

COUNTY 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

Southern California Resource Guide By County

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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.

Riverside County

Organization	Resource	Website	Address	Phone	Description & Additional Information
<i>Adventures of the Heart & Mind</i>	Emergency & Urgent Care Resources Page	https://adventuresoftheheartandmind.com/emergency-resources	43537 Ridge Park Drive, Temecula, California 92590, United States	(951) 541-1898	A variety of urgent care resources inclusive of talk-lines and learning resources to get mental health help and assistance now. Resource subjects include: intimate partner violence, LGBTQI+, child abuse, substance abuse, eating disorders, learning disabilities, mental health crisis, suicide, sexual assault, STD's and more.
<i>County of Riverside</i>	211 - Community Connect	https://inlandsocaluw.org/211	1835 Chicago Ave., Ste. B, Riverside, CA 92507	211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Riverside County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	Peer Support	https://takemyhand.co	N/A	Peer Navigation Line (888) 768-4968 Take My Hand (951) 955-7360	Sometimes you might have questions about your own thoughts, mood, or behaviors that worry you. Sometimes friends or family tell us that we might need to talk to someone. It can be confusing and even harder when you don't know where to start. The Peer Navigation Line is a phone line where you can talk to a real person who is in their own behavioral health recovery – they have 'been there' and have had the same questions, fears, and judgments. They want to help!
	24/7 Mental Health Urgent Care	https://up2riverside.org/mental-health-urgent-care-centers/	9990 County Farm Rd. Riverside, CA 92503 2500 N Palm Canyon Dr, Suite # A4 Palm Springs, CA 92262	(951) 509-2499 (442) 268-7000	Provides 24 hour/7 days/365 urgent care mental health screening and assessment services and medications to address the needs of those in crisis in a safe, efficient, trauma-informed, and least-restrictive setting.

			85 Ramona Expressway, Suites 1-3 Perris, CA 92571	951-349-4195	
	Telecare Riverside Crisis Stabilization Services	https://www.telecarecorp.com/riverside-county-csu	47-825 Oasis Street Indio, CA 92201	Phone: (760) 863-8600 or (760) 863-8455 Se Habla Español	Provides psychiatric emergency assessment and crisis stabilization for up to 24 hours for all ages. Services include evaluations, crisis intervention and referral for psychiatric hospitalization. Telecare Riverside Crisis Stabilization Services operate 24 hours a day, 7 days a week. This facility is also a 5150 provider.
<i>Center for Discovery</i>	Eating Disorder Treatment	https://centerfordiscovery.com/	27708 Jefferson Ave., Ste 101 Temecula CA 92590	844.229.6889	Center for Discovery Temecula is an outpatient eating disorder treatment center for patients of all genders and all ages. The eating disorder outpatient team is highly trained in eating disorders, including certifications in eating disorder treatment and abundant experience with high acuity patients. Many of the staff members are trained in trauma therapy, including eye movement desensitization and reprocessing (EMDR). This eating disorder treatment facility strongly supports family involvement in the treatment process and holds family nights as a way to involve loved ones to enhance the involvement of the patients. Hours of Operation: Monday - Friday 9am to 5pm
<i>Discovery Mood & Anxiety Program</i>	Mental Health Outpatient Treatment Center	https://discoverymood.com/	27708 Jefferson Ave #103 Temecula, CA 92590	844.590.3908	The Discovery Mood & Anxiety Program in Temecula is designed to create an atmosphere in which we can help patients to manage their emotional struggles in healthy and appropriate ways. We provide a range of treatment situations. This location caters to all genders of all ages, and includes a co-occurring substance use disorder (SUD) track to help those trying to overcome addiction.
<i>Riverside County</i>	Department of Social Services	https://rivcodpss.org/crisis-intervention			Offers links to many Riverside County resources

NAMI of Temecula Valley	Mental Health Resources, Support Groups & More	https://www.namitv.org/	40925 County Center Drive, Suite #200 Temecula, CA 92591	Peer Warm Line: (951) 672-2089 info@namitv.org National NAMI Helpline: (800) 950-6264	NAMI Temecula Valley is a grassroots organization dedicated to the improvement of life for those afflicted with mental illness and their loved ones. It is our belief that people with a brain disease should have the same respect and access to services as those with any physical illness. Our goal is to rid our community of the stigma that creates discrimination. We pursue this goal through public education, compassionate support, and legislative advocacy.
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San Bernardino County					
Organization	Resource	Website	Address	Phone	Description & Additional Information
County of San Bernardino	211 - Community Connect	https://211sb.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Bernardino County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
County of San Bernardino	24/7 Mental Health Urgent Care	https://wp.sbcounty.gov/dbh/crisis-services/walk-in-clinics/crisis-walk-in-clinics-cwic/	HIGH DESERT Valley Star Behavioral Health, Inc. 12240 Hesperia Road Victorville, CA 92395	(760) 245-8837 • 7-1-1 for TTY Users	DBH contracted Crisis Walk In Clinics (CWICs) provide urgent psychiatric behavioral health services to San Bernardino County residents experiencing a psychiatric crisis. CWIC staff are multidisciplinary including Psychiatrists, Clinical Therapists, Peers, and Nursing staff available to provide crisis intervention, crisis stabilization, and medical evaluation services. Open 24 hours a day, 7 days a week
	24/7 Mental Health Urgent Care		MORONGO BASIN Valley Star Behavioral Health, Inc.	(855) 365-6558	

			7293 Dumosa Ave., Suite 2 Yucca Valley, CA 92284		
	Crisis Stabilization Unit Ages 13+	https://wp.sbcounty.gov/dbh/crisis-services/walk-in-clinics/crisis-stabilization-unit-csu-ages-13/	EAST VALLEY Windsor Center 1481 N. Windsor Drive San Bernardino, CA	Ph:(909) 361-6470 7-1-1 for TTY Users	The Crisis Stabilization Units (CSUs) are unlocked, voluntary, 23-hour psychiatric urgent care centers that offer a positive, safe, quiet and calm home-like environment to individuals aged 13 and older experiencing a mental health crisis in San Bernardino County. CSUs provide crisis intervention, crisis stabilization, medical evaluation, and peer support. Referrals and linkage are provided upon discharge.
			WEST VALLEY Merrill Center 14677 Merrill Ave Fontana, CA	Ph:(951) 643-2340 7-1-1 for TTY Users	
County of San Bernardino	Acute Psychiatric Inpatient Hospital Providers	https://wp.sbcounty.gov/dbh/mental-health-services/general/acute-psychiatric-inpatient-hospital-providers/	Canyon Ridge Hospital 5353 "G" Street Chino, CA 91710	(909) 590-3700 Fax (909) 590-4021	Acute psychiatric inpatient hospitalization is a higher level of care for those experiencing acute psychiatric distress and who are of possible danger to themselves or others.
			Arrowhead Regional Medical Center Behavioral Health Services 400 N. Pepper Avenue Colton, CA 92324	(909) 580-1800	
			Loma Linda University Behavioral Medicine Center (LLBMC) 1710 Barton Rd. Redlands, CA 92373	(909) 558-9200 Fax (909) 558-9269	

			Redlands Community Hospital Behavioral Medicine Programs 350 Terracina Boulevard Redlands, CA 92373	(909) 335-5500 Fax (909) 335-5650	
County of San Bernardino	Acute Psychiatric Inpatient Hospital Providers		Dignity Health Community Hospital of San Bernardino BHS 1805 Medical Center Dr. San Bernardino, CA 92411	(909) 887-6333	
	24/7 Crisis Residential Treatment: Ages 18-59	https://wp.sbcounty.gov/dbh/crisis-services/residential-services/crisis-residential-treatment-crt-ages-18-59/	Casa Paseo Center 720 E. Gilbert St. San Bernardino, CA 92415	Ph: 909-332-6000 7-1-1 for TTY users Fax: 909-494-7799	The Crisis Residential Treatment Facilities (CRTs) are unlocked, voluntary, 16-bed facilities providing services to San Bernardino County residents who are experiencing an acute psychiatric episode or crisis and are in need of short-term (less than 90 days) crisis residential treatment. CRTs provide a home-like setting designed to offer short-term, recovery based treatment options, such as crisis intervention and stabilization, medication evaluation, individual, group and family therapy, case management services, and coping and symptom management skills.
			Wellspring Center 15217 San Bernardino Ave. Fontana, CA 92335	Ph: 951-643-2150 7-1-1 for TTY users Fax: 951-543-9644	
			Desert Hill Center Crisis Residential 16552 Sunhill Dr. Victorville, CA 92395	Ph: 760-780-4400 7-1-1 for TTY users Fax: 909-262-3976	
			Morongo Oasis Center 60805 29 Palms Hwy Joshua Tree, CA 92252	Ph: 760-974-5990 7-1-1 for TTY users Fax: 760-262-3937	
County of San Bernardino	Therapeutic Alliance Program (TAP)	https://wp.sbcounty.gov/dbh/mental-health-services/adults/residential/	850 E. Foothill Blvd. Rialto, CA 92376	Ph: (909) 421-9425 Fax: (909) 421-9392	The Therapeutic Alliance Program recognizes the frequency of co-occurring disorders (mental illness and substance abuse) in the population of consumers and has established a 30-bed, 90-day residential treatment program at a contract agency, to address the unique needs of that population.

	Rape/Sexual Assault Crisis Counseling		San Bernardino Sexual Assault Services, Inc. 444 N. Arrowhead Ave. Suite 101 San Bernardino, CA 92401	Ph: (909) 885-8884 Fax: (909) 383-8478 Hotline: 24-hours (800) 656-4673	
	Native American Resource Center		Riverside-San Bernardino County Indian Health, Inc. 11980 Mt. Vernon Ave. Grand Terrace, CA 92313	Ph: (909) 864-1097 ext. 4795	The Native American Resource Center functions as a one-stop center for American Indian and Alaskan Native children, youth and families. The Center offers behavioral health prevention and early intervention resources, services and programs. The Center provides culturally-based services, including outreach and education, family support, parenting, youth empowerment, healthy choice prevention activities, talking circles, drumming circles, workforce development and education assistance utilizing strength-based traditional Native American programs.
Non-County Resources	California Peer Support Warm Line	https://www.mentalhealthsf.org/peer-support/		855-845-7415	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.
	NAMI San Bernardino	https://www.namib.org/		(909) 654-4134 info@email.com NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.

Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.
Discovery Mood & Anxiety Program	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout California	844.569.2919	<p>Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find:</p> <ul style="list-style-type: none"> -Evidence-based and holistic treatment programs -Access to residential, partial hospitalization & intensive outpatient levels of care -School support program for adolescents -Comprehensive family support

San Diego County

Organization	Resource	Website	Address	Phone	Description & Additional Information
San Diego County	211 - Community Connect	https://211sandiego.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Diego & Imperial County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	San Diego County Access and Crisis Line	San Diego County Behavioral Health Services Website		1-888-724-7240	Confidential and free of charge, the San Diego Access & Crisis Line (ACL) offers immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on all behavioral health topics including: suicide prevention, crisis intervention, community resources, mental health referrals, alcohol and drug support services and more. Language interpreter services enable the ACL to assist in 150 languages within seconds.
San Diego County	San Diego County Psychiatric Hospital	San Diego County Psychiatric Hospital Webpage	3853 Rosecrans Street San Diego, CA 92110	619-692-8200	The San Diego County Psychiatric Hospital provides emergency psychiatric evaluation services, crisis stabilization services, and acute psychiatric inpatient care for adults and older adults. Assessment, stabilization, and treatment of adults who are experiencing an acute psychiatric crisis. Services include triage, medical evaluations, level of care disposition planning, treatment, and discharge planning for continuity of care.
San Diego County	Walk-In Crisis Clinics: <i>North Coastal</i>		Exodus Recovery North County Walk-in Assessment Center 524 W Vista Way Vista, CA 92083	(760) 758-1150	All North Coastal Zip Codes Mon-Fri 9:00am-4:30pm
			MHS, Inc. Vista Wellness Recovery Center 550 W Vista Way Vista, CA 92083	(760) 758-1092	Zip Codes: 92068, 92083, 92069, 92084, 92078, 92091, 92081, 92672 Mon-Fri 8:30am-4:00pm

			MHS, Inc. North Coastal Mental Health Center 3609 Ocean Ranch Blvd, Oceanside, CA 92056	(760) 712-3535	Zip Codes: 92007, 92014, 92056, 92008, 92018, 92057, 92009, 92023, 92058, 92010, 92024, 92067, 92011, 92054, 92075, 92013, 92055, 92091 Mon-Fri 9:00am-4:00pm
San Diego County	Walk-In Crisis Clinics: <i>North Inland</i>		Exodus Recovery North County Walk-in Assessment Center 1520 S Escondido Blvd Escondido, CA 92025	(760) 871-2020	All North Inland Zip Codes Mon-Fri 8:00am-4:00pm
			MHS, Inc. North Inland Mental Health Clinic 125 W Mission Ave Suite 103 Escondido, CA 92025	(760) 747-3424	Zip Codes: 92061, 92029, 92064, 92025, 92026, 92066, 92069, 92027, 92060, 92070, 92390 Mon-Fri 8:30am-4:00pm
			MHS, Inc. Kinesis North WRC 474 W Vermont Ave Suite 101 Escondido, CA 92025	(760) 480-2255	Zip Codes: 92003, 92065, 92128, 92004, 92082, 92129, 92028, 92086, 92259, 92036, 92096, 92536, 92059, 92127, 92592 Mon-Fri 8:30am-4:00pm
San Diego County	Walk-In Crisis Clinics: <i>Central</i>		CRF Jane Westin Walk-in Center 1045 Ninth Ave San Diego, CA 92101	(619) 235-2600	Zip Codes: 92101, 92102, 92104, 92132 Mon-Fri: 8:00am-06:00pm
			UPAC Community Wellness Clinic 5348 University Ave. Suite 108 San Diego, CA 92115	(619) 255-7550	Zip Codes: 92103, 92105, 92115 Mon-Fri: 8:30am-12:30pm

San Diego County	Walk-In Crisis Clinics: <i>Central</i>		NHA Project Enable 286 Euclid Ave, Ste 102 San Diego, CA 92114	(619) 266-2111	Zip Codes: 92112, 92114, 92139 Mon-Fri 10:00am-2:00pm
			Southeast Mental Health Center 3177 Ocean View Blvd San Diego, CA 92113	(619) 595-4400	Zip Code: 92113 Mon, Tues, Thurs, Fri 8:30am-12:00pm/1:00pm-3:30pm Wed 8:30am-11:30am
			Alianza Wellness Center 5555 Reservoir Dr. Suite 204A San Diego, CA 92120	(619) 822-1800	Zip Codes: 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92120, 92136, 92139 Mon-Fri 8:30am-5:00pm
	Walk-In Crisis Clinics: <i>North Central</i>		North Central Mental Health Center 1250 Morena Blvd San Diego, CA 92110	(619) 692-8750	Zip Codes: 92037, 92110, 92038, 92111, 92093, 92116, 92106, 92117, 92107, 92119, 92108, 92120, 92109, 92121 Mon-Fri 8:30am—3:30pm
			CRF Douglas Young BPSR Center 10717 Camino Ruiz #207 San Diego, CA 92126	(858) 695-2211	Zip Codes: 92122, 92131, 92123, 92140, 92124, 92145, 92126, 92161, 92130 Mon-Wed, Fri 9:00am-11:00am Thurs Noon-2:00pm
	San Diego County	Walk-In Crisis Clinics: <i>South</i>		CRF South Bay Guidance Wellness Recovery Center 1196 3rd Ave, Chula Vista, CA 91911	(619) 427-4661
			CRF Maria Sardinias Wellness Recovery Center 1465 30th St San Diego, CA 92154	(619) 428-1000	Zip Codes: 91932, 91933, 92143, 92153, 92154, 92173 Tues & Thurs 9:00am—3:00pm

	Walk-In Crisis Clinics: <i>East</i>		East County Mental Health Center 1000 Broadway, Ste. 210 El Cajon, CA 92021	(619) 401-5500	Zip Codes: 91901, 91935, 91977, 91905, 91941, 91978, 91906, 91942, 91980, 91916, 91945, 92021, 91917, 91948, 92040, 91931, 91962, 92071, 91934, 91963 Mon, Tues, Thurs & Fri 9:00am-Noon Mon-Fri 1:00pm-4:00pm
			CRF Heartland Wellness Recovery Center 460 N. Magnolia Ave. Suite 110 El Cajon, CA 92020	(619) 440-5133	Zip Codes: 92019, 92020, 92022 Mon 9:00am-11:00am Tues & Thurs 9:00am-4:00pm Wed & Fri 9:00am-Noon
San Diego County	Substance Use Disorder Treatment Services	Directory of Substance Use Disorder Programs for Adults		SAN DIEGO ACCESS & CRISIS LINE 1-888-724-7240 TDD/TTY Dial 711 Free assistance 24/7	

Non-County Resources	NAMI San Diego	https://namisandieg.o.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
	California Peer Support Warm Line	https://www.mentalhealthsf.org/peer-support/		855-845-7415	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.

Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/locations/la-jolla/	3013 Woodford Drive La Jolla, CA 92037	866.949.1326	Center for Discovery La Jolla is a high level of care eating disorder treatment center that provides residential treatment and partial hospitalization to young female and non-binary (regardless of sex assigned at birth) patients ages 16-26 who have been diagnosed with an eating disorder. Hours: 24/7
		https://centerfordiscovery.com/locations/san-diego/	5414 Oberlin Dr., Suite 100A San Diego, CA 92121	866.949.1326	Center for Discovery San Diego is an eating disorder outpatient treatment center that serves all genders ages 10-18. Staff members at this facility are grounded in body image and personal identity work. Members of the treatment team have unique experience in all levels of care, aiding the support for patients in getting them into the appropriate level of care. Hours: M-F 9:00am to 5:00pm
		https://centerfordiscovery.com/locations/del-mar/	4421 Carmel Valley Road San Diego, CA 92130	866.949.1326	Center for Discovery Del Mar is a higher level of care eating disorder treatment center located in San Diego, California that treats adult female and non-binary (regardless of sex assigned at birth) patients in the Southern California area, including greater San Diego as well as south Orange County. Hours 24/7
Discovery Mood & Anxiety Program	Mental Health Outpatient Treatment	https://discoverymood.com/locations/san-diego/	5414 Oberlin Drive Suite 100 San Diego, CA 92121	855.495.8138	Our San Diego facility provides a day-treatment program that offers partial hospitalization and intensive outpatient levels of care for adolescents between the ages of 11 and 17. We focus on assisting clients in gaining insight into their individual mental health challenges as well as supporting them and their families in developing new and healthy patterns of thinking and living in their home, educational, and social settings.
		https://discoverymood.com/locations/vista/	2428 Catalina Avenue Vista, CA 92084	855.495.8138	Discovery Mood & Anxiety Program at Vista is a six-bed residential treatment program for female identifying and non-binary (regardless of sex assigned at birth) adolescents ages 11-17 who are struggling with their mental health. Our program is focused on the stabilization, growth and independence of these teenagers as they find their voice, resilience and strength in their recovery process. Through their time here working with our treatment team, our goal is for the patients to be able to reintegrate back into home life with healthier, more balanced skills so they can succeed back at home and at school.

Imperial County

Organization	Resource	Website	Address	Phone	Description & Additional Information
<i>Imperial County</i>	211 - Community Connect	https://211sandiego.org/regional-services/imperial-county/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Diego & Imperial County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	Mental Health Services Act Transitional Engagement & Supportive Services (TESS) Program		1699 W. Main Street, Suite A El Centro, CA 92243	(442) 265-7200	The Mental Health Services Act Transitional Engagement and Supportive Services (TESS) program provides outreach and engagement activities to individuals who have recently experienced a personal crisis in their life requiring involuntary or voluntary mental health crisis intervention services. TESS creates a supportive services network that includes assisting the client in obtaining food, clothing, shelter, benefits assistance, assistance with public transportation, establishing contact with family, friends, significant others, and linkage to health care and other community resources.
<i>Imperial County</i>	Mental Health Triage Unit		202 N. 8th Street, 1st Floor El Centro, CA 92243	Ph:(442) 265-1526 Fax:(442) 265-1544	The Mental Health Triage Unit provides immediate therapeutic response to individuals exhibiting psychiatric symptoms on a voluntary and involuntary basis pursuant to W&I Code 5150 during regular working hours (8a.m. to 5p.m.). Individuals requesting services, during regular work hours, will be screened for urgency of need and referred to the Mental Health Triage Unit if required. After working hours and weekends, individuals can only receive mental health services on an involuntary basis by law enforcement referral (5150 involuntary application).

Imperial County	Adult Mental Health Programs	https://bhs.imperialcounty.org/adult-services/	Calexico MHSA FSP 1501 N. Imperial Avenue Calexico, CA 92231	(442) 265-6340	Adult and Older Adult Services Full Service Partnership Program – The Adult and Older Adult Services Full Service Partnership (Adult-FSP) Program provides services and supports to severely mental ill adults and older adults, ages 26 and older. Services available to Adult-FSP Program clients include case management; rehabilitative services; “wrap-like” services; integrated community mental health services; substance use disorder services; crisis response; and peer support. The Adult-FSP Program provides linkage to the following: emergency shelter; permanent housing; emergency clothing; food assistance; SSI/SSA benefits application and/or rehabilitation referral; referrals to general physician and/or dentist; driver’s license/ID application; and/or immigration paperwork. Delivery of needed supports and services are provided in the home for older adults who are homebound, do not have transportation, or are unable to access public transportation.
	Adult Mental Health Programs		El Centro MHSA FSP 2695 S. 4th Street, Ste. D El Centro, CA 92243	(442) 265-7600	
			Brawley MHSA FSP 229 Main Street Brawley, CA 92227	(442) 265-5110	
			San Pasqual – Family Resource Center 676 Baseline Rd. Building 306 Winterhaven, CA 92283	(442) 265-7291	
Imperial County	Adult Anxiety & Depression Clinics		El Centro Anxiety and Depression 313 Waterman Avenue El Centro, CA 92243	(442) 265-7300	Adult and Older Adult Services Anxiety and Depression Clinics – Anxiety and Depression, clients are provided with specialized therapy models that address Depression, Anxiety and Post Traumatic Stress symptoms. They are also provided with supportive services through mental health services to help support their progress with treatment to help ameliorate impairments.

Imperial County	Adult Anxiety & Depression Clinics		Calexico Anxiety and Depression 1501 W. Imperial Avenue Calexico, CA 92231	(442) 265-6340	
			Brawley Anxiety and Depression 220 Main Street, 2nd Floor Brawley, CA 92227	(442) 265-5060	
	Wellness Centers		MHSA El Centro Wellness Center 2695 S. 4th Street, Suite C El Centro, CA 92243	(442) 265-7627	The Wellness Center is a network of consumers whose mission is to implement a wellness program of supportive resource services for adults with a significant and persistent mental health diagnosis. Wellness Centers provide services that focus on social skills, recovery skills, encouragement, wellness, positive self-esteem, and community involvement. The Wellness Center has partnered with outside agencies to offer consumers educational classes and pre-employment, job readiness, and employment training, as well as assist them in obtaining a high school diploma or GED. Consumers also have access to computers and the internet to aid them in completing school assignments (i.e. research homework, and projects). The Wellness Center staff includes a music instructor who provides group and individual voice and instrumental music instruction. Consumers are also offered the opportunity to attend classes on English as a second language, arts and crafts, photography, self-esteem, life skills, cooking, embroidery/sewing, and computers
			MHSA Brawley Wellness Center 205 Main Street Brawley, CA 92227	(442) 265-5043	

	NAMI San Diego	https://namisandiego.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
<i>Discovery Mood & Anxiety Program</i>	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout California	844.569.2919	Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find: –Evidence-based and holistic treatment programs –Access to residential, partial hospitalization & intensive outpatient levels of care –School support program for adolescents –Comprehensive family support
<i>Center for Discovery</i>	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.

Los Angeles County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Los Angeles County	211 - Community Connect	https://www.211la.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout San Diego & Imperial County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	LA County Access Center 24/7 Helpline	https://dmh.lacounty.gov/		800-854-7771	For mental health service information or referrals in the Los Angeles County area. Mental health screening and assessment Referral to a service provider Crisis counseling Mobilizing field response teams Linkages to other services and resources
Los Angeles County	Crisis Text Line	https://www.crisistextline.org/		Text LA to 741741	Connect with a trained crisis counselor to receive free crisis support via text message
	Substance Abuse Service Helpline	http://publichealth.lacounty.gov/sapc/		844-804-7500	Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.
	iPrevail Online 24/7 mental health support and coaching for LA County	https://lacounty.iprevail.com/		(442) 265-7600	We brought traditional models of talk therapy to your phone, tablet, and computer. Choose the one best for you, or we can help you mix and match to make something that fits. Live coaching, education, and support from trained peer specialists.

	Didi Hirsch	https://didihirsch.org/services/mental-health/	Multiple locations throughout LA County	Centralized Intake: 888-807-7250	Didi Hirsch provides outpatient treatment and psychiatric medication management to adults with mental illness. Adults can receive individual and group counseling as well as employment help in our program. We connect clients to community resources for housing, medical help, insurance benefits and in-home support services. Dedicated to serving communities where stigma or poverty limits access, Didi Hirsch helps more than 150,000 children and adults from 10 locations and 100 schools throughout Los Angeles and Orange counties each year. Our Suicide Prevention Center is the nation's first and an international leader in training, research and crisis services.
Los Angeles County	Mental Health Urgent Care Clinics LA County	https://dmh.lacounty.gov/our-services/countywide-services/ucc/	SERVICE AREA 2 SAN FERNANDO VALLEY OLIVE VIEW URGENT COMMUNITY CARE SERVICES 14659 Olive View Dr., Sylmar, CA 91342 M-F: 8am to 7pm Sat: 9am to 5:30pm Closed Sunday	Ph:(818) 485-0888	Provide intensive crisis services to individuals who otherwise would be brought to emergency rooms; Provide up to 23 hours of immediate care and linkage to community-based solutions; Provide crisis intervention services, including integrated services for co-occurring substance abuse disorders; Are geographically located throughout the County; Focus on recovery and linkage to ongoing community services and supports that are designed to impact unnecessary and lengthy involuntary inpatient treatment.
		https://www.exodusrecovery.com/l-a-eastside-ucc/	SERVICE AREA 4 DOWNTOWN (EASTSIDE) EXODUS URGENT CARE CENTER 1920 Marengo St. Los Angeles, CA 90033 24/7	Ph:(323) 276-6400 Fax:(323) 276-6498	

Los Angeles County	Mental Health Urgent Care Clinics LA County	https://www.exodusrecovery.com/urgent-care-center-ucc-westside/	SERVICE AREA 5 WEST L.A. (WESTSIDE) EXODUS URGENT CARE CENTER 11444 W. Washington Blvd. STE D Los Angeles, CA 90066 24/7	Ph: (310) 253-9494 Fax: (310) 253-9495	
		http://www.telecarecorp.com/mental-health-urgent-care-center/?rq=urgent%20care	SERVICE AREA 8 SOUTH LA CASA MENTAL HEALTH URGENT CARE CENTER 6060 Paramount Blvd. Long Beach, CA 90805 8am-7pm	Ph: (562) 630-8672 Fax: (562) 529-2463	
	STARS Behavioral Health Urgent Care Center	https://www.starsinc.com/bhucc-cityofindustry/	18501 Gale Avenue, Suite 100 City of Industry, CA 91748	(626) 626-4997	The new 9,000 square foot facility will serve people in the San Gabriel Valley who are experiencing a mental health crisis. The BHUCC is open 24 hours a day, seven days per week. Walk-ins welcome (call ahead for additional information and estimated wait times) All insurance plans accepted (individuals without insurance are also able to receive services).
Los Angeles County	STARS Behavioral Health Urgent Care Center		3210 Long Beach Boulevard Long Beach, CA 90807	Ph: (562) 548-6565 Fax (562) 685-0426	The Behavioral Health Urgent Care Center (BHUCC, pronounced "Buck") is a place where people experiencing a mental health crisis can go to be stabilized. It can be compared to an Urgent Care Center where people often go for a medical emergency instead of going to the hospital ER. The BHUCC is open 24 hours a day, seven days per week. Walk-ins welcome (call ahead for additional information and estimated wait times) All insurance plans accepted (individuals without insurance are also able to receive services. Contact us for more information.)

Psychiatric Inpatient Services	Kedren Acute Psychiatric Hospital	http://kedren.org/	4211 S. Avalon Blvd. Los Angeles, CA 90011	1-323-233-0425	
	Augustus F. Hawkins Mental Health Center (Adult & Adolescent)		1720 E. 120th St. Los Angeles, CA 90059	1-310-668-8151	
	LAC+USC Medical Center		1200 N. State St. Los Angeles, CA 90033	1-323-409-2800	
Psychiatric Inpatient Services	Harbor-UCLA Medical Center	http://www.harbor-ucla.org/	1000 W. Carson St. Torrance, CA 90509 1-310-222-2345	1-310-222-2345	
	Exodus Recovery, Inc.	https://www.exodusrecovery.com/	9808 Venice Blvd., 3rd Floor Culver City, CA 90232	1-310-237-0454	
	Southern California Hospital at Culver City		3828 Delmas Terrance Culver City, CA 90231	1-310-836-7001	
	Resnick Neuropsychiatric Hospital - UCLA	https://www.uclahealth.org/resnick	150 Medical Plaza Los Angeles, CA 90095	1-310-825-0511	
	V.A. Greater Los Angeles Health Care System	https://www.losangeles.va.gov/	11301 Wilshire Blvd. Los Angeles, CA 90073	1-310-478-3711	

Non-County Resources	NAMI Los Angeles	https://www.namiurbanla.org/		NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET. Or Text NAMI TO: 741741	NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raise awareness and build a community of hope for all those in need.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout L.A. County	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.
Discovery Mood & Anxiety Program	Mental Health Treatment Facility	https://discoverymood.com/	Various Locations Throughout L.A. County	844.569.2919	Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find: –Evidence-based and holistic treatment programs –Access to residential, partial hospitalization & intensive outpatient levels of care –School support program for adolescents –Comprehensive family support

Orange County

Organization	Resource	Website	Address	Phone	Description & Additional Information
Orange County	211 - Community Connect	https://www.211oc.org/		211	Community Connect assists thousands of men, women and children each month through the vast array of services available throughout Orange County. Call 2-1-1 today to be connected with a call specialist, 24 hours a day, 7 days a week that can help you get the resources like housing assistance, utility assistance, transportation, veteran services, community service, professional development and more.
	OC Links Behavioral Health Line	https://www.ocaliforniahealthinfo.com/about-hca/behavioral-health-services/bh-services/navigation-training/oc-links		(855) 625-4657 TDD Number: 714-834-2332	OC Links provides information and linkage to any of the Health Care Agency's Behavioral Health Services, including crisis services, via telephone and chat. Callers can be potential participants, family members, friends, law enforcement and other first responders, providers or anyone seeking behavioral health resources and support. Trained Navigators provide information, referral, and linkage directly to programs in the behavioral health continuum of care from prevention through crisis identification and response. If you would like to learn more about services available through Behavioral Health Services, OC Links is available 24 hours a day, 7 days a week.
Orange County	NAMI Peer Connector	https://www.namioic.org/peer-connector		714-544-8488	The Peer Connector program matches a person with a trained mentor, with lived experience, that can either be a family member or individual for 12 weeks of one-on-one connection. Day-to day situations drive weekly discussions with mentors. The Peer Connector program is designed to provide participants with individualized support, education, and skill-building knowledge that helps participants strengthen relationships with their families, increase cooperation, and understand how to navigate the community-based services.
	Crisis Assessment Team (CAT)			(866) 830-6011	For assessment & evaluation of individuals experiencing psychiatric emergencies, including threats to harm self, others, or gravely disabled.

	Crisis Stabilization Unit	https://www.ochealthinfo.com/csu	1030 W. Warner Santa Ana, CA 92707	Ph: (714) 834-6900 Fax: (714) 850-1066 24/7	Staff with the Crisis Stabilization Unit (CSU) provide emergency psychiatric and crisis stabilization services that include intervention, medication administration, consultation with significant others and outpatient providers, as well as linkage and/or referral to follow-up care and community resources. The team also offers psychiatric consultation over the phone to hospital emergency room staff and other County-operated and contracted program staff by request. The primary goal of the CSU is to refer clients to the most appropriate, non-hospital setting when indicated or to facilitate admission to psychiatric inpatient units when the need for this level of care is present. Serving Orange County residents ages 18 and older who are Medi-Cal beneficiaries.
	Community Counseling & Supportive Services (CCSS)	https://www.ochealthinfo.com/about-hca/behavioral-health-services/bh-services/prevention-intervention-services/early-4	4000 W. Metropolitan Dr. Suite 405 Orange CA 92868 8am - 8pm Monday - Thursday 8am - 5pm Friday	Ph: (714) 645-8000 Fax: (714) 954-2985	Community Counseling & Supportive Services (CCSS) is a short-term counseling program for Orange County residents of all age groups, who have or are at risk of developing a mild to moderate behavioral health condition. The program specializes in providing services to diverse communities including Lesbian, Gay, Bisexual, Transgender, Intersex, and/or Questioning (LGBTIQ+), deaf and hard of hearing and underserved ethnic communities.
Orange County	Outpatient Clinics		2035 E. Ball Road Suite 200 Anaheim 92806 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 517-6300 Dual Diagnosis services available	North Region (Serving: Anaheim, Atwood, Brea, Buena Park, Fullerton, Garden Grove, La Habra, La Palma, Placentia and Yorba Linda)
			5 Mareblu Aliso Viejo, CA 92656 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(949) 643-6901 Dual Diagnosis services available	South Region (Serving: Aliso Viejo, Balboa, Capistrano Beach, Corona del Mar, Dana Point, Laguna Beach, Laguna Hills, Laguna Niguel, Lake Forest, Mission Viejo, Newport Beach, Rancho Santa Margarita, San Clemente, San Juan Capistrano)

			1200 N. Main St., Ste 200 Santa Ana, 92701 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 480-6767 TDD (714) 480-6750 Dual Diagnosis services available	East Region (Serving: Costa Mesa, El Modena, Irvine, Lemon Heights, Newport Beach, Orange, Santa Ana, Tustin and Villa Park)
Orange County	Outpatient Clinics		14140 Beach Blvd. Suite 223 Westminster, 92683 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 896-7566 Perinatal services and Dual Diagnosis services available	West Region (Serving: Cypress, Fountain Valley, Huntington Beach, Los Alamitos, Midway City, Seal Beach, Stanton, Sunset Beach and Westminster)
	Outpatient Clinic: Pacific Asian Services		1200 N. Main Street, Suite 200 Santa Ana, 92701 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 480-6767	
			14140 Beach Blvd. Suite 223 Westminster, 92683 Hours: Mon-Thurs 8am-6pm Friday 8am - 5pm	(714) 896-7566	
Orange County	Outpatient Clinic: Hearing Impaired Services		1200 N. Main Street Suite 200 Santa Ana, 92701 Hours: Mon - Sat 8am - 5pm	(714) 480-6767 TDD (714) 480-6750	Services also provided at client's home or local community mental health clinic. Call (714) 972-3700 for more information. TDD (714) 850-8461

Non-County Resources	NAMI Orange County	https://www.namio.org/		<p>NAMI HelpLine: 800-950-NAMI (6264) M-F, 10 am–6 pm, ET.</p> <p>Or Text NAMI TO: 741741</p> <p>County Contracted Warm line/Text Line: 714-991-6412</p> <p>Mon-Fri 9am to 3am Sat/Sun 10am to 3am</p>	<p>NAMI, "National Alliance on Mental Illness", is the nation's largest "volunteer based" grassroots mental health organization, dedicated to bettering the lives of many who are affected by mental illness.</p> <p>Warmline Network Services is telephone-based, non-crisis support for anyone struggling with mental health and substance abuse issues. The staff providing the services has been through a similar journey, either as a mental health or substance abuse services consumer, or as a family member of an individual receiving these services.</p>
	California Peer Support Warm Line	https://www.mentalhealthsf.org/peer-support/		855-845-7415	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.
Center for Discovery	Eating Disorder Treatment	https://centerfordiscovery.com/	Various Locations Throughout California	866.949.1326	At Center for Discovery, we're passionate about providing compassionate care that utilizes the very best evidence-based treatment options. For more than two decades we've helped thousands of patients discover their path to the full and rewarding lives they deserve. With us, you'll have a team of experts who will design a treatment plan that's just as unique as you are. You'll learn about what's underlying your eating disorder. You'll practice new coping skills, including how to forge a healthier relationship with food through hands-on meal preparation. You'll join us at one of our intimate estate-style homes or small outpatient centers that promote healing and personalized attention. And when you're ready to return home, you'll continue to receive recovery support for life through our Aftercare Program.

<p>Discovery Mood & Anxiety Program</p>	<p>Mental Health Treatment Facility</p>	<p>https://discoverymod.com/</p>	<p>Various Locations Throughout California</p>	<p>844.569.2919</p>	<p>Since 1997, Discovery Mood & Anxiety Program has helped thousands of teens and adults whose lives and families have been disrupted by anxiety, depression and other mood disorders. At Discovery, we believe you are more than your diagnosis and deserve access to the right treatment. Through our ESTEEM System™, you'll receive care that is multidimensional. Here are some highlights of what you'll find:</p> <ul style="list-style-type: none"> -Evidence-based and holistic treatment programs -Access to residential, partial hospitalization & intensive outpatient levels of care -School support program for adolescents -Comprehensive family support
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