

# Riverside County Crisis Supports & Services



(Servicios de Crisis del Condado de Riverside)

## Online and Telephone Supports ("Someone to talk to")

Apoyo telefónico y en línea ("Alguien con quien hablar")

<b>Inland SoCal Crisis &amp; Suicide Helpline</b> <i>24/7 Crisis and suicide prevention hotline</i> <i>Línea de Crisis y prevención de Suicidio 24/7 del Inland Empire</i>	951-686-HELP (4357)
<b>Take My Hand (Toma mi Mano)</b> <i>Peer support chat (ages 16+) – (Chat de apoyo con pares 16+ años)</i> <i>Available: Monday – Friday 8:00am – 5:00pm</i>	Visit: <a href="http://www.takemyhand.co">www.takemyhand.co</a> Visite: <a href="https://es.takemyhand.co/">https://es.takemyhand.co/</a>
<b>Behavioral Health Access Line – CARES</b> <i>For Medi-Cal beneficiaries seeking Mental Health Services and/or for Substance Use Treatment services</i> <i>(Línea para beneficiarios de Medi-Cal buscando servicios de salud mental/abuso de sustancias)</i>	800-499-3008
<b>Information, Resources and Support website for Mental Health in Riverside County</b> <i>(Página web de información, recursos y apoyo para salud mental del Condado de Riverside)</i>	<a href="http://Up2Riverside.org">Up2Riverside.org</a>
<b>CA Warmline</b> <i>Non-emergency resource for anyone in California seeking mental and emotional support. (Recurso para cualquier persona en California buscando apoyo de salud mental que no sean emergencias)</i>	855-845-7415
<b>California's Mental Health Movement</b> <i>(Movimiento de California para la Salud Mental)</i>	<a href="http://Takeaction4mh.com">Takeaction4mh.com</a> <a href="http://Takeaction4mh.com/es/">Takeaction4mh.com/es/</a> (Spanish)
<b>National Crisis Text Line</b> <i>(Línea Nacional de Crisis usando textos)</i>	Text "hello" or "home" to 741741
<b>National Suicide Prevention Lifeline</b> <i>(Línea Nacional de la Prevención del Suicidio)</i>	800-273-8255 or 988
<b>The Trevor Project</b> <i>LGBTQIA Crisis Line offering free, confidential support from a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. (Línea de apoyo ofreciendo servicios gratuitos para la comunidad LGBTQIA)</i>	866-488-7386

## Mobile Crisis Response Team ("Someone to respond")

Equipo Móvil de Respuesta para Crisis ("Alguien que Responda")

<b>Mobile Crisis Response Team</b> <i>Field based teams of Clinical Therapists, Behavioral Health Specialists, Peer Support Specialist, Law Enforcement &amp; Emergency Department Personnel</i>	951-686-HELP (4357) for general community members
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## Mental Health Urgent Care ("Somewhere to go")

Centros de Urgencia para Salud Mental ("Sitios a donde ir")

<b>MHUC Riverside:</b> <i>9990 County Farm Rd, Bldg. 2, Riverside 92503 (ages 18+)</i>	951-509-2499
<b>MHUC Perris:</b> <i>85 Ramona Expressway, Ste. 1-3, Perris 92571 (ages 13+)</i>	951-349-4195
<b>MHUC Palm Springs:</b> <i>2500 N. Palm Canyon Drive, Suite A1-A4 Palm Springs, CA 92262 (ages 13+)</i>	760-424-5602
<b>Riverside University Health System Medical Center Emergency Treatment Services (ETS)</b> <i>9990 County Farm Road, Ste. 4 Riverside, CA 92503</i>	(951) 358-4881 Se Habla Español
<b>Telecare Riverside Crisis Stabilization Services</b> <i>47-825 Oasis Street Indio, CA 92201</i>	(760) 863-8600 or (760) 863-8455 Se Habla Español



Behavioral Health



# MOBILE CRISIS RESPONSE

**NOW AVAILABLE 24/7**

**Call 951-686-HELP**

No matter what time of day or night, you can rely on RUHS - Behavioral Health Mobile Crisis Response for assistance. If you or someone you love is going through a behavioral health crisis, just call **951-686-HELP**. A compassionate professional is always available to answer your call and send a mobile crisis response unit to your location if necessary.

*If you speak another language, language assistance services are available to you free of charge. Call 1-951-955-4148 (TTY: 711).*