

### **24/7 MENTAL HEALTH URGENT CARES**

Provides 24/7 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. Must be 18 years or older. Counseling and nursing, as well as, psychiatric medications are available. Call or walk-in. No appointments needed.

Locations:

- **Riverside (for adults ages 18 and over)**
  - 9990 County Farm Rd., STE 6 Riverside, CA 92503
  - (951) 509-2499
- **Palm Springs (for adults ages 18 and over)**
  - 2500 N Palm Canyon Dr, Suite # A4 Palm Springs, CA 92262
  - (442) 268-7000
- **Perris (Youth and Adults ages 13 and older)**
  - 85 Ramona Expressway, Suites 1-3 Perris, CA 92571
  - (951)349-4195

### **Riverside University Health System Medical Center Emergency Treatment Services (ETS)**

Provides psychiatric emergency services 24 hours a day, 7 days a week for all ages, which includes evaluation, crisis intervention, and referrals for psychiatric hospitalization, as needed for adults, children, and adolescents. Consumers may be referred to the Inpatient Treatment Facility (ITF) or other private hospitals.

9990 County Farm Road, Ste. 4  
Riverside, CA 92503  
Phone: (951) 358-4881

### **Telecare Riverside Crisis Stabilization Services**

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.

47-825 Oasis Street  
Indio, CA 92201  
Phone: (760) 863-8600 or (760) 863-8455

### **Mobile Crisis Response Teams**

The Mobile Crisis Response Teams are field based teams consisting of Clinical Therapists, Behavioral Health Specialist, Substance Use Specialist, Homeless and Housing Specialist, and Peer Support Specialist working with Law Enforcement, Emergency Departments & other Community Agencies.

**Program Hours:** 7 days a week (excluding County Holidays)

**Hours:**

**9:00 am to 8:00 pm Monday – Friday**

**12:00 pm – 8:00 pm Saturday & Sunday**

**For questions, concerns or consultation please contact (951)715-5040 during normal business hours.**

## Crisis Resources

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### Crisis Centers – 24/7

#### Telecare Riverside Crisis Stabilization Services

47-825 Oasis Street Indio, CA 92201 Phone: (760) 863-8600 or (760) 863-8455

### MENTAL HEALTH URGENT CARE – 24/7

85 Ramona Expy, Perris, CA 57 Phone: (951) 349-4195

### Riverside University Health System Medical Center Emergency Treatment Services (ETS)

9990 County Farm Road, Ste. 4 Riverside, CA 92503 Phone: (951) 358-4881

### Mobile Crisis Response Team

Works collaboratively with law enforcement. Field team consists of Clinical therapist, Behavioral Health Specialists, and Peers Support Specialist.

(888) 374-1113

If you are experiencing emotional distress and would like to speak to someone call one of the following crisis lines.

Si está experimentando angustia emocional y le gustaría hablar con alguien, llame a una de las siguientes líneas de crisis.

### HELPLine - 24 Hour Crisis/Suicide Intervention

The HELPLine is a free, confidential Crisis/Suicide Intervention service.

Phone: (951) 686-HELP (4357)

### National Suicide Prevention Lifeline

By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime 24/7**.

Phone: (800) 273-TALK (800-273-8255)

Spanish line: (888) 628-9454

### The Trevor Lifeline

National organization providing crisis and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) Youth

866-4-U-TREVOR (866-488-7386)

## **IEHP APPROVED COACHELLA VALLEY THERAPY RESOURCES**

If you need to be connected to mental health services in Riverside County, call the CARES Line at (800) 499-3008. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

### **IEHP APPROVED PSYCHIATRY**

#### **IEHP Psychiatric Walk-in Clinic (M-F 9am-5pm)**

41990 Cook St. Suite F-2002  
Palm Desert, CA 92211  
(760) 674-7132  
Offers in person and phone consultations

#### **Inland Psychiatry Medical Group Inc – Indio clinic**

81709 Dr Carreon Blvd. Suite C-1  
Indio, CA 92201  
Phone no: 760-330-5161  
Fax No: 760-407-6862  
Monday – Friday : 8AM – 5PM

#### **Inland Psychiatric Medical Group Inc – Palm Desert clinic**

73700 Dinah Shore Dr, Suite 106  
Palm Desert, CA 92211  
Phone no: 760-832-6352  
Fax No: 760-832-6328  
Monday – Friday : 8AM – 5PM  
Saturday : 8AM – 4PM

#### **Inland Psychiatric Medical Group Inc- Hemet**

162 N Santa Fe St.  
Hemet, CA 92543  
Phone no: 951-652-8107  
Fax No: 951-652-8591  
Monday – Friday : 8AM – 5PM  
Saturday : 8AM – 2PM

### **MENTAL HEALTH CRISIS RESOURCES**

#### **Mental Health Urgent Care (24hrs) (Ages 13+)**

2500 N Palm Canyon Dr., Ste A4  
Palm Springs, CA 92262  
(760) 424-5602

#### **Urgent Mental Health Care for Children**

25333 Barton Rd Loma Linda, CA 92354  
(909) 558-6641

#### **Mobile Crisis Response Team (M-F 9am-8pm, Sat/Sun 12pm-8pm)**

(951) 751-5040 or 1-888-374-1113

#### **Telecare Riverside Crisis Stabilization Services (24hrs)**

47915 Oasis St  
Indio, CA 92201  
(760) 863-8650 or (760) 863-8600

#### **Telecare Perris Mental Health Urgent Care (24 hrs)**

85 Ramona Expressway ste 1-3 Perris, CA  
92571  
(951) 349-4195

## **IEHP APPROVED COACHELLA VALLEY THERAPY RESOURCES**

If you need to be connected to mental health services in Riverside County, call the CARES Line at (800) 499-3008. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

### **Department of Mental Health Indio Clinic**

47-825 Oasis St

Indio, CA 92201

(760) 863-8455

Therapy, substance abuse services, psychiatric services and case management

### **Department of Mental Health Blythe Clinic**

1297 W Hobsonway Blythe CA 92225

(760) 921-5000

Therapy, substance abuse services, psychiatric services and case management

### **Stars Behavioral Health Oasis Community Services (Ages 0-21)**

49211 Grapefruit Blvd Ste 5&6

Coachella, CA 92236

(760) 541-8520

Individual therapy, Group therapy and family counseling, Case management, Rehabilitative/skill building services, Medication management and support, Autism evaluations

### **Latino Commission Counseling**

1612 First St Coachella, CA 92236

(760) 398-9000 or (760) 398-9090

Individual therapy, Group therapy and family counseling, Case management, substance abuse services, and psychiatric services

### **New Leaf Counseling 760-501-8044**

Address: 44651 Village Ct Suite 129, Palm Desert, CA 92260

Hours: Monday-Friday 9am-7pm

(760) 501-8044

### **Transitional Age Youth (TAY) Program (Ages 16-25)**

78-140 Calle Tampico

La Quinta, CA 92553

(760) 863-7970

### **Aurora Silva, LMFT**

(760) 342-8344

45080 Golf Center Pkwy STE H

Indio, CA 92201

### **Suzanne Waverek**

(760) 888-7114

51025 Avenida Mendoza STE 201

La Quinta, CA 92253

### **Toltec therapy**

(760) 834-9008

78115 Calle Estado

Suite 201

La Quinta, CA 92253

### **Rosalba Munos**

(760) 209-5675

78060 Calle Estado STE 8

La Quinta, CA 92253

### **Hope & Healing**

760-620-5554

3001 E Tahquitz Canyon Way, Palm Springs, CA 92262

<https://www.hopeandhealingcs.com/>

### **All Desert Wellness (760) 797-5151**

73-726 Alessandro Dr #203, Palm Desert, CA 92260

<https://www.alldesertwellness.org/>

ADWC provides a wide range of counseling services to individuals, children, adolescents, adults, couples, families, and seniors.

### **Inland Regional Center PEARLS Program (Ages 60+)**

1-800-675-6694 or (909) 514-1404

Therapy services for people age 60+

# MENTAL HEALTH RESOURCES

## MENTAL HEALTH HOTLINES



### MENTAL HEALTH HOTLINES

National Suicide Prevention Lifeline 9 8 8  
HELPLine 24hrs Crisis/Suicide Line (951) 686-HELP (4357)  
California Youth Crisis Line (ages 12-24) 1-800-843-5200  
Teen Line (6pm-10pm) 1-800-852-8336  
Crisis Text Line Text "HOME" to 741-741  
Veterans Crisis Line Phone (24hrs) 1-800-273-8255 opt 1  
National Eating Disorders Association (NEDA)  
1-800-931-2237  
The Compassionate Friends 1-877-969-0010

### RUNAWAY SERVICES

Operation SafeHouse (24hrs) Call (951) 351-4418 or Text  
(844) 204-0880  
National Runaway Safeline (24hrs) 1-800-RUNAWAY  
(786-2929)

### HARM REDUCTION

Inland Empire Harm Reduction Hotline (951) 446-0983  
Safe Needle Disposal 1-800-643-1643  
S.A.F.E Alternatives Self-Harm Hotline (24hrs)  
1-800-DONTCUT (366-8288)  
National Poison Control (24hrs) 1-800-222-1222

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(24hrs) (Ages 13+)

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(760) 424-5602

### Urgent Mental Health Care for Children

25333 Barton Rd Loma Linda, CA  
92354 (909) 558-6641

### IEHP Psychiatric Walk-in Clinic

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### Mobile Crisis Response Team

(M-F 9am-8pm, Sat/Sun

12pm-8pm)

(951) 751-5040 or  
1-888-374-1113

### Telecare Riverside Crisis

Stabilization Services (24hrs)

47915 Oasis St  
Indio, CA 92201  
(760) 863-8650 or (760)  
863-8600

### Telecare Perris Mental Health Urgent Care

85 Ramona Expressway ste 1-3  
Perris, CA 92571  
(951) 349-4195

### DRUG & ALCOHOL INFORMATION

Riverside County Substance Use CARES Line  
1-800-499-3008 opt 4  
Alateen (24hrs) for teens (909) 824-1516  
Alcoholics Anonymous (24hrs) (909) 825-4700  
Narcotics Anonymous 1-800-863-2962  
National Council on Alcohol and Drug Dependence (24hr)  
1-800-622-2255  
CA Smoker's Helpline 1-800-NO-BUTTS (662-8887)

### PHYSICAL, EMOTIONAL OR SEXUAL ABUSE

Riverside County Child Protective Services (24hrs)  
1-800-442-4918  
National Child Abuse Hotline (24hrs) 1-800-4-A-CHILD  
(422-4453)  
Riverside County Adult Protective Services (24hrs)  
1-800-491-7123  
Riverside County Domestic Violence (24hrs)  
1-800-339-7233  
Riverside County Rape Crisis Center (24hrs) (951)  
686-7273  
CV Sexual Assault Services (760) 568-9071  
Rape, Abuse, & Incest National Network (RAINN)  
1-800-656-467

FOR GENERAL INFORMATION & HELP DIAL 211 OR 1-800-464-1123 \*Outside Riverside Count

## OTHER RESOURCES

### LGBTQ+ RESOURCES

LGBT National Hotline

1-888-843-4564

Trevor Project Lifeline (24hrs) 1-866-488-7386

Trevor Text (M-F 12pm-7pm) Text "START" to 678-678

Trans Lifeline (7am-2am) 1-877-565-8860

The LGBT Community Center of the Desert (760)

416-7790

LGBT National Youth Talkline TEENLINE 1-800-246-7743

Transgender Health and Wellness Center Palm Springs

(760) 202-4308

### SHELTERS/HOUSING ASSISTANCE

Homelessness Home Connect Hotline 1-800-498-8847

Galilee Center (760) 396-9100

Martha's Village & Kitchen (760) 347-4741

Coachella Valley Rescue Mission (760) 347-3512

Homeless Assistance 1-800-464-1123

Safe House of the Desert (760) 343-3211

Oliver Crest Children's Center (760) 564-6036

The Path Safehaven Program (760) 251-2346

HHOPE (951) 715-5050

HomeConnect 1-800-498-8847

Path of Life Shelter (951) 462-9822

The Open Door by Family Assistance Program (909)

333-7467

Community Shelter Program by Path of Life Ministries

(951) 462-9822

Coachella Valley Housing Coalition (760) 347-3157

Desert S.O.S (760) 327-4394

Harrison House (760) 636-4799

Fair Housing Council of Riverside County 760-864-1541 or

1-800-655-1541

Roy's Desert Resource Center (760) 676-5200

Miriam's House (760) 775-9779

Jewish Family Services (760) 327-7165

## **24/7 Crisis Hotlines**

**Riverside County Mental Health CARES LINE: 1(800)**

**706-7500**

**National Suicide Prevention Lifeline: 9 8 8**

**HELPLine - 24 Hour Crisis Intervention: 1(951) 686-4357**

**California Peer-Run Warm Line: 1(855) 845-7415**

**National Sexual Assault Hotline: 1(800) 656-4673**

**Self-harm Hotline: 1(800) 366-8288 (1-800-dontcut)**

**Riverside County Domestic Violence Victim Services:**

**1(909) 683-0829**

**California Youth Crisis Line (ages 12-24): 1(800) 843-5200**

**Crisis Text Line: Text HOME to 741741**

**What's Up Safehouse: Text SHHELP to (844) 204-0880 for immediate support and resources.**

**Veterans Crisis Line: 1(800)-273-8255, Press 1**

**Riverside County Substance Use CARES Line: (800) 499-3008**

**Riverside County Adult Protective Services: 1(800) 491-7123**

**Riverside County Child Protective Services: 1(800) 442-4918**

**Any immediate Medical or Crisis situations call:**

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