

Mental Health Resources

Upland Unified School District recognizes that our students experience mental health issues and seeks to promote their emotional, psychological, and social well-being.

UUSD Crisis Line 909-921-7472

HOW TO GET SUPPORT AND ACCESS SERVICES

- Discuss your concerns with your child's school counselor, psychologist, nurse, or administrator.
- Contact the UUSD Counseling Center 909-949-6526 or 909-949-1070
 - [UUSD Counseling Center \(brochure\)](#)
 - [UUSD Counseling Center - Español \(brochure\)](#)
- Care Solace- a tool for finding mental health and substance abuse help
www.caresolace.com/uplandfamilies

CRISIS COUNSELING SERVICES

San Bernardino County Community Crisis Response Team (CCRT)
909-458-1517 909-535-1316 (afterhours)

San Bernardino County Mental Health Services- Crisis Walk-In Clinic (M-F 8am-10pm/ Sat 8-5pm) (All ages)
850 E. Foothill Blvd, Rialto, CA
909-421-9495

San Bernardino County Merrill Center- 24hr Crisis Stabilization Unit (13 years and older)
14677 Merrill Ave, Fontana, CA
951-643-2340

Canyon Ridge Hospital (13 years and older)
5353 G Street, Chino, CA
909-590-3700

Crisis Text Line 24/7 crisis support
Text HOME to 741741

Loma Linda University Behavioral Medicine Center (All ages)
1710 Barton Road, Redlands, CA
909-558-9344

National Suicide Prevention Lifeline
800-273-8255 800-273-TALK
Project Sister Family Services
909-626-HELP (4357) 24 Hour Rape Crisis Hotline
909-623-1619 or 626-915-2535 Counseling services for sexual assault and child abuse survivors

San Bernardino County Children & Family Services
Child Abuse Hotline
1-800-827-8724

San Bernardino Sexual Assault Services
800-656-4673 (National Toll Free Number) 909-885-8884 (Inland Empire) **Both numbers 24hr hotlines**

TEEN Line A hotline staffed by teens, offers active listening, crisis intervention, and resources.
1-800-TLC-TEEN (852-8336)

Trevor Life Line A national 24-hour confidential suicide hotline for LGBTQ youth
866-488-7386

COMMUNITY COUNSELING SERVICES

Mental Health Systems-One Stop TAY Center
316 East E St., Ontario, CA
909-983-4466

Samaritan Counseling Center
1126 W. Foothill Blvd., Upland, CA
909-985-0513

South Coast Community Services
1-877-527-7227

University of Phoenix
3110 E. Guasti Road, Ontario, CA
909-472-3798

West End Family Counseling Services
855 N. Euclid Ave., Ontario, CA
909-983-2020

ALCOHOL & DRUG REFERRALS

Dept. Behavioral Health, Substance Use Disorder and Recovery Services
Screening, Assessment & Referral Center (SARC)
2940 Inland Empire Blvd., Ontario, CA
909-458-1376

Substance Abuse and Mental Health Services Administration SAMHSA
National Helpline 1-800-662-HELP (4357)

Recursos de Salud Mental

El Distrito Escolar Unificado de Upland reconoce que nuestros estudiantes tienen problemas de salud mental y busca promover su bienestar emocional, psicológico y social.

UUSD Línea De Crisis 909-921-7472

COMO OBTENER SERVICIOS DE APOYO Y ACCESO

- Care Solace- una herramienta para la ayuda de salud mental y abuso de sustancias
www.caresolace.com/uplandfamilies
- Comuníquese con el Counseling Center 909-949-6526 o 909-949-1070
 - o UUSD Counseling Center (brochure)
 - o UUSD Counseling Center - Español (brochure)
- Discuta sus preocupaciones con el consejero escolar, psicólogo, enfermera o administrador de la escuela de su hijo.

SERVICIOS DE CONSEJERIA DE CRISIS

San Bernardino County Community Crisis Response Team (CCRT)
909-458-1517 909-535-1316 (fuera de horas)

Crisis Text Line apoyo de crisis 24/7
Text HOME to 741741

TEEN Line A hotline staffed by teens, offers active listening, crisis intervention, and resources.
1-800-TLC-TEEN (852-8336)

Trevor Life Line Una línea directa confidencial de suicidio de 24 horas para jóvenes LGBTQ
866-488-7386

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14677 Merrill Ave, Fontana, CA
951-643-2340

Canyon Ridge Hospital (13 años y mayor)
5353 G Street, Chino, CA
909-590-3700

Loma Linda University Behavioral Medicine Center (todas las edades)
1710 Barton Road, Redlands, CA
909-558-9344

National Suicide Prevention Lifeline
800-273-8255 800-273-TALK

Project Sister Family Services

909-626-HELP (4357) 24 Hour Rape Crisis Hotline

909-623-1619 or 626-915-2535 **Servicios de consejería para sobrevivientes de abuso sexual y abuso infantil.**

San Bernardino County Children & Family Services

Child Abuse Hotline

1-800-827-8724

San Bernardino Sexual Assault Services

800-656-4673 (National Toll Free Number) 909-885-8884 (Inland Empire) **líneas directas de 24 horas**

SERVICIOS COMUNITARIOS DE CONSEJERIA

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RECURSOS DE ALCOHOL Y DROGAS

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