

INFORMATION, RESOURCES AND REFERRALS

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IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY PLEASE CALL 911 OR VISIT YOUR LOCAL EMERGENCY ROOM

Population Specific Resources

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Disclaimer: These resources are offered with the intention of connecting individuals to diverse resources to promote positive and balanced mental health and wellness while acknowledging the diverse needs of each individual. These resources are provided at no cost to recipients and no compensation is exchanged between AHM and other parties for referrals. We recognize that each and every option offered will be the best fit, so we encourage you personal exploration to determine the personal appropriateness of any and all resources, information or referral provided. AHM is not responsible or liable in any way for any acts or omissions of any third party that you choose to contact or hire. You should conduct your own due diligence, including but not limited to contacting the Better Business Bureau and conducting independent research, before contacting and/or hiring any of these third parties. Your use of the AHM Information and Referral Services Database is governed by the Terms and Conditions found at <https://adventuresoftheheartandmind.com/terms-of-use> and may be amended and/or modified from time to time.

Local Food Bank/Food Pantry Resources

Organization	Resource	Website	Address	Phone	Description & Additional Information
Western Eagle Foundation	Food Bank	https://westerneaglefoundation.org/	40940 County Center Dr, Temecula, CA 92591	(951) 695-7206	Our mission is to “feed the hungry” by offering affordable food choices at a very low cost to help alleviate food insecurity and make sure no baby, child, or family goes hungry. The Western Eagle Superstore is filled with discounted groceries, baby formula, clothing, home goods, health and beauty products, pet food and accessories and furniture. Hours Open: Monday thru Friday 9am to 6pm, Saturday and Sunday 9am to 5pm
Community Mission of Hope	Food Pantry	https://cmoh.net/	41760 Rider Way, Temecula, CA 92590	(951) 444 - 1404 Appointment Required	The homeless, hungry, and in need of work are welcome to our Temecula facility to get help. It's our hope to connect everyone with help, whether that's a box of food, one-on-one assistance to find housing, or communicate with outside organizations to fill the gaps.
Community Food Pantry of Murrieta	Food Pantry	http://communityoutreachofmurrieta.com/food-pantry/	39493 Los Alamos Rd., Suite A Murrieta, CA 92563	951-677-6347	<u>Registration Hours:</u> Wednesday and Thursday 8am-10am <u>Food Distribution hours:</u> Wednesday and Thursday 6:30am -10am Through our "Healthy Food for Healthy Families" program, we are committed to providing food at no cost to residents of

					our community whose personal resources are limited and who are unable to provide adequately for themselves and their families.
Good Samaritan Food Pantry	Food Pantry	https://www.goodsamaritancommunity.org/	32127 Camino Rabago Temecula, CA 92592	(951) 415-5731	<u>Monday – Saturday: 10:00 am – 2:00 pm</u> Good Samaritan Community Food Pantry serves isolated seniors, veterans, cancer patients, foster families and families at risk and in need. We deliver fresh, frozen, canned and boxed food items, toiletries and pet supplies weekly. If you or someone you know is in need, please contact us immediately.
The Bridge Church	Drive Through Food Distribution	http://thebridgechurch.tv/community-care/	38801 Calistoga Dr. Murrieta, CA 92563	(951) 600-9112	The Community Care Program of The Bridge distributes free food to anyone in need. <u>Our Food distribution is currently drive-through ONLY every Sunday from 11am-12pm.</u> If you or anyone you know, needs a little extra assistance in these areas, we are here to help! The Community Care entrance is located in the back of the church building.
Murrieta United Methodist Church	Food Pantry	http://www.murrietaumc.org/ministries/food-pantry/	24652 Adams Ave, Murrieta, CA 92562	(951) 677-6174	<u>Open each Friday from 8am to 9am</u> , the pantry supplies free canned and packaged food along with some vegetables, breads, meats, and dairy products.
Circle of Care Ministry	Food Bank	https://circleofcareministries.org/	26090 Ynez Rd, Temecula, CA 92590	(951) 973-3582	<u>Hours of Operation:</u> Mondays, Tuesdays & Thursdays every week at 11:30 am until everyone is served. Located at Crossroads Church, North Side of the building. Please bring a container to put your food in as you

					will be choosing the foods you bring home. Everyone is served freely.
St. Vincent de Paul Food Pantry	Food Pantry		41875 C St. Temecula, CA 92592	(951) 587-6752	Located in: St. Catherine of Alexandria Church <u>Hours: Fridays 8-10am</u>
Mt. San Jacinto College	Student Food Pantry	https://www.msjc.edu/foodinsecurity/index.html	San Jacinto & Menifee Campus Locations	(951) 283-2788 x3471	*The Food Pantry in room 1420 on the San Jacinto Campus. *The Food Pantry in room 201A on the Menifee Valley Campus. Hours of operation may vary. Check the website for current information. For more info, email Food4Thought@msjc.edu

Intimate Partner Violence Resources

Organization	Resource	Website	Location	Phone	Description & Additional Information
National Domestic Violence Hotline	Nationwide Crisis Intervention	https://www.thehotline.org/ Safety Plan	Nationwide	<u>24/7 Hotline:</u> 1.800.799.SAFE (7233) <u>Textline:</u> Text "START" to 88788 <u>TTY:</u> 1-800-787-3224 <u>Video Phone:</u> 1-855-812-1001	24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.
National Coalition Against Domestic Violence	Extensive List of Resources	https://ncadv.org/resources	Nationwide		Though NCADV does not provide direct services, we are happy to refer to other resources covering a wide variety of needs.
California Partnership To End Domestic Violence	Map & Listing of Domestic Violence Services Throughout CA	https://www.cpedv.org/	Throughout California	(916) 444-7163	While the California Partnership to End Domestic Violence does not provide direct services, we can assist survivors with finding local programs who may be able to provide assistance. We are available during business hours, Monday – Friday from 8:30 a.m. to 5:00 p.m.
Alternatives To Domestic Violence	Emergency Shelter, Resources,	https://alternativestodv.org/domestic-violence-programs-services/	Riverside County	(951) 320-1370 <u>24 Hour Crisis Line</u> 1-800-339-SAFE (7233)	Alternatives to Domestic Violence is a private, nonprofit organization serving all of western Riverside County, California, with a range of services aimed at breaking the

	Prevention & Outreach				<p>cycle of physical and emotional violence within families and the wider community.</p> <p>Our services include a 24-hour crisis line, emergency and transitional housing, outreach services to victims of domestic violence, individual and group counseling, life skills and job training, child development services, child and teen counseling and a range of training programs for legal professionals, first responders and employers in the identification of and response to domestic violence.</p>
SAFE Family Justice Centers	Emergency Shelter, Resources, Prevention & Outreach	https://safefjc.org/get-help/	Riverside County	<p><u>Temecula:</u> (951) 587-3900</p> <p><u>Murrieta:</u> (951) 304-5680</p> <p><u>Riverside:</u> (951) 955-6100</p> <p><u>Indio:</u> (760) 863-8363</p>	<p>SAFE Family Justice Centers are committed to providing comprehensive co-located services that help protect families, seek justice, and promote SAFE futures for children, youth, and families who have been affected by violence.</p> <p>SAFE Family Justice Centers (SAFE FJC) provide a safe place for victims of domestic violence, sexual assault, human trafficking, elder abuse, child abuse and youth who are at-risk from four regional locations located in the cities of Riverside, Murrieta, Temecula, and Indio within the County of Riverside, CA.</p>
Option House	Emergency Shelter, Resources, Prevention & Outreach	https://www.optionhouseinc.com/home	San Bernardino	<u>24 Hour Crisis Hotline:</u> (909) 381-3471	<p>We operate a 24-hour emergency crisis shelter for survivors of domestic and family violence. The location of the shelter is confidential and is not given to the public.</p> <p>Survivors and their families staying in the shelter are eligible to stay for up to 45 days</p>

					while working with an advocate to safely transition into stable housing.
Center For Community Solutions	Domestic Violence Services, Education, & Outreach	https://www.ccssd.org/	San Diego County	(858) 272-5777 <u>Hotline:</u> 1-888-385-4657	Domestic Violence Services Sexual Assault Services Prevention and Education Advocacy, Counseling, and Shelter
Shelter From The Storm	Emergency Shelter, Resources, Prevention & Outreach	https://www.shelterfromthestorm.com/who-we-are/services/	Palm Desert	(760) 674-0400 <u>Crisis Hotline:</u> (760) 328-SAFE (7233) <u>Toll Free Crisis Hotline:</u> (800) 775-6055	Coachella Valley's only shelter-based provider of emergency and adjunctive services to victims of domestic violence. Shelter From The Storm provides comprehensive services to victims of domestic violence—professionally, ethically, and compassionately.
Corona Norco United Way	Domestic Violence Services & Resources	https://www.cnunitedway.org/services/domestic-violence	Corona, Norco, Eastvale, & Temescal Valley Area	(951) 736-0620	The Domestic Violence Program offers support to families in immediate or imminent danger of being hurt by an intimate partner or to children who are abused, neglected or have witnessed family violence regardless of sex, age, gender, lifestyle, religion, medical condition, etc. Participation in our program is open to all people who have been a victim of Domestic Violence and is offered in English and Spanish. This program is free of charge, confidential and takes place in a non-judgemental environment.
Peace Over Violence	Domestic Violence Crisis Intervention,	https://www.peaceoverviolence.org/	Los Angeles County	213.955.9090 <u>24-HOUR HOTLINE:</u> 626.793.3385	We provide crisis intervention services and violence prevention education. One on one, we listen, counsel, support, guide and work to heal survivors of violence. One by one, we teach teens about healthy relationships,

	Services & Resources			310.392.8381 213.626.3393 <u>Video Phone:</u> 213.785.2684 or 213.785.2749	train girls in self-defense, instruct boys in conflict resolution, and advise on public policy. We organize and we advocate. Not only do we believe—we know that violence is preventable. All of Peace Over Violence’s services are available in English, Spanish & American Sign Language.
Department of Public Social Services	Resources & Crisis Intervention	https://rivcodpss.org/help-for-families/domestic-violence-services	Riverside County	(800) 339-SAFE	Includes information on available shelters and safe haven locations.
Riverside County Superior Court	County Court Resources	https://www.riverside.courts.ca.gov/SelfHelp/DomesticViolence/domestic-violence.php	Riverside County		Restraining Order information & links to other statewide & countywide resources.
California Courts	California Court Resources	https://www.courts.ca.gov/self-help-domesticviolence.htm	Throughout California		Legal resources & Restraining Order information.
DeafHope	Support Services & Advocacy For Deaf Survivors of Domestic & Sexual Violence	http://www.deaf-hope.org/getting-help/		National Hotline: Deaf hotline advocates are available from 9-5 (PST) M-F VP: 855.812.1001 Hearing advocates at the National Hotline are on duty 24 hours. TTY: 800.787.3224 Voice: 800.799.7233	DeafHope provides comprehensive advocacy to Deaf survivors and their children. The guiding principle of DeafHope advocacy services is the self-determination of survivors – we respect the right of the survivor to make their own decisions. Deaf survivors are the experts in what best fits their needs. Our role is to discuss options and dispel myths, while offering non-judgmental support. Our services fully incorporate a deep understanding of the dynamics of violence, the vital importance of confidentiality, and individual approaches to safety planning.

Strong Hearts Native Helpline	Domestic Violence Support & Resources For American Indian and Alaska Native Community	https://strongheartshelpline.org/get-help		Helpline: 1-844-7NATIVE (762-8483)	StrongHearts Native Helpline is a safe, anonymous, and confidential domestic violence and dating violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. StrongHearts advocates offer the following services at no cost: peer support and advocacy information and education about domestic violence and sexual violence personalized safety planning
Leap To Success	Provides Empowerment & Life Changing Skills For Survivors Of Domestic Violence	https://leptosuccess.org/		760-710-9510	“Our mission is to educate and empower women who are overcoming domestic violence, homelessness, and other major life challenges to reach their greatest potential. We bring domestic violence, homelessness, and addiction into the light. We are a platform for survivors to change community norms and break generational cycles of violence, dysfunction, and poverty.”
National Center on Domestic and Sexual Violence	Domestic Violence Personalized Safety Plan	http://www.ncdsv.org/images/dv_safety_plan.pdf			A worksheet to plan for increasing safety and preparing in advance for the possibility for further violence.

Probation Approved Batterers Intervention Treatment Programs

<p>Riverside County Probation Department</p>	<p>Rehabilitation, Education, Classes & Treatment</p>	<p>https://probation.co.riverside.ca.us/resources/batterersintervention.aspx</p>	<p>Riverside County</p>	<p>951- 358-7540</p>	<p>The Riverside County Probation Department's Domestic Violence and Child Endangerment treatment programs are designed to facilitate offender compliance with statutory requirements relating to the management of Batterers cases. It is the goal of the Riverside County Superior Court that persons convicted of DV/CE crimes be rehabilitated and that, whenever reasonably possible, existing viable family ties be maintained and strengthened. Offenders are required to participate in and complete the Batterers Intervention Program (BIP). Participating departments and treatment providers collaborate to provide the best therapeutic practices available so that the twin goals of rehabilitation and strengthening of the family unit can be accomplished. Standards, guidelines, policies and procedures have been developed to support the ongoing efforts being made by the Court, Deputy Probation Officers, attorneys, and BIP providers.</p>
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LGBTQIA+ Resources

NAMI	<p>Call the NAMI Helpline at: 800-950-NAMI</p> <p>Or in a crisis, text "NAMI" to 741741</p>	<p>NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.</p>
<p>It Gets Better</p> <p>LGBTQ+ Support & Resources For California Residents</p>		<p>The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe.</p>
<p>Trans Lifeline</p>	<p>(877) 565-8860</p>	<p>Trans Lifeline is run by and for trans people. Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.</p>
<p>Sage Advocacy Services For LGBTQ Elders</p>	<p>SAGE Hotline: 877-360-LGBT (5428)</p>	<p>The SAGE LGBT Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages. Members of our community are likely to live alone and feel isolated. Through our hotline, we can connect everyone with a phone to an LGBT responder who is friendly, knowledgeable, and ready to listen. The hotline is managed by our partner United Way Worldwide.</p>
<p>The Trevor Project</p>	<p>1-866-488-7386</p>	<p>The only organization providing 24/7 crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24).</p>
<p>Riverside & San Bernardino County LGBTQ+ Resources</p>		<p>Additional resources in Riverside & San Bernardino County</p>
<p>North County LGBTQ Center</p>	<p>760-994-1690</p>	<p>Location: Oceanside Offers Support Groups & Resources</p>
<p>The Center</p>	<p>760-416-7790</p>	<p>Location: Coachella Offers Support Groups & Resources</p>
<p>LGBTQ Center of Riverside County</p>	<p>951-364-3305</p>	<p>Location: Riverside County Offers Support Groups & Resources</p>

LGBTQ Center OC	714-953-LGBT (5428)	Location: Orange County Offers Support Groups & Resources
LGBTQ+ Health Services		CDC listing of health clinics serving the LGBTQ+ community by state
LGBT National Help Center	888-843-4564	Peer Support, affirmation, resources and info
Family Acceptance Project		Resources for encouraging acceptance of LGBTQ+ children
Gender Spectrum		Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.
Interconnect		InterConnect is committed to building a community for all intersex people, their families, and allies. A space where you are heard, valued, and embraced regardless of race, gender, sexuality, ethnicity, socio-economic background, ability, experience, or perspective. A community where you can bring your whole self.
The International LGBTQ+ Travel Association	1.954.630.1637	IGLTA is the world's leading network of LGBTQ-welcoming tourism businesses. We provide free resources and information for LGBTQ+ travelers.

Student Resources	
Intelligent.Com	Resources for students. "Intelligent.com is a free, privately-supported website that's editorially independent. This enables us to bring you unbiased, accurate, and fact-based information on a wide range of issues."
Mental Health America	Mental health information and resources for students and parents including worksheets and factsheets.
NAMI	Links to mental health resources for college students.

Military & Veterans Resources

Organization	Resource Purpose	Website	Phone	Description & Additional Information
Headstrong	No Cost Mental Health Resources for Veterans	https://getheadstrong.org/		Headstrong provides at no expense, confidential and stigma-free mental health treatment for military members, veterans, and their families regardless of service era or discharge.
Military OneSource	No Cost Services & Support for Military Personnel & Their Families	https://www.militaryonesource.mil/	800-342-9647	Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.
Wounded Warrior Project	Non Profit Organization Dedicated to Providing Support for Wounded Veterans & their Families	https://www.woundedwarriorproject.org/		<p>Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different.</p> <p>We are here for their first step, and each step that follows. Because we believe that every warrior should have a positive future to look forward to. There's always another goal to achieve, another mission to discover. We are their partner in that mission.</p>
Veterans Crisis Line	Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.	https://www.veteranscrisisline.net/	<p>1-800-273-8255 and Press 1. Para español, oprima 2.</p> <p>1-800-799-4889 (TTY Service for Deaf / Hard of Hearing)</p>	Connects veterans in crisis, their families & friends with qualified, caring VA responders. Available 24 hours, 7 days a week, confidential.

San Diego Military Family Collaborative	San Diego County Support, Resources, And Education For Military Families And Veterans	https://sdmilitaryfamily.org/	858-496-0044	SDMFC envisions a County where all members of San Diego’s military-connected community can easily gain access and navigate critical information, programs, and resources when faced with military life challenges through streamlined services and a network of support.
NAMI Homefront	Mental Health Resources For Military Service Members, Veterans And Their Families	https://www.nami.org/support-education/mental-health-education/NAMI-Homefront		<p>NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.</p> <p>Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans with mental health conditions.</p>

Recursos en español para el condado de Riverside

Organización	Nombre del recurso	Sitio web	Dirección	Teléfono	Descripción e información adicional
Adventures of the Heart & Mind	Página de recursos de atención de emergencia y urgencia	https://adventuresoftheheartandmind.com/emergency-resources	43537 Ridge Park Drive, Temecula, California 92590, United States	(951) 541-1898 *Nota: Actualmente no tenemos ningún miembro del personal o terapeuta que hable español	Una variedad de recursos de atención de urgencia que incluyen líneas de conversación y recursos de aprendizaje para obtener ayuda y asistencia de salud mental ahora. Los temas de recursos incluyen: violencia de pareja íntima, LGBTQI +, abuso infantil, abuso de sustancias, trastornos alimentarios, discapacidades del aprendizaje, crisis de salud mental, suicidio, agresión sexual, ETS y más.
Condado de Riverside	Recursos de salud mental	https://up2riverside.org/es/			La campaña It's Up to Us está diseñada para capacitar a los residentes del condado de Riverside para que hablen abiertamente sobre las enfermedades mentales, reconozcan los síntomas, utilicen los recursos locales y busquen ayuda. Al crear conciencia y brindar acceso a los recursos locales, nuestro objetivo es inspirar bienestar, reducir el estigma y prevenir el suicidio. La recuperación es posible y hay ayuda disponible. Depende de nosotros marcar la diferencia en las vidas de quienes experimentan problemas de salud mental al ofrecerles apoyo y oportunidades.
	Apoyo de compañeros de	https://www.ruhealth.org/es/node/18		Línea de navegación entre pares (888) 768-4968	

				Take My Hand (951) 955-7360	
Atención de salud mental urgente 24 horas al día, 7 días a la semana en el condado de Riverside	https://www.rcdmh.org/Crisis-Resources/County-Mental-Health-Triage-Services	<p>Riverside (para adultos mayores de 18 años) 9890 County Farm Rd. Edif. 2 Riverside, CA 92503 (951) 509-2499</p> <p>Perris (jóvenes y adultos mayores de 13 años) 85 Ramona Expressway Suites 1-3 Perris, CA 9257 (951) 349-4195</p> <p>Palm Springs (jóvenes y adultos mayores de 13 años) 2500 N Palm Canyon Dr. Suite A4 Palm Springs, CA 92262 (442) 268-7000</p>			<p>Si usted o alguien cercano a usted tiene pensamientos, sentimientos o comportamientos preocupantes y le gustaría hablar con alguien hoy, llame o camine a uno de los lugares de atención urgente de salud mental 24/7 de Riverside Counties en cualquier momento. Alguien que haya estado en su situación y sepa cómo ayudar estará allí para recibirlo. Ya sea que se encuentre en una crisis o simplemente necesite alguien con quien hablar, todos los servicios son voluntarios. Se dispone de asesoramiento y enfermería, así como medicamentos psiquiátricos. Todos son bienvenidos independientemente del tipo de seguro o la capacidad de pago.</p> <p>*Todas las ubicaciones están abiertas las 24 horas, los 7 días de la semana. Llame o pase sin cita. No se necesitan citas</p>
Servicios de estabilización de crisis de Telecare Riverside	https://www.telecarecorp.com/riverside-county-csu	47-825 Oasis Street Indio, CA 92201		(760) 863-8455 Se Habla Español	<p>Proporciona evaluación de emergencia psiquiátrica y estabilización de crisis hasta por 24 horas para todas las edades. Los servicios incluyen evaluaciones, intervención en crisis y derivación para hospitalización psiquiátrica. Los servicios de estabilización de crisis de Telecare Riverside operan las 24 horas del día, los 7 días de la semana. Esta instalación también es un proveedor de 5150.</p>

More Helpful Resources

NAMI	<p>Call the NAMI Helpline at: 800-950-NAMI</p> <p>Or in a crisis, text "NAMI" to 741741</p>	<p>NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Provides information on mental health conditions, treatment options, local support groups, services & programs, recovery strategies, and resource referrals. All crisis calls are transferred to a national crisis line.</p>
National Runaway Safeline	<p>24/7 Hotline: 1-800-RUNAWAY (1-800-786-2929)</p>	<p>The mission of the National Runaway Safeline (NRS) is to keep America's runaway, homeless and at-risk youth safe and off the streets. By calling the hotline you can connect with a trusted, compassionate person who will listen and help you create a plan to address your concerns.</p>
California Peer Support Warm Line	<p>855-845-7415</p>	<p>24/7 emotional support available to anyone in California via telephone or instant message. Provides assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.</p>
Crisis Text Line	<p>Text HOME to 741-741</p>	<p>A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text. It's been instrumental in helping millions of people, especially teens.</p>
<p>Panic Disorder Info Hotline</p>	<p>1-800-64-PANIC (1-800-647-2642)</p>	<p>This is available to those in crisis, as well as those who are just seeking more information about the disorder. For many who experience panic attacks, it can be helpful to speak to someone who understands what they're going through during an attack. The compassionate staff at the panic disorder hotline can provide information about what happens during an attack and provide tips to help get through the attack.</p>
Teen Line	<p>1-800-TLC-TEEN (1-800-852-8336) 6pm - 10pm PST Text TEEN to 839863 6pm - 9pm PST</p>	<p>A confidential teen-to-teen helpline that uses trained high school volunteers to help teen callers with any kind of problem. Service available in both the USA and Canada</p>
CA Youth Crisis Line	<p>1-800-843-5200 (Text/Talk/Chat)</p>	<p>Available 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. It has access to more than 5,500 free or low-cost resources for youth and families across CA.</p>

<u>7 Cups of Tea</u>		An online emotional support service that connects those in need to a trained Active Listener by phone or chat. All connections are private and one-on-one.
<u>National Eating Disorders Association Helpline</u>	1-800-931-2237	Trained volunteers provide support, resources, and treatment options.
<u>SAMHSA National Helpline</u>	1-800-662-HELP (1-800-662-4357)	A free, confidential, 24/7, 365 days a year treatment referral and information service in English & Spanish for individuals and families facing mental and/or substance use disorders.
<u>Disaster Distress Helpline</u>	1-800-985-5990 1-800-846-8517 (TTY for Deaf / Hard of Hearing) Text TALKWITHUS or HABLANOS to 66746	A free, confidential, 24/7 helpline and text service that provides crisis counseling and support to people experiencing emotional distress (stress, anxiety, depression-like symptoms) related to natural or human-caused disasters. This service is available to all residents in the U.S. and its territories.
<u>National Sexual Assault Hotline</u>	1-800-656-HOPE (1-800-656-4673)	A free and confidential hotline that's available 24 hours a day, 7 days a week. Connects you with a trained support specialist from a sexual assault service provider in your area that can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.
<u>Therapy for Latinx Community</u>		Committed to making mental health accessible through the use of technology for the Latinx community.
<u>California Black Women's Health Project</u> <u>Sisters Mentally Mobilized</u>	1-310-412-1828	Seek to empower women to become active participants in improving their health status and committed to advocating for policies and practices that promote & improve physical, spiritual, mental and emotional well-being of Black women and girls in California.
The National Alliance For Caregiving' <u>Circle Of Care Guidebook</u>	1-301-718-8444	Designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition.
<u>National Indigenous Women's Resource Center</u>	Office: 406.477.3896 Toll-Free: 855.649.7299	The National Indigenous Women's Resource Center, Inc. (NIWRC) is a Native-led nonprofit organization dedicated to ending violence against Native women and children. The NIWRC provides national leadership in ending gender-based violence in

	StrongHearts Native Helpline 1-844-762-8483	tribal communities by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty. Our staff and board of directors consist of Native women from throughout the United States with extensive experience and commitment to ending violence against Native women and their children.
Man Therapy		Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they sure as heck don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness. Man Therapy is giving men a resource they desperately need. A resource to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many of our men. Man Therapy is designed to help men deal with issues like depression, anxiety, anger and suicidal thoughts.
Copline	1-800-267-5463	CopLine is the first INTERNATIONAL law enforcement officers' hotline that is answered by retired law enforcement officers. Retired law enforcement officers are trained in active listening and bring the knowledge and understanding of the many psychosocial stressors that officers go through both on and off the job. Active/Retired officers and/or their families can call 24 hours a day, 7 days a week and be assured that there is a trained retired officer on the other end of the line whether the caller is calling while on duty or off. The line is strictly confidential, the caller can remain anonymous and there is no fear of punitive repercussions from initiating the call.
Share The Load Fire/EMS Helpline	1-888-731-FIRE (3473) CONFIDENTIAL, 24/7	Being an emergency medical provider brings many challenges. Remember, you are not alone. Talk to someone you love. Talk to a friend or colleague. Or talk to counselors trained and experienced in the firefighter and EMS culture by calling the national Fire/EMS Helpline.