

Inland Empire

- **Crisis Stabilization Units (CSU)**
 - Urgent mental health centers for individuals of all ages. Services are voluntary and may include crisis intervention, crisis risk assessments, medications, and when necessary, evaluations for hospitalization. Open 24 hours a day, 365 days a year, including holidays.
 - Merrill Center
 - 14677 Merrill Ave., Fontana
 - (951) 643-2340
 - Windsor Center
 - 1481 N. Windsor Dr., San Bernardino
 - (909) 361-6470
 - Loma Linda University Behavioral Medicine Center
 - 1710 Barton Rd, Redlands, CA 92373
 - (909) 558-9275
 - Riverside University Health System Riverside
 - 9990 County Farm Rd. Suite 6 Riverside, CA 92503
 - (951) 509-2499
 - 85 Ramona Expressway, Suites 1-3 Perris, CA 92571
 - (951) 349-4195
- **CCRT:** CCRT is a community-based mobile crisis team that provides assistance to those who are experiencing a mental health related emergency. Services include: Mental Health Assessments Relapse Prevention Intensive follow up services On-site Crisis Intervention
 - Teams are available 7 a.m. - 10 p.m. 365 Days per year
 - East Valley (Colton, Rialto, Yucaipa, Redlands, Loma Linda, Bloomington, San Bernardino)
 - Office (909) 421-9233
 - Pager (909) 420-0560
 - West Valley (Chino Hills, Chino, Rancho Cucamonga, Ontario, Fontana, Montclair)
 - Office (909) 458-1517
 - Pager (909) 535-1316
- **Textline:** Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor 24/7
- **HELPLine - 24 Hour Crisis/Suicide Intervention**
 - The HELPLine is a free, confidential Crisis/Suicide Intervention service. Operated by highly trained volunteers, the line is open 24-hours a day, seven days a week.
 - (951) 686-HELP (4357)
- **CARES Line Phone:** (800) 499-3008 The Community Access, Referral, Evaluation and Support line (CARES Line) is available 24 hours a day, 7 days a week and provides screening and linkage to both Mental Health and Substance Use programs. Calls are answered by compassionate trained staff who can provide information and referral in English and Spanish

- **What's Up Safehouse** is a 24/7, free, anonymous mental health crisis texting line in Riverside County through issues surrounding anxiety, substance abuse, depression, school pressure, peer pressure, LGBTQ struggles, relational issues, suicidal thoughts, bullying, and any other issue that is causing trouble.
 - Text SHHELP to 844.204.0880 24/7 for immediate support and resources.
- **The Trevor Project**
 - The Trevor Project is a national organization providing crisis intervention and suicide prevention services to LGBTQ youth and young adults, ages 13–24, over the phone, online and via text. Available 24/7, 365 days a year.
 - Trevor Lifeline: (866) 488-7386
 - TrevorText: Text the word “START” to (678-678) to text with a trained counselor.
- **TEENLINE:** Need Help? TEEN LINE is here.
 - CALL 310-855-4673
 - TEXT TEEN to 839863
 - PEER SUPPORT, FOR TEENS, BY TEENS: A more inclusive approach to adolescent mental health.
- **The National Suicide Prevention 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.
 - 1-800-273-TALK (8255)
 - Spanish line: (888) 628-9454
 - TTY: (800) 799-4TTY (4889)
- **Coping Skills to Use Now**
 - 5-4-3-2-1 Grounding
 - Breathe In for 4 Seconds, hold for 6 Seconds, Breathe Out for 7 Seconds
 - Find 5 RED things, 4 BLUE things, 3 GREEN things, 2 YELLOW things, & 1 PINK thing in the room
 - Draw your favorite animal with your eyes closed
 - Find things in the room starting with A to Z
 - Push a wall for 20 seconds

High Desert

- **Crisis Walk-In Centers (CWIC):** Urgent mental health centers for individuals of all ages. Services are voluntary and may include crisis intervention, crisis risk assessments, medications, and when necessary, evaluations for hospitalization, when necessary. Open 24 hours a day, 365 days a year, including holidays.
 - Victorville
 - 12240 Hesperia Rd., Ste. A, Victorville
 - (760) 245-8837
 - Yucca Valley
 - 7293 Dumosa Ave., Ste. 2, Yucca Valley

- (760) 365-2233
- **CCRT:** CCRT is a community-based mobile crisis team that provides assistance to those who are experiencing a mental health related emergency. Services include: Mental Health Assessments Relapse Prevention Intensive follow up services On-site Crisis Intervention
 - Teams are available 7 a.m. - 10 p.m. 365 Days per year
 - High Desert (Hesperia, Victorville, Apple Valley, Phelan, Barstow, Adelanto, Lucerne Valley)
 - Office (760) 956-2345
 - Pager (760) 734-8093
- **Textline:** Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor 24/7
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 - Trevor Lifeline: (866) 488-7386
 - TrevorText: Text the word “START” to (678-678) to text with a trained counselor.
 - TrevorChat: Confidential chat service with a trained volunteer counselor.
- **TEENLINE:** Need Help? TEEN LINE is here.
 - CALL 310-855-4673
 - TEXT TEEN to 839863
 - PEER SUPPORT, FOR TEENS, BY TEENS: A more inclusive approach to adolescent mental health.
 - NON EMERGENCY CALLS.
 - If you have a problem or just want to talk with another teen who understands, Call, Text, or Email.
 - Check out "Ask TEEN LINE", find resources in our Youth Yellow Pages.
- **The National Suicide Prevention 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.
 - 1-800-273-TALK (8255)
 - Spanish line: (888) 628-9454
 - TTY: (800) 799-4TTY (4889)