

Seeking Crisis Support?

TakemyHand is here for you when you're feeling down, sad, anxious or alone and need to chat about life's tough problems and issues.

Please note, TakeMyHand Peer Chat is not an emergency service. If you think you have a psychiatric or medical emergency, call 988 and request a Mobile Crisis Response Team. If you are an immediate danger to yourself or others please request the Community Behavioral Assessment Team.

To learn more about 988, visit 988lifeline.org



TakemyHand Live Peer Chat is a resource of RUHS-Behavioral Health, "HelpatHand" Innovation Program in Riverside County. TakemyHand is used to quickly reach out to others and provide emotional support.

 **Address:** 2085 Rustin Ave. Riverside, CA

 **Phone:** Chat Only

 **Email:** [\[email protected\]](#)

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