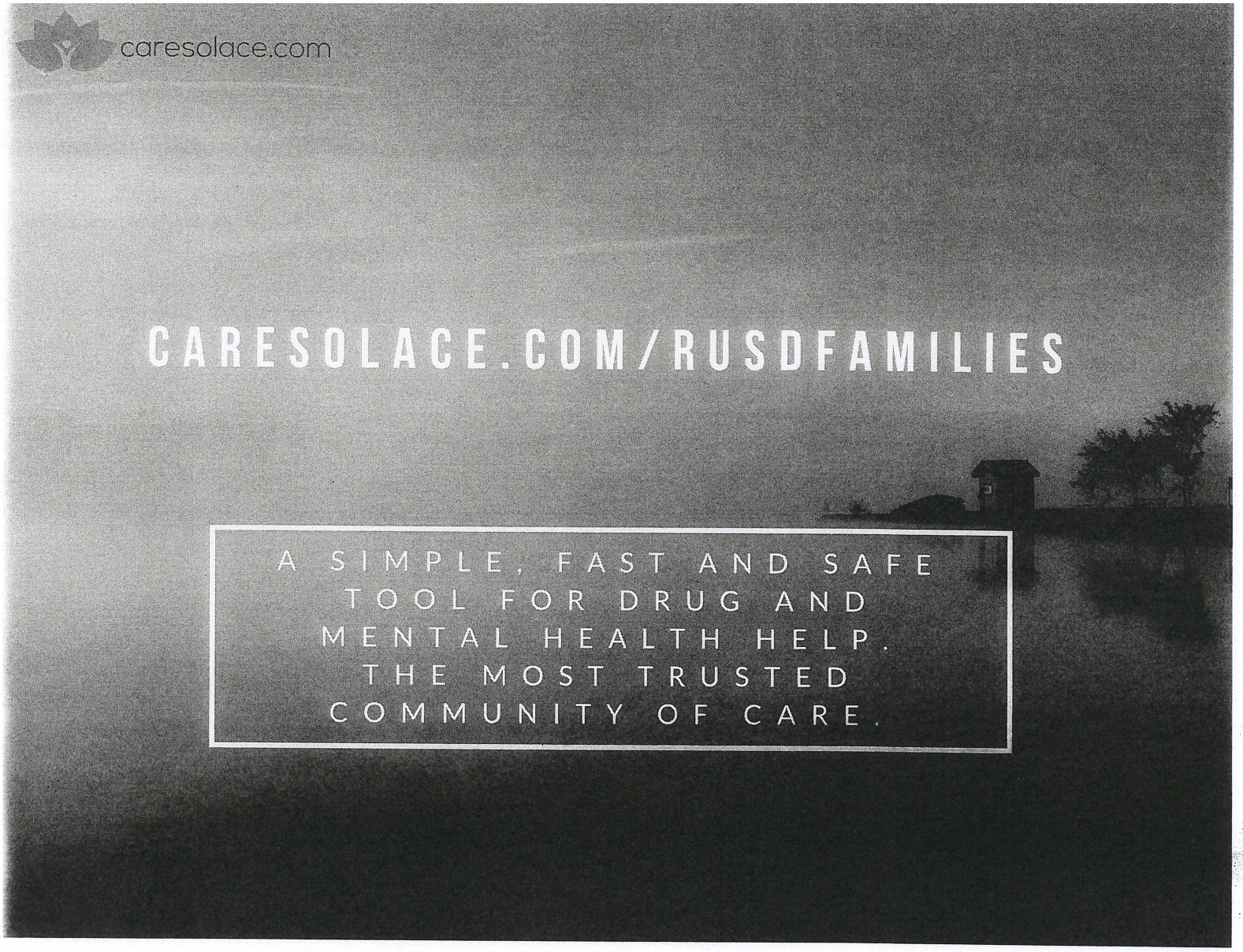

caresolace.com
CARESOLACE.COM/RUSDFAMILIES
A SIMPLE, FAST AND SAFE
TOOL FOR DRUG AND
MENTAL HEALTH HELP.
THE MOST TRUSTED
COMMUNITY OF CARE.

# Counseling /Medication Support Resources

**Kaiser Permanente Behavioral Health**

5225 Canyon Crest Dr Bldg. 100, Suite 103, Riverside, CA 92507

951-248-4000

**Riverside County Mental Health- (Riverside University Health Systems- Behavioral Health)**

CARES Line (800) 706-7500 (call to schedule appointment to begin scheduling process for therapy services)

Children's Treatment Center in Riverside (951) 358-4840 (children's mental health clinic close to Drive-in off VanBuren)

Riverside Family Resource Center (951)509-8200

Medi-Cal, IEHP Insurances

# Urgent Mental Health/ Psychiatry

**Mental Health-Emergency Treatment Services (ETS)**
Phone: (951) 358-4700
Address: 9990 County Farm Road Riverside, CA 92503

Walk-In Crisis, Emergency Psychiatric (medication support) and Hospitalization Available

Accepts All Insurances

**Loma Linda University Behavioral Medical Center**

Phone: 909-558-9200
1710 Barton Road
Redlands, CA 92373

Walk-In Crisis, Emergency Psychiatric (medication support) and Hospitalization Avaliable

# Crisis Hotlines/Text lines

HELP Line: 951-686-HELP (4357) 24 Hour Hotline
National Suicide Prevention Hotline: 800-273-8255
Crisis Text Line: Text "Connect" to 741741 24 Hours a day
What's Up Safe House (App) or text 844-204-0880 24/7. Anonymous. Free.
My 3 (App)
http://www.suicideispreventable.org/
Police: Call 911

# Counseling/Therapy Providers in Riverside for Private Insurance

- ***Contact your insurance company prior to making appointment at clinics to verify clinics accept your insurance.***
- Website to use to find providers in your area using zip code: www.psychologytoday.com

**Jodi Dorson, LMFT**
3745 McCray St
Riverside, California 92506
(951) 373-3060
Insurances: Cigna, Tri-Care, Health Net, ACI Specialty Benefits, MHN

**Angela Hernandez, LMFT**
7177 Brockton Ave
#452
Riverside, California 92506
(951) 339-2124
**Accepted Insurance Plans:** ACI Specialty Benefits, Beacon, Blue Shield, Health Net, MHN, MHNet Behavioral Health, Magellan Behavioral Health, Out of Network

**Pastor Tom Thomazin, LMFT #32218**
**Cornerstone Counseling**
20812 Hillsdale Road
Riverside, CA 92508
(951) 675-0970 cell
tomasong@aol.com
http://www.cornerstonecounselingservice.org/
Cash/Check only

**Stefanie Sherbon, M.S., LMFT, Registered Play Therapist, #89066**
951-732-8549
5790 Magnolia Ave, Suite 202
Riverside, CA 92506
http://www.playfullyconnected.com/
Accepted Insurances: IEHP, Magellan (most Blue Shield of California plans), Health Net, MHN, Other insurance providers contracted with MHN, Out of Network

**Dr. Tanika Gayle & Clinical Associates** (currently not accepting new patients)
5051 Canyon Crest Drive
Suite 204
Riverside, California 92507
(951) 878-0665
http://www.drtanikagayleassociates.com/
**Accepted Insurance Plans:** ACI Specialty Benefits, APS Healthcare, Aetna PPO, Aetna for UCR students, American Behavioral, Anthem, Behavioral Health Systems, BlueCross and BlueShield, ComPsych, First Health, GEHA, LifeSynch, List not all inclusive, MHN, Magellan Behavioral Health, Military OneSource, Multiplan, PHCS, TRICARE, TriWest, UMR, ValueOptions, Out of Network

**Deren Mikels, LCSW**
5015 Canyon Crest Drive
Suite 102
Riverside, California 92507
(951) 821-4552
Insurances: Exclusive Care, IEHP, Medicaid, Meridian

**The Grove Community Church Counseling Center**
951-571-9096
19321 Grove Community Dr.
Riverside, CA 92508
Cash/Check

**Olive Branch Counseling Center**
4041 Brockton Ave
Riverside, California 92501
(909) 584-5662
Accepted Insurance: Aetna, Anthem Blue Cross, APS, Blue Shield, Cigna, College Health, EAP, Health Net, Holman Group, MHN, Pacific Care, United Behavioral, Value Options, Victim of Crime

**Inland Psychiatric Medical Group**
23110 Atlantic Cir b, Moreno Valley, CA 92553
Phone: (951) 243-6455

**Family Service Association**
21250 Box Springs Rd, Moreno Valley, CA 92557
Phone: (951) 686-1096

**Orange Psychiatric Medical Group**
4510 Brockton Ave #375, Riverside, CA 92501
Phone: (951) 276-1100

**Quality Life Psychiatric Group**
6529 Riverside Ave #133, Riverside, CA 92506
Phone: (951) 684-2627

**Dogon Behavioral Medical Group**
231 E ALESSANDRO BLVD STE A805 RIVERSIDE, CA, 92508
951-341-8935
Insurances: Aetna, Signa, Blue Cross, Blue Shield, IEHP, United Healthcare, PIA, and First Health.

## Urgent Mental Health/ Psychiatry

**Loma Linda University Behavioral Medical Center**
Phone: 909-558-9200
1710 Barton Road
Redlands, CA 92373
Walk-In Crisis, Emergency Psychiatric (medication support) and Hospitalization Available (Specialized programs: SHIELD-self-injury, Eating Disorders, Youth MEND)

**Mental Health-Emergency Treatment Services (ETS)**
Phone: (951) 358-4700
Address: 9990 County Farm Road Riverside, CA 92503
Walk-In Crisis, Emergency Psychiatric (medication support) and Hospitalization Available
Accepts All Insurances

## Crisis Hotlines/Text lines

HELP Line: 951-686-HELP (4357) 24 Hour Hotline
National Suicide Prevention Hotline: 800-273-8255
Crisis Text Line: Text "Connect" to 741741 24 Hours a day
What's Up Safe House (App) or text 844-204-0880 24/7. Anonymous. Free.
My 3 (App)
http://www.suicideispreventable.org/
Police: Call 911