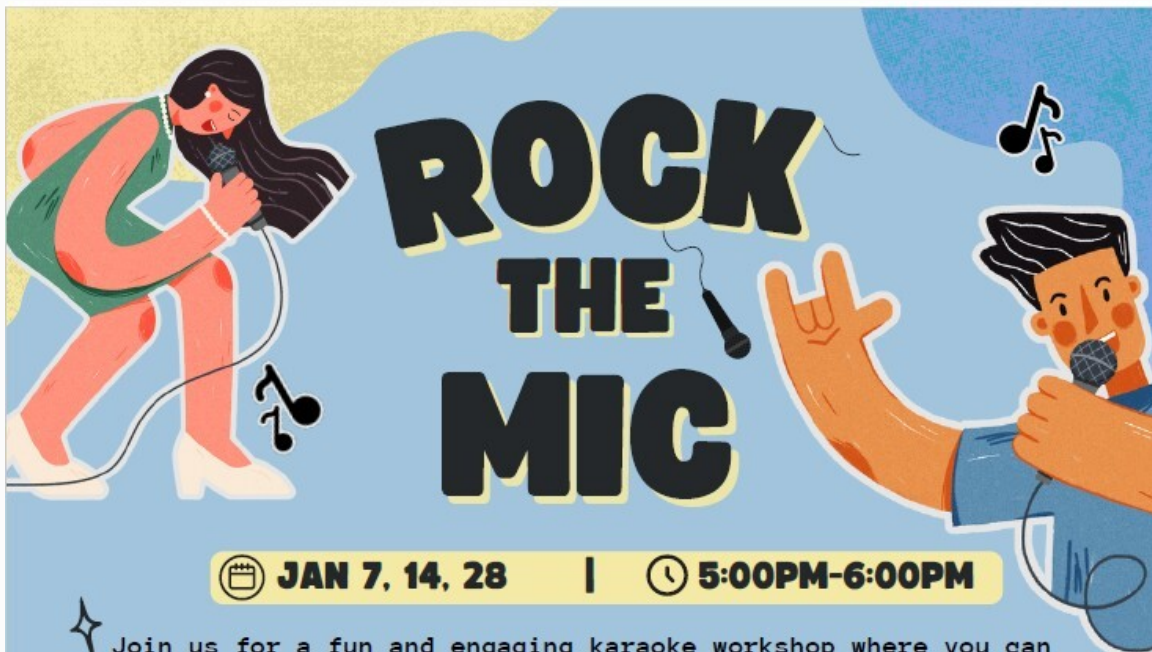
January 28, 2026
11:30am - 12:30pm

REGISTER HERE:
forms.office.com/g/9Cn6Hd9Nry



For more information, contact:
CurtisTuckerCCW@ph.lacounty.gov





Join us for a fun and engaging karaoke workshop where you can sing your favorite songs, connect with others, and simply have a great time! This event is designed to encourage self-expression and promote relaxation.

The Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, CA 90301



Register Here:

<https://tinyurl.com/rocthemic>



For more information, please email:
Curtistuckerccw@ph.lacounty.gov





Focus On U Therapy

Stretching & Strengthen Class

Whether you're new to stretching or an experienced stretching enthusiast, this workshop is tailored for all skill levels.

Discover effective stretching techniques that will boost your flexibility, ease muscle tension, and enhance your overall physical performance.



Jan 5, 12, 26

Time: 10 - 10:45am

Jan 7, 14, 21, 28

Time: 9 - 9:45am



**Curtis Tucker Center for Community Wellness
123 W Manchester Blvd.
Inglewood, CA 90301**

Registration Link: <https://tinyurl.com/CCWStretch>

For more information, please email:
Fouththerapy@yahoo.com



NEW YEAR WISHING WELL ART WORKSHOP

In honor of the New Year, we will be hosting an art workshop, 'A Window Between Worlds'. This workshop will give participants an opportunity to create a Wishing Well and focus on their hopes and dreams for the new year. **Must be 18+ to participate.**
No prior art experience required.



Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, CA 90301



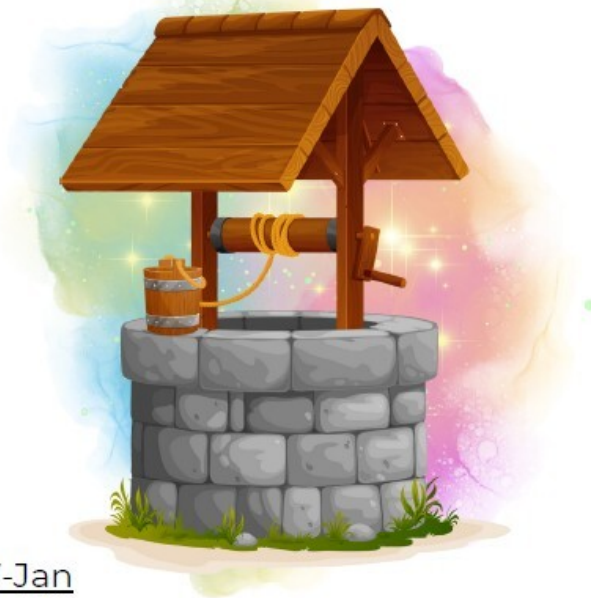
January 21, 2026

3:30pm - 4:30pm

Register here:



<https://tinyurl.com/AWBW-Jan>



For more information, contact:
Mlopez4@ph.lacounty.gov



**LA County Parks and Recreation Youth at Work
Program**



COUNTY OF LOS ANGELES DEPARTMENT OF
Parks &
Recreation

We Are **HIRING**



YOUTH@WORK

JOB DESCRIPTION

- Facilitate recreational activities for individuals of all ages, assist with event setup and takedown, and engage with the public to ensure a positive and welcoming experience.

PROGRAM INFORMATION

- Every Body Plays (EBP):
 - After-school programs at 60 LA County parks.
 - Activities include sports, fitness, arts and crafts, ESTEAM, and group games.
- Community Events:
 - Support activities, performances, concerts, movies, and interactive experiences.
 - Assist with setup, breakdown, and event operations.



Scan Me!



Hourly Rate*

\$17.87

**Rates increase every year, on July 1st.*

REQUIREMENTS

- Youth ages 14–24
- Work permit required for those 17 or younger
- Must provide right-to-work documents
- Los Angeles County resident
- Must meet additional eligibility requirements

APPLY NOW!

"PRIORITY PROGRAM ACCEPTANCE BASED
ON ELIGIBILITY REQUIREMENTS"

For more information visit:

parks.lacounty.gov/youth-at-work



department
of economic
opportunity
COUNTY OF LOS ANGELES

Free Gun Locks



In 2025, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems



How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.*
- The provider will answer your questions and order tests and/or medicines if needed.

*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).

Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

To learn more about the CPHT project and find a CPHT near you, visit:
<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

5 CORE STRATEGIES
Each CPHT implements five core strategies:

-  **Visit each household** annually to conduct household assessments
-  **Ensure households are connected** to health care and social services
-  **Analyze data** on health, mental health, and social determinants of health
-  **Convene community** and develop community action plans
-  **Mobilize partners** to advance health equity and improve conditions

DPH Resources



The banner features the Los Angeles County Public Health InfoLine logo on the left, which includes a blue telephone handset icon and the text "LOS ANGELES COUNTY PUBLIC HEALTH INFOLINE 1-833-540-0473". To the right of the logo is a green box with the text "8 AM - 8 PM / 7 Days a Week" and "Real People. Reliable Information." Below the green box is a photograph of a male call center agent wearing a headset and working at a computer.

Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>

Also click here <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-schedule-vaccines.html> for the Children and adolescent vaccine schedule



Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



Request a
Speaker

The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<https://forms.office.com/q/Pd9LhAXGCS>

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click

<http://tinyurl.com/bdhjuvje>.

Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts.

Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

For more information on COVID-19, please [visit our website](#) [County's COVID-19](#)

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)

[LA Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County's Office of Emergency Preparedness and Response Program](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



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