



Fall

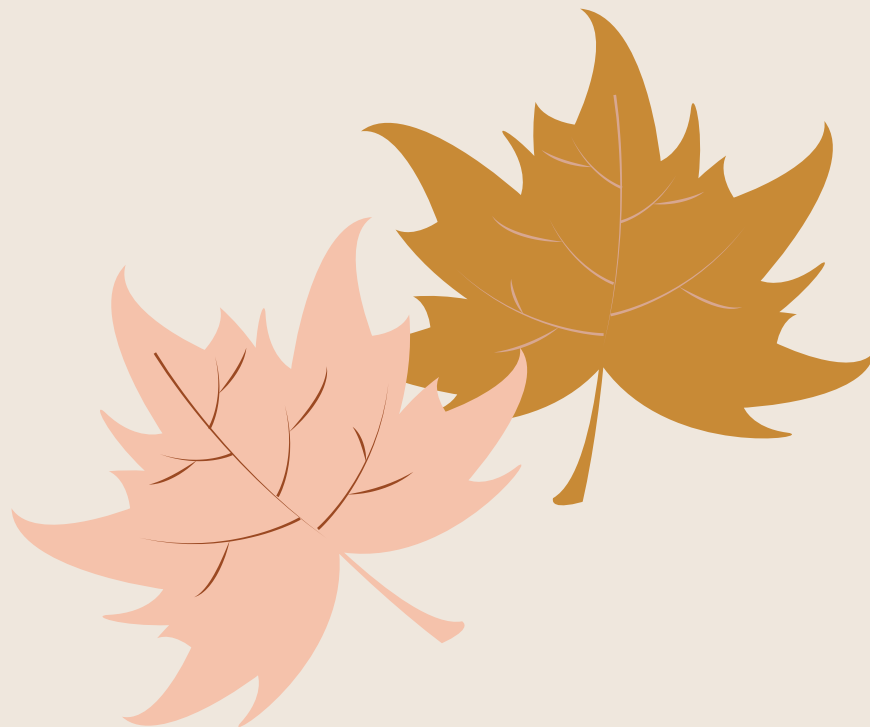
RESOURCES



The holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by mental illness.

A NAMI study showed that 64% of people with mental illness report holidays make their conditions worse. “For many people the holiday season is not always the most wonderful time of the year,” said NAMI medical director Ken Duckworth (in an interview before the pandemic).

For individuals and families coping with mental health challenges, the holiday season can be a lonely or stressful time, filled with anxiety and/or depression. If you’re living with a mental health condition, stress can also contribute to worsening symptoms.



- Accept your needs. Be kind to yourself! Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. What is making you feel physically and mentally agitated? Once you know this, you can take steps to avoid or cope with stress.
- Write a gratitude list and offer thanks. As we near the end of the year, it's a good time to reflect back on what you are grateful for, then thank those who have supported you. Gratitude has been shown to improve mental health. In the midst of it all, is there something or someone for whom you are grateful?
- Manage your time and don't try to do too much. Prioritizing your time and activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines. It's okay to say no to plans that don't fit into your schedule or make you feel good.
- Set boundaries. Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure.
- Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.
- Exercise daily. Schedule time to walk outside, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.
- Set aside time for yourself and prioritize self-care. Schedule time for activities that make you feel good.
- Eat well. With dinners, parties, and cookie trays at every turn, our eating habits are challenged during the holiday season. Try to maintain a healthy diet through it all.
- Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.
- Avoid alcohol and drugs.
- Spend time in nature. Studies show that time in nature reduces stress. Need to break away from family during a holiday gathering? Talk a walk in a local park.
- Volunteer. The act of volunteering can provide a great source of comfort. By helping people who are not as fortunate, you can also feel less lonely or isolated and more connected to your community.
- Find support. Whether it's with friends, family, a counselor or a support group, airing out and talking can help.

# Mental Health Resources:

988- Suicide and Crisis 24 hour Hotline

Behavioral Health 24-Hour Helpline is Available

To speak to a behavioral health staff member at any time, call (888) 743-1478.

Community-based mobile crisis response teams for children and adults experiencing a psychiatric emergency are also available in English and Spanish from 7 a.m. to 10 p.m. daily.

Call (800) 398-0018 or text (909) 420-0560.

Inland Empire Mental Health Resources- <https://iestudents.org/mental-health-resources-inland-empire/>

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text NAMI to 741-741 to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

Corona Wellness & Recovery Center

A community-based center that offers services to teens with mental health and substance abuse challenges.

2813 South Main Street Corona, CA 92882

Call: 951-273-0608

CARES Line (Riverside University Health System – Behavioral Health)

This organization provides resources to teens and adults who are facing mental health issues.

**CALL: 1-800-706-7500**

# CARE SOLACE

Excelsior Charter Schools has partnered with Care Solace to help our students, staff members and their families find mental health providers and programs that offer:

- In person therapy
- Online therapy
- Hospitalization
- Residential inpatient treatment
- Outpatient treatment
- Detox centers
- Family Counseling

Call (888) 515-0595

Care Solace's team is available 24/7 and can support you in whatever language you prefer. Your personal Care Concierge will research and make phone calls for you to quickly find a quality provider matched to your needs. They have thousands of resources that will accept your insurance, private or Medi-Cal or sliding scale options. Once they identify a provider matched to your needs, they will personally assist you with booking an appointment and check in to see if you are happy with that provider or support you in finding someone else.

# Community Outreach Programs:

The Ontario Continuum of Care encompasses a network of providers, programs, and services to help residents facing housing, food, employment, and wellness challenges. For some of these programs, the City contracts with nonprofit providers and partners with the County of San Bernardino.

Phone: (909) 395-2006  
Email: [COC@OntarioCA.gov](mailto:COC@OntarioCA.gov)

## EVICTION PREVENTION ONTARIO:

If you received a notice to pay or quit and have legal questions, the following resources are available:

- [Inland Fair Housing Mediation Board](#) (800) 321-0911
- [Inland Counties Legal Services](#) (888) 245-4257
- [San Bernardino Legal Aid Society](#) (909) 889-7328

FOR MORE INFORMATION, PLEASE EMAIL  
[COC@ONTARIOCA.GOV](mailto:COC@ONTARIOCA.GOV).

# EVICTION PREVENTION RIVERSIDE COUNTY

## Riverside Legal Aid

Riverside Legal Aid provides pro bono legal services, education, and counseling to qualified low-income residents of Riverside County. For more information call (951) 888-2039 or email [info@riversidelegalaid.org](mailto:info@riversidelegalaid.org).

Riverside Legal Aid can assist all people, regardless of immigration status.

Services available in Spanish and other languages.

## Riverside Superior Court Self-Help Center

The Riverside Superior Court Self-Help Center provides help to everyone in Riverside County, regardless of immigration status.

Call (951) 274-4499 or (760) 393-2163

Monday through Friday between the hours of 8:00 AM and 2:00 PM.

The Riverside Superior Court Self-Help Center is committed to helping people with cases in court who do not have an attorney.

Services available in Spanish and other languages.



# SOVA PROGRAM CENTER

Location: 904 East California Street, Ontario, CA

Service hours: Monday to Thursday, 9:00 am – 3:00 pm.

Contact: 909-622-3806 Ext 200

Services offered to no, very low and low income families and individuals at the Sova Program Center include:

- Emergency Food – 5 days of basic staple food for each member of your family
- Utility Assistance – payment of one month of electric and/or gas bill (when funding is available).
- Rental Assistance – payment of one month of rental assistance (when funding is available).
- Motel Vouchers – payment of 3-5 days of motel for a family.
- Information and referral to other social service programs.



## SALVATION ARMY

The Ontario Location offers the following resources.

- Disaster Services
- Emergency Financial Assistance
- Food & Nutrition Programs

For information on the resources below please reach out to the Salvation Army directly for hours and days of service.

Call (909) 986-6748

## REDEEMER LUTHERAN CHURCH

The Fruit of the Vine food bank at Redeemer Lutheran Church is open every Saturday from 8:30 AM - 9:30 AM. There are no restrictions or requirements, but they will ask that you sign in and answer a few questions to satisfy the requests of providers. Please bring your own boxes, bags, carts, wagons, etc. For more information please call Redeemer Lutheran Church at (909) 986-2615

## FOOTHILL FAMILY SHELTER

Foothill Family Shelter is a nonprofit organization founded in 1984 which houses homeless adults and children for a period of up to 120 days, free of rent and utility charges. They also provide one-year transitional housing as well as extended housing.

For individuals or families who reside in Ontario or their larger service area Foothill Family Shelter has a Monthly Grocery Service. This is open to anyone during their regular business hours.

FOR MORE INFORMATION PLEASE CALL (909) 920-0453

# HOUSING AUTHORITY OF THE COUNTY OF RIVERSIDE

The Housing Authority of the County of Riverside (HACR) is a public agency chartered by the State of California to administer the development, rehabilitation or financing of affordable housing programs.

5555 Arlington Avenue  
Riverside CA 92504  
951-351-0700

If you or someone you know is in need of assistance, please email the Homeless Solutions Team at [homelessolutions@coronaca.gov](mailto:homelessolutions@coronaca.gov).

Examples of assistance include:

- Emergency Shelter Needs
- Housing Needs
- Food, Clothing, Safety Net Needs
- ID Vouchers/Vital Document Support
- Benefits Assistance

## Free Food Resources Norco/Corona

ST. MEL'S CATHOLIC CHURCH  
4140 CORONA AVENUE NORCO, CA 92860

PHONE: (951) 737-7144

PROGRAM HOURS:

WHEN: THURSDAYS: 10:00AM - 1:00PM

MANNA HOUSE/INLAND VINEYARD CHRISTIAN  
FELLOWSHIP

935 N. MCKINLEY STREET CORONA, CA 92879

PHONE: (951) 549-1192

WHEN: SATURDAY MORNINGS | 9-10 AM

ST. EDWARD'S CATHOLIC CHURCH  
605 WEST FIFTH STREET CORONA, CA 92882

PHONE: (951) 549-6000

WHEN: SATURDAYS 10:00AM - 1:00PM.

SOCIETY OF ST. VINCENT DE PAUL  
601 WEST 6TH STREET CORONA, CA 92882

PHONE: (951) 715-4858

WHEN: SATURDAYS 10:30AM - 1:30PM

STARTING OVER, INC. CORONA  
114 E 6TH STREET CORONA, CA 92879

PHONE: (877) 421-0659

When: 2nd and 4th Saturday of the month 9:30am - 1:30pm