

**Prevention and Early Intervention**

**Resources and Virtual Services during COVID**

**Crisis Supports & Services**

**Mental Health Urgent Care**

<b>MHUC Riverside:</b> 9980 County Farm Rd, Bldg. 2, Riverside 92503 (ages 18+)	Phone: 951-509-2499
<b>MHUC Perris:</b> 85 Ramona Expressway, Ste. 1-3, Perris 92571 (ages 13+)	Phone: 951-349-4195
<b>MHUC Palm Springs:</b> 2500 N. Palm Canyon Dr., Ste. A4, Palm Springs 92571 (ages 13+)	Phone: 442-268-7000

**Behavioral Health Access Lines**

CARES line for Medi-Cal beneficiaries seeking Mental Health Services	Phone: 800-706-7500
Substance Use CARES Line Call	Phone: 800-499-3008

**Online and Telephone Supports**

<b>Community Connect: Riverside County Local Helpline</b> 24/7 Crisis and suicide prevention hotline	951-686-HELP (4357)
<b>Crisis Text Line</b>	Text “hello” or “home” to 741741
<b>National Suicide Prevention Lifeline</b>	800-273-8255 (Veteran’s Assistance press 1; Spanish press 2) TTY: Dial 711 then 1-800-273-8255
<b>Information, Resources and Support website for Mental Health in Riverside County</b>	<a href="http://Up2Riverside.org">Up2Riverside.org</a>
<b>California’s Mental Health Movement</b>	<a href="http://EachMindMatters.org">EachMindMatters.org</a> <a href="http://SanaMente.org">SanaMente.org</a> (Spanish)
<b>Take My Hand</b> Peer support chat Available: Monday – Friday 8:00am – 5:00pm	Visit: <a href="http://www.takemyhand.co">www.takemyhand.co</a>
<b>Essential Staff Support line</b> Individual coaching, counseling and listening 24/7 for: Health care workers, first responders and any essential staff	951-955-7015

**Virtual Services – Prevention and Early Intervention Programs**

**Community Education and Stigma Reduction**

<b>Visión y Compromiso</b> Promotores de Salud Mental y Bienestar Serving: Hispanic/Latinx in Western and Desert Regions	Contact: Marisela Blancas <a href="mailto:Marisela@visionycompromiso.org">Marisela@visionycompromiso.org</a>
<b>Special Services for Groups</b> Community Mental Health Promoter Serving: Asian American/Pacific Islander in Western and Mid-County Regions	Contact: Estee Song <a href="mailto:esteesong@apctc.org">esteesong@apctc.org</a>
<b>African American Health Coalition</b> Community Mental Health Promoter Serving: African American/Black population in All Regions of Riverside County	Contact: Linda Hart <a href="mailto:Hartl.aamhc@gmail.com">Hartl.aamhc@gmail.com</a>
<b>Riverside San Bernardino County Indian Health Inc.</b> Community Mental Health Promoter Serving: Native American/American Indian in All Regions of Riverside County	Contact: Vernon Motschman <a href="mailto:vmotschman@rsbcihi.org">vmotschman@rsbcihi.org</a>
<b>Borrogo Health</b> Community Mental Health Promoter Serving: LGBTQIA Aging Adults with HIV and Trans Youth in Desert Region	Contact: Angel Marin <a href="mailto:amarin@borregohealth.org">amarin@borregohealth.org</a>
<b>RUHS – BH Prevention &amp; Early Intervention</b> Stand Against Stigma: Speaker’s Bureau Presentations Serving: All Regions of Riverside County	Contact: Mindy McFarland 951-358-3586 <a href="mailto:mmcfarland@ruhealth.org">mmcfarland@ruhealth.org</a>

## Parent and Family Education and Support Programs

<b>Strengthening Families Program (SFP)</b>	
<b>MFI Recovery</b> Serving: Western and Mid-County Regions	Contact: 951-683-6596 <a href="mailto:CesiaAlvarenga@mfirecovery.com">CesiaAlvarenga@mfirecovery.com</a> <a href="mailto:MariaAlcaraz@mfirecovery.com">MariaAlcaraz@mfirecovery.com</a>
<b>Riverside Latino Commission</b> Serving: Desert Region	Contact: 760-398-9000 Alan Mora-Lopez <a href="mailto:amora@latinocommission.com">amora@latinocommission.com</a>
<b>Triple P (Positive Parenting Program)</b>	
<b>The Carolyn E. Wylie Center</b> Serving: All Regions of Riverside County	Contact: 951-683-5193 ext. 208 Hilary Hui <a href="mailto:hhui@wyliecenter.org">hhui@wyliecenter.org</a>

## Transition Age Youth (TAY) Programs (ages 16-25)

<b>Peer to Peer Program</b>	
<b>Operation SafeHouse</b> Serving: All Regions of Riverside County	Contact: 760-285-1740 Nicole Watson <a href="mailto:nwatson@operationsafehouse.org">nwatson@operationsafehouse.org</a>
<b>Stress and Your Mood Program</b>	
<b>Operation SafeHouse</b> Serving: All Regions of Riverside County	Contact: 760-285-1740 Nicole Watson <a href="mailto:nwatson@operationsafehouse.org">nwatson@operationsafehouse.org</a>
<b>Teen Suicide Awareness and Prevention Program</b>	
<b>Public Health</b> Serving: All Regions of Riverside County Providing: Virtual training and mental health resources for students, parents and school staff.	Contact: 951-358-7171 Rebecca Antillon <a href="mailto:rantillon@ruhealth.org">rantillon@ruhealth.org</a>

## Trauma Services

<b>Outside the Box</b> (a Seeking Safety program)	
<b>Operation SafeHouse</b> Serving: Transition Age Youth (16-25) in all Regions of Riverside County	Contact: 760-285-1740 Nicole Watson <a href="mailto:nwatson@operationsafehouse.org">nwatson@operationsafehouse.org</a>
<b>Seeking Strength</b> (a Seeking Safety program)	
<b>RUHS – BH Prevention &amp; Early Intervention</b> Serving: Adults (26-59) in all Regions of Riverside County	Contact: 951-358-3586 Mindy McFarland <a href="mailto:mmcfarland@ruhealth.org">mmcfarland@ruhealth.org</a>

## Older Adult Programs

<b>Cognitive-Behavioral Therapy (CBT) for Late-Life Depression</b>	
<b>The Scott Hines Mental Health Clinic at The Center</b> Serving: Desert Region	Contact: 760-416-7899
<b>Program to Encourage Active Rewarding Lives for Seniors (PEARLS)</b>	
<b>Inland Caregiver Resource Center</b> Serving: All Regions of Riverside County	Contact: 800-675-6694
<b>Care Pathways – Caregiver Support Groups</b>	
<b>Riverside County Office on Aging</b> Serving: All Regions of Riverside County	Contact: 800-510-2020

## Specialized Ethnic Community Programs

<b>Mamás y Bebés (Mothers &amp; Babies)</b>	
<b>Riverside Community Health Foundation</b> Serving: Mid-County Region	Contact: 951-788-3471 ext. 137 Terri Akens <a href="mailto:Terri@rchf.org">Terri@rchf.org</a>
<b>Reach Out</b> Serving: Western Region	Contact: 909-982-8641 Gloria Lopez <a href="mailto:Gloria@we-reachout.org">Gloria@we-reachout.org</a>
<b>Keeping Intergenerational Ties in Ethnic Families (KITE)</b>	
<b>Special Services for Groups</b> Serving: Asian American/Pacific Islander in Western and Mid-County Regions	Contact: Karen Lim <a href="mailto:kchnlim@apctc.org">kchnlim@apctc.org</a>