

Riverside University Health Systems—Behavioral Health

Prevention and Early Intervention

Resources and Virtual Services during COVID

Crisis Supports & Services Mental Health Urgent Care

MHUC Riverside: 9980 County Farm Rd, Bldg. 2, Riverside 92503 (ages 18+)	Phone: 951-509-2499
MHUC Perris: 85 Ramona Expressway, Ste. 1-3, Perris 92571 (ages 13+)	Phone: 951-349-4195
MHUC Palm Springs: 2500 N. Palm Canyon Dr., Ste. A4, Palm Springs 92571 (ages 13+)	Phone: 442-268-7000

Behavioral Health Access Lines

CARES line for Medi-Cal beneficiaries seeking Mental Health Services	Phone: 800-706-7500
Substance Use CARES Line Call	Phone: 800-499-3008

Online and Telephone Supports

Community Connect: Riverside County Local Helpline 24/7 Crisis and suicide prevention hotline	951-686-HELP (4357)
Crisis Text Line	Text “hello” or “home” to 741741
National Suicide Prevention Lifeline	800-273-8255 (Veteran’s Assistance press 1; Spanish press 2) TTY: Dial 711 then 1-800-273-8255
Information, Resources and Support website for Mental Health in Riverside County	Up2Riverside.org
California’s Mental Health Movement	EachMindMatters.org SanaMente.org (Spanish)
Take My Hand Peer support chat Available: Monday – Friday 8:00am – 5:00pm	Visit: www.takemyhand.co
Essential Staff Support line Individual coaching, counseling and listening 24/7 for: Health care workers, first responders and any essential staff	951-955-7015

Virtual Services – Prevention and Early Intervention Programs

Community Education and Stigma Reduction

Visión y Compromiso Promotores de Salud Mental y Bienestar Serving: Hispanic/Latinx in Western and Desert Regions	Contact: Marisela Blancas Marisela@visionycompromiso.org
Special Services for Groups Community Mental Health Promoter Serving: Asian American/Pacific Islander in Western and Mid-County Regions	Contact: Estee Song esteesong@apctc.org
African American Health Coalition Community Mental Health Promoter Serving: African American/Black population in All Regions of Riverside County	Contact: Linda Hart Hartl.aamhc@gmail.com
Riverside San Bernardino County Indian Health Inc. Community Mental Health Promoter Serving: Native American/American Indian in All Regions of Riverside County	Contact: Vernon Motschman vmotschman@rsbcihi.org
Borrogo Health Community Mental Health Promoter Serving: LGBTQIA Aging Adults with HIV and Trans Youth in Desert Region	Contact: Angel Marin amarin@borregohealth.org
RUHS – BH Prevention & Early Intervention Stand Against Stigma: Speaker’s Bureau Presentations Serving: All Regions of Riverside County	Contact: Mindy McFarland 951-358-3586 mmcfarland@ruhealth.org

Parent and Family Education and Support Programs

Strengthening Families Program (SFP)	
MFI Recovery Serving: Western and Mid-County Regions	Contact: 951-683-6596 CesiaAlvarenga@mfirecovery.com MariaAlcaraz@mfirecovery.com
Riverside Latino Commission Serving: Desert Region	Contact: 760-398-9000 Alan Mora-Lopez amora@latinocommission.com
Triple P (Positive Parenting Program)	
The Carolyn E. Wylie Center Serving: All Regions of Riverside County	Contact: 951-683-5193 ext. 208 Hilary Hui hhui@wyliecenter.org

Transition Age Youth (TAY) Programs (ages 16-25)

Peer to Peer Program	
Operation SafeHouse Serving: All Regions of Riverside County	Contact: 760-285-1740 Nicole Watson nwatson@operationsafehouse.org
Stress and Your Mood Program	
Operation SafeHouse Serving: All Regions of Riverside County	Contact: 760-285-1740 Nicole Watson nwatson@operationsafehouse.org
Teen Suicide Awareness and Prevention Program	
Public Health Serving: All Regions of Riverside County Providing: Virtual training and mental health resources for students, parents and school staff.	Contact: 951-358-7171 Rebecca Antillon rantillon@ruhealth.org

Trauma Services

Outside the Box (a Seeking Safety program)	
Operation SafeHouse Serving: Transition Age Youth (16-25) in all Regions of Riverside County	Contact: 760-285-1740 Nicole Watson nwatson@operationsafehouse.org
Seeking Strength (a Seeking Safety program)	
RUHS – BH Prevention & Early Intervention Serving: Adults (26-59) in all Regions of Riverside County	Contact: 951-358-3586 Mindy McFarland mmcfarland@ruhealth.org

Older Adult Programs

Cognitive-Behavioral Therapy (CBT) for Late-Life Depression	
The Scott Hines Mental Health Clinic at The Center Serving: Desert Region	Contact: 760-416-7899
Program to Encourage Active Rewarding Lives for Seniors (PEARLS)	
Inland Caregiver Resource Center Serving: All Regions of Riverside County	Contact: 800-675-6694
Care Pathways – Caregiver Support Groups	
Riverside County Office on Aging Serving: All Regions of Riverside County	Contact: 800-510-2020

Specialized Ethnic Community Programs

Mamás y Bebés (Mothers & Babies)	
Riverside Community Health Foundation Serving: Mid-County Region	Contact: 951-788-3471 ext. 137 Terri Akens Terri@rchf.org
Reach Out Serving: Western Region	Contact: 909-982-8641 Gloria Lopez Gloria@we-reachout.org
Keeping Intergenerational Ties in Ethnic Families (KITE)	
Special Services for Groups Serving: Asian American/Pacific Islander in Western and Mid-County Regions	Contact: Karen Lim kchnlim@apctc.org