



# IMMIGRATION RESOURCE HANDOUT

BASED IN LOS ANGELES

## Mental Health Resources

### Together For Wellness

Phone: 714-542-7792

Website: [www.togetherca.org/m/tfw-2/73?topic=101258011](http://www.togetherca.org/m/tfw-2/73?topic=101258011)

### Latinx Therapy

Direct Contact: [www.latinxtherapy.com/contact-us/](http://www.latinxtherapy.com/contact-us/)

Website: [www.latinxtherapy.com](http://www.latinxtherapy.com)

### LA Department of Mental Health

#### \*The Latino UsCC Subcommittee

Website: [www.dmh.lacounty.gov/about/mhsa/uscc/](http://www.dmh.lacounty.gov/about/mhsa/uscc/)

Email: [latinoUsCC@dmh.lacounty.gov](mailto:latinoUsCC@dmh.lacounty.gov)

### 988 Suicide & Crisis Lifeline

Available 24/7 by phone, text, or  
online chat. Call **988**.

Website: [988lifeline.org](http://988lifeline.org)

- Please note that crisis and suicide helplines maintain strict privacy policies.
- The hotline follows confidentiality practices to protect callers' privacy. Caller ID is not utilized; your phone number will not be used to identify you when you call.
- Trained staff are available to offer support and information without judgment.

## Step-by-Step Family Preparedness Plan



Immigrant Legal  
Resource Center (ILRC)



Informed Immigrant

Website: [www.ready.gov/plan](http://www.ready.gov/plan)

Website: [www.ilrc.org/resources/step-step-family-preparedness-plan](http://www.ilrc.org/resources/step-step-family-preparedness-plan)

Website: [www.informedimmigrant.com/resources/detention-deportation/steps-take-prepare-family/](http://www.informedimmigrant.com/resources/detention-deportation/steps-take-prepare-family/)

## Know Your Rights Information

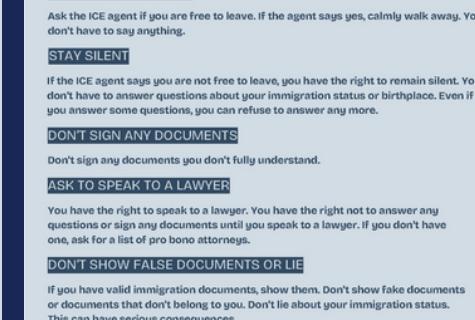
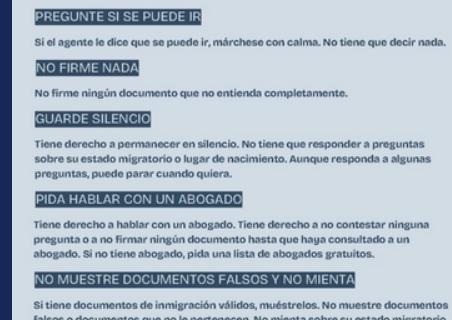
### National Immigration Law Center

Website: [www.nilc.org/resources/todos-tienen-derechos-basicos/](http://www.nilc.org/resources/todos-tienen-derechos-basicos/)

### Immigrant Rising

Website: [www.immigrantsrising.org/support-for-immigrant-families-targeted-for-deportation/](http://www.immigrantsrising.org/support-for-immigrant-families-targeted-for-deportation/)

Website: [www.maldef.org/resources/know-your-rights/](http://www.maldef.org/resources/know-your-rights/)



# If a Family Member is Detained

**01 Find out their A-Number & contact the detention facility using the Department of Homeland Security. U.S Immigration and ... Online Detainee Locator System**

Website: [www.locator.ice.dhs.gov/odls/#/search](http://www.locator.ice.dhs.gov/odls/#/search)

**02 Consult an immigration attorney**

Once you know where they are, contact the detention facility to inquire about visitation hours and how to communicate with them.

**03 Gather relevant documents**

Collect any immigration documents, passports, work visas, and criminal records that may be relevant to their case.

**04 Consider contacting a family support organization**

Organizations like Freedom for Immigrants can provide additional support and guidance.

## Legal Services

### CHIRLA

Website: [www.chirla.org/what-we-do/programs-initiatives/legal-services/](http://www.chirla.org/what-we-do/programs-initiatives/legal-services/)

### Public Counsel

Website: [www.publiccounsel.org/issues/immigrants-rights/](http://www.publiccounsel.org/issues/immigrants-rights/)

### Legal Foundation of LA

Website: <https://lafla.org/get-help/immigration/#:~:text=Legal%20Aid%20Foundation%20of%20Los%20Angeles%20immigration%20work%20focuses%20on,an%20keep%20their%20families%20together.>

### LGBTQ Center of LA

Website: [www.lalgbtcenter.org/services/legal-services/immigrant-legal-services/](http://www.lalgbtcenter.org/services/legal-services/immigrant-legal-services/)

### LawHelpCA

Website: [www.lawhelpca.org/find-legal-help/immigration/deportationremovaldetention?location=Los%20Angeles%20County](http://www.lawhelpca.org/find-legal-help/immigration/deportationremovaldetention?location=Los%20Angeles%20County)

### Central American Resource Center (Centro de Recursos Centroamericanos)

Website: [www.carecen-la.org/legal\\_services](http://www.carecen-la.org/legal_services)