

## Local Emergency Numbers

### 1. Emergency

Phone: 911

### 2. Ojai Police Department

402 S. Ventura St.

Ojai, CA 93023

Website: [venturasheriff.com](http://venturasheriff.com)

Phone: (805) 646-1414

### 3. Ojai Hospital

1306 Maricopa Hwy

Ojai, CA 93023

Website: [cmhshealth.com](http://cmhshealth.com)

Phone: (805) 646-1401

## Basic Need and Assistance

### 1. The Community Assistance Program (CAP)

*"The Community Assistance Program (CAP) provides basic needs and case management services for the low income and homeless residents of the Ojai Valley."*

Address:

108 Fox Street

Ojai, CA 93023

Website: [helpofojai.org](http://helpofojai.org)

Phone: (805) 640-3320

### 2. Ojai Valley Family Shelter

*"Beginning in December and for four months, we provide for the homeless in our community a safe, restful and clean environment in which to spend the night."*

Phone: (805) 804-7094

### 3. Food Share Ventura County

*"Food Share is dedicated to leading the fight against hunger in Ventura County."*

Website: [foodshare.com](http://foodshare.com)

Phone: (805) 983-7100

### 4. 211 Ventura County

*"211 Ventura County, a program of Interface Children & Family Services, is the comprehensive information and referral service for Ventura County. We connect over 30,000 Ventura County callers and texters each year with information about health and human services available to them."*

Website: [211ventura.org](http://211ventura.org)

Phone: 211

### 5. Community Action of Ventura County

*"Whether providing shelter and essential services to the homeless or helping low income families pay their utility bill or making the homes of disadvantaged residents more energy efficient, Community Action is always at the forefront of revitalizing communities, reducing poverty, and empowering low income families."*

Website: [ca-vc.org](http://ca-vc.org)

Phone: (805) 436-4000

### 6. Samaritan Center

*"At the Samaritan Center of Simi Valley, we believe that every life matters and that everyone's story matters. We also believe that despite what they have endured in the past, a positive future is available to everyone. Our mission is to understand and meet them where they are and provide them with the tools and support they need to change course. The Samaritan Center is*

*committed to providing the homeless with opportunities and the hope of a better life."*

Website: [samaritancentersimivalley.org](http://samaritancentersimivalley.org)

Phone: (805) 579-9166

#### 7. Project Understanding

*"Project Understanding is structured to help people in need make it through tough times by assisting with Food, Housing and Tutoring. Empowering yourself to be self-sufficient can be achieved with focus, work and understanding."*

Website: [projectunderstanding.org](http://projectunderstanding.org)

Phone: (805) 652-1326

#### 8. SeniorAdvice's Guide to Assisted Living in California

*"This guide describes the senior services available in the region and the cost of assisted living in various parts of California. It compares assisted living to other types of care and provides free and low-cost resources to help seniors cover the costs of assisted living."*

Website: [senioradvice.com](http://senioradvice.com)

#### 9. Senior Care and Assisted Living Guide

*"Founded in 2007 by caregivers for caregivers, Caring.com helps those caring for seniors make better decisions, while saving time and money. Caring.com has helped millions of families nationwide select the right senior care products and services for their loved ones. In addition, Caring.com helps caregivers feel less alone and less stressed while navigating the many difficult senior care decisions. Many of our employees have had personal experience with caregiving and are passionate about making this mission a reality."*

Website: [caring.com](http://caring.com)

## 10. Life Choices Pregnancy Clinic

*"LCPC is a licensed medical clinic dedicated to serving women dealing with pregnancy and other related issues. All of our services are free and confidential."*

Website: [ojailifechoices.org](http://ojailifechoices.org)

## **Public Health Resources**

### 1. Ventura County Health Care Agency

*Public Health: Full list of services and resources*

Website: [vchca.org](http://vchca.org)

## **Free Health Care Clinic**

### 1. Ojai Valley Community Health Center

*Offers various medical options, vision and dental care, medical aid, and much more.*

Website: [cliniclas.org](http://cliniclas.org)

Phone: (805) 640-8293

## **National Suicide Prevention Lifeline**

### 1. National Suicide Prevention Lifeline

*We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

Website: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Lifeline: 1-800-273-8255

## **Substance Use Services**

### 1. Ventura County Behavioral Health - Substance Use Services

*Ventura County Behavioral Health provides a continuum of care for substance use problems, with six locations and a wide range of treatment options for achieving and maintaining recovery.*

Website: [vcbh.org](http://vcbh.org)

Access Line: 1-844-385-9200

## Emergency Rental and Housing Assistance

1. The Ventura County Homeless and Housing Coalition

Phone: (805) 652-2151

## Child Welfare Services

1. County of Ventura Human Services Agency

*If you think a child is endangered, call the 24-hour hotline immediately at (805) 654-3200. Reports will be kept confidential and callers may remain anonymous.*

*In case of emergency, call 911.*

Website: [ventura.org/human-services-agency](http://ventura.org/human-services-agency)

Child/Adult Abuse & Neglect Hotline: (805) 654-3200

## Medicare Resources

1. "What is Medicare?" by Retire Guide

Website: [retireguide.com/medicare/](http://retireguide.com/medicare/)

2. "Benefits and Discounts for Seniors" by Retire Guide

Website: [retireguide.com/guides/senior-benefits-discounts/](http://retireguide.com/guides/senior-benefits-discounts/)