

DIOCESE OF SAN BERNARDINO

RESOURCES AVAILABLE FOR THE ASSISTANCE TO THOSE WITH MENTAL HEALTH NEEDS

Center for Health Promotion and Wellness

California State University, San Bernardino Center for Health Promotion and Wellness. Provide a comprehensive approach to maintaining a positive and optimum level of health and vitality. Prevention is an integral part of staying healthy and they promote this by offering monthly outreach Health Education campaigns in various college-health topics: Great American Smoke-out; American Heart Health Month; Sexual Responsibility Week; National Collegiate Alcohol Awareness Week; Safe Spring Break; And many more. For more information contact:

Carlos Carrio, MPH, Wellness Coordinator/Health Educator

Elaine Burkholder, Health Services Assistant

(909) 537-3296 <http://healthcenter.csusb.edu>

COMMUNITY RESOURCES

Abuse Services

Child Abuse National Hotline.....1-(800) 4-A-CHILD

(24 hour service provides referrals for counseling; abuse reporting)

www.childhelp.com

Child Abuse Reporting Hot Line San Bernardino County.....(909) 384-9233

(24 hour service for reporting child/elder abuse/neglect)

Rape, Abuse, Incest Hotline (National Sexual Assault Hotline).....1-(800) 656-4673

(24 hour service/counseling)

www.rainn.org

Adults Molested as Children (AMAC) / Rape Crisis.....(951) 686-7273

1845 Chicago Ave. Suite A Riverside, CA 92507 <http://rarcc.org/>

Provides support for sexual assault victims including accompaniment to hospital, counseling, and support group; adolescent males- "My Strength" program; batterers intervention; court mandated therapy.

Sexual Assault Services.....(909) 885-8884

24 hour rape assistance and counseling. Hotline

High Desert Office.....(760)952-0041

444 North Arrowhead Ave. Suite 101 San Bernardino, CA 92401

<http://www.sbsas.org/Home>

Addiction/Recovery

(Agencies provide help to individuals with Addiction related issues)

National Drug/Alcohol Treatment.....**1-(800) 662- HELP**
Provides referrals to drug/alcohol treatment programs and support groups in your area M-F 8-4:30.

Alcoholics Anonymous..... (909) 825-4700

897 Via Lata Colton, CA 92324

Inland Empire central office will refer to local meetings and times. <http://www.inlandempireaa.org/index.html>

San Bernardino County Drug/Alcohol Treatment.....**(909) 421-9465**

850 East Foothill Blvd. Rialto, CA 92376

Men and women's outpatient, non-residential services, co-occurring disorders. Open M-F 8am to 5pm,
Spanish spoken.

Riverside University Health System.....**(951) 955-2105**

2085 Rust in #3 Riverside, CA 92509

Outpatient, classes, prevention referrals, youth program for ages 13 and up. Open Monday-Thursday
8am to 5:30pm

AL-ANON (Help-line for families of alcoholics..... **(909) 824-1516**

1016 East Cooley Drive Suite C-2 Colton, CA 92324

www.iealanon.org

Narcotics Anonymous.....(951) 652-5326

<http://www.iefoothillsna.org/>

Spanish: 1-(888) 622-4672

Cocaine Anonymous – Inland Empire.....(951) 359-3895

3243 Arlington Ave Suite 246 Riverside, CA 92506

<http://www.inlandempireareaca.org/>

National Problem Gambling Helpline.....1-(800) 522-4700

<http://www.ncpgambling.org/i4a/pages/index.cfm?pageid=1>

Celebrate Recovery

www.celebraterecovery.com

Christ centered 12-Step recovery Program. Support groups for all types of problems & addictions

including: food, sex, or relationship addictions, co-dependency and chemical dependency.

Whiteside Manor.....(951) 686-9454

Offers: outpatient treatment center for drug and alcohol addictions. <http://www.whitesidemanor.com/>

Anger Management Groups

Alternatives to Domestic Violence (951) 737-8410

515 South Corona Mall Corona, CA 92878

The program is certified through the Riverside County Probation Department for the court-ordered program for perpetrators of domestic violence. No fee for CPS and DPSS referrals and sliding scale for self-referrals. 16 weeks only.

Crisis

Suicide and Crisis Hotline.....(951) 686- 4357

Referrals for shelter, clothing, counseling

WE – TIP.....1-(800) 78-CRIME

24 hour service, felony crime-line; anonymous reporting; reward for convictions

<http://www.wetip.com/>

Sexual Assault Services (24 hour crisis line).....(909) 885- 8884

Riverside Area Rape Crisis Center (24 hour hotline; English and Spanish).....(951) 686-7273

<http://www.rarcc.org/index.php?date=2010-01-01>

National Run Away Safe Line (24 hours).....1-(800) RUN-AWAY

Crisis for youth and families; shelter referrals; transportation. <http://www.nrscrisisline.org/>

AIDS California Hotline.....1-(800) 367-2437

Provide HIV/ AIDS information and referrals; free testing; over the phone counseling available;

<http://aidshotline.org/>

National Suicide Hotline.....1-(800)-SUICIDE

Trained volunteers & professional counselors that are there to listen

<http://www.suicidepreventionlifeline.org/>

Sexually Transmitted Disease/ HIV/AIDS support groups

http://www.herpescoldsores.com/std/aids_support_groups.htm

Domestic Violence and Shelters for Women and Children

House of Ruth Hotline.....(909) 623-4364

24 hour hotline; individual/group counseling; phone support; legal advocate; shelter for women and children; DV counseling; food; English/Spanish;) <http://houseofruthinc.org/>

Option House.....(909) 381-3471

24 hour hotline; temporary DV women’s shelters; support/outreach; free support groups, crisis education and self defense; assistance with protective order paperwork; English/Spanish

Safe House.....(951) 351-4418

Crisis intervention for teens (11-17); runaways-24 hour emergency shelter for youth in crisis; individual, family and group therapy; in-facility school; family reunification. <http://www.operationsafehouse.org/>

Doves Outreach of Big Bear Valley.....(909) 866-1546

24 hour hotline; provides women and families domestic violence shelter; individual counseling; support groups (parenting, anger management, women’s writing....); legal assistance; protective order help. For 24 hour hotline please call: **1-(800) 851-7601**

Victor Valley Domestic Violence.....(760) 955-8723

(26 bed shelter for abused women and their children, outreach, TRO (temporary restraining order) assistance, parenting classes, children’s program, support groups, etc. Spanish spoken. Maximum stay is 90 days.)

Shelter from the Storm, Inc.1-(800) 775-6055; (760) 328-7233 (SAFE)

Hotline advocates provide crisis counseling, safety planning, assistance with finding shelter, referrals to SFTS programs or other organizations, advocacy with the police, and other crucial services. (70 bed domestic violence shelter for battered women and their children, 45-day program, 5 outreach offices, 3 evening groups, parenting class, counseling). <http://www.shelterfromthestorm.com/index.htm>

Eating Disorders

Overeaters Anonymous.....(951) 715-2080; www.go2oa.org

Offers a 12-step recovery program for compulsive over-eating

Eating Disorders Referral Line.....1-(800) 841-1515

Provides referrals to programs and services in your area. Open M-F 8am-4pm

Eating Disorder Referral and Information Center.....<http://www.edreferral.com>

Eating Disorder Anonymous.....<http://www.eatingdisordersanonymous.org>

Del Amo Hospital..... (310) 784-2253

23700 Camino Del Sol Torrance, CA 90505

An intensive, 6-week outpatient recovery program for men and women with eating disorders, 3 evening sessions weekly, group session, yoga/body awareness group, art therapy, complimentary aftercare sessions

<http://www.delamohospital.com/>

CRC Health Group Eating Disorder Treatment Finder.....1-(866) 690-7239
(www.crchealth.com)

Valenta, Inc.(909) 771-8023

Provides treatment to assist individuals struggling with Anorexia Nervosa, Bulimia Nervosa and various forms of these illnesses and combines medical and therapeutic treatments. Offers three levels of

care to meet the needs of the community: partial hospitalization (PHP); intensive outpatient (IOP)

and aftercare treatment for adults and adolescents. valentaonline.com

Grief Resources

Loma Linda University Medical Center Bereavement Resources:

<http://lomalindahealth.org/medical-center/our-services/bereavement/index.page>

Visiting Nurse Association :.....(951) 845-8439

www.VNACalifornia.org

Grief Support Group

At VNA California

1861 W. Redlands Blvd. Bldg 7B
Redlands, CA 92507

Wednesdays 5:30-7pm

Parents of Grieving Children

Support Group

At VNA California

1861 W. Redlands Blvd, Bldg 7B

Redlands, CA 92507

Spousal Grief Support Group

VNA California

1861 W. Redlands Blvd. Bldg 7B

Redlands, CA 92507

Calimesa Grief Support Group

At Norton Younglove Senior Center

908 Park Ave,

Calimesa, CA 92320

Every 4th Monday 9am-10:30am

For parents who have lost a baby:

Always in my Heart RTS Support Group.....(909) 558-7261

A support group for parents who have lost a baby through miscarriage, stillbirth, or infant

death. Meets the second Monday of each month at 7:00 p.m. in room 129A at Loma Linda University Rehabilitation Institute and at the Mt. View Plaza, Suite #10 on the 4th Tues of every month from 9:30-11:30 am.

<http://lomalindahealth.org/medical-center/our-services/bereavement/index.page>

Groups for adults:

Grief Recovery Group.....(909) 558-4367

11234 Anderson St. Loma Linda, CA 92354

Bereavement support groups for adults experiencing the death of a loved one. Sessions begin on the first Monday of January, April, July, and October. Meetings are offered in the afternoon or evening at Loma Linda University Medical Center.

Grief Recovery Workshop..... (951) 571-9090 x 2221

19900 Grove Community Drive Riverside, CA 92508

A seven-week workshop held once yearly (October) for those who have lost a loved one; held at Grove Community Church in Riverside.

http://thegrove.cc/counseling/counseling_workshops.php

GriefShare Program.....(909) 425-1777

28355 Baseline Rd. Highland, CA 92346

Group meets every Tuesdays from 6:30-8:00pm; Location D-219

http://www.ibchighland.org/pages/page.asp?page_id=261482

Suicide Survivors.....(909) 393-2563

Support group for those who have lost friends or relatives through suicide. Meets the first and third Wednesday of each month from 7:00 - 8:30 p.m. in Chino Hills.

<http://www.suicideaftercare.org/california.html>

Suicide Survivors.....(951) 679-2008

Anyone who has lost a family member or friend is invited to attend support group which meets on the 2nd and 4th Monday at 7:00 pm at The First Baptist Church in Sun City. Please be sure to call before attending. <http://www.soslsd.org/>

Family Planning Services

(Agencies assist individuals with information/counseling regarding pregnancy, birth control, STD's, etc.)

Birth Choice.....(951) 699-9808

27488 Enterprise Circle West Unit 4 Temecula, CA 92590

Offers pregnancy testing, information and assistance in Temecula.

<http://birthchoicetemecula.com/>

San Bernardino Pregnancy Resource Center.....(909)-382-4550

114 East Airport Dr. Suite 105 San Bernardino, CA 92408

Offers: Free pregnancy testing, resource referral, factual literature to help you make an informed and educated choice regarding your pregnancy, free Lending library, maternity clothes, Layette, baby clothing, diapers, wipes, etc., and Post Abortion Syndrome (PAS) help, free referral for adoption information, and prenatal and postnatal guidance and support.

<http://www.sbpfrc.com>

Veterans Resources

American Psychological Association.....www.apahelpcenter.org

“Resilience in a Time of War: Homecoming”. Online material to help those returning from military service, as well as their families: <http://www.apa.org/helpcenter/homecoming.aspx>

The Health Resource Center (HRC).....(909) 825-7084, ext. 6197

1-(800)741-8387

Provides information on health, prevention and diseases that affect veterans today and has many support groups located in the Loma Linda VA Medical Center, first floor, room 1A-05

US Department of Veterans Affairs

California department of Veterans Affairs.....1-(800)-952-5626

Corona Vet Center..... (951) 734-0525

800 Magnolia St. Suite 110 Corona, CA 92879

San Bernardino Vet Center.....(909) 801-5762

1325 East Cooley Dr. Suite 101 Colton, CA 92324

Offers: individual, group, marital, and bereavement counseling; assistance in applying for VA benefits; medical referrals/liaison with VAMS; employment referral/assistance from a Vet Rep with EDD; information and referral to community resources; sexual trauma counseling and referral; and community education

Children’s Treatment Services.....(951) 358-4840

3125 Myers St. Riverside, CA 92503

Outpatient counseling services for children located in Riverside

Inland Legal Services, Redlands.....(909) 792-2762

500 East Citrus Ave. Redlands, CA 92373

San Bernardino.....(909) 884-8615

Provides legal services in the Inland Empire area who cannot afford an attorney

United Way San Bernardino County.....211

211 offers a live operator, 24 hours a day, 7 days a week for assistance with health care, child care, food, clothing, housing, counseling and support groups, parenting resources volunteer opportunities, community groups, and elder and disability services. www.211sb.com/search-services

Community Referrals

(For ADHD Assessments)

John C. Oliveri, Ph.D. PSY11526
Alta Loma Psychological Associates
9089 Baseline Road ste 200
Rancho Cucamonga CA 91730
Tel 909/980-3567; FAX 909-989-3932

Heidi Robbins, M.S., MFT, M.B.A.
Intake Coordinator, Loma Linda Behavioral Health Inst.
1686 Barton Road, Redlands, CA 92373
Tel: 909-558-9552

L.D Miller, Ph.D., Psy.D. PSY7764
Inland Psychiatric Medical Group
23110 Atlantic Circle #8
Moreno Valley, CA 92553
Moreno Valley 92553
Tel: 951-243-6455, Fax 951/243-0207

Barbara Jean Briese, L.E.P. 2353
37501 Windsor Court
Murrieta CA 92562
Tel 951/461-9364
bjbriese@verizon.net
<http://barbarabriese.com>

John Pelliteri, Psy.D LIC PSY17624
2501st Avenue Suite 250
Claremont, CA 91711
Tel: 909-10-4030

Terrie L. Narmor, PhD.
10470 W. Foothill Blvd. #116
Rancho Cucamonga, CA 91730
Tel: 909-466-7606

Charity Plaxton-Hennings, Psy.D PSY20627
1881 Business Center Drive #11;
San Bernardino CA 92408
Tel: 909-553-0547

Lynn Mayer, Ed.D
3419 East Chapman Ave. #374
Orange , CA 92869
Tel: 714-279-9049; email: doctorlmayer@att.net

Crisis Walk-In Clinics (CWIC):

850 East Foothill Boulevard, Rialto, CA 92376
Phone: (909) 421-9495
Hours of Operation: Monday – Friday 8:00 am – 10:00 pm
Saturday 8:00am—5:00 pm

Valley Star Crisis Walk in Center in the High Desert:

12240 Hesperia Road, Victorville, CA 92395
Phone: (760) 245-8837
Hours of Operation: 24 hours a day, 7 days in a week

Crisis Walk-In Center in Morongo Basin:

55475 Santa Fe Trail, Yucca Valley, CA 92284 (Entrance on Inca Trail)
Phone: (855) 365-6558
Hours of Operation: 24 hours a day; 7 days in a week

Victor Community Support Service/Family Resource Center

Counseling/Mental Health
Phone: (530) 893-0758

Gentiva Hospice, Victorville

One-on-one bereavement services/support group mainly for former hospice patient or their families.

Suicide Support Groups

- www.suicidology.org
- www.siblingsurvivors.com
- PBS. Or/Webland/Living created by survivors to provide a space for survivors to share their stories.
- American Foundation for Suicide Prevention

<https://www.afsp.org/coping-with-suicide-loss/find-support/survivor-outreach-program>

Ups and Downs Support Group

For Bipolar & Clinically Depressed

Phone: (760) 900-1554

Community Hospice of Victorville

Phone: (760) 946-4730

(Bereavement Counseling)

Grief Recovery Outreach

12 week program/lost due to death, divorce or other losses.

Kathy Welty w/ Holy Family Church

Hesperia

Phone: (760) 244-2686

Miscarriage/Stillborn/Sid ET

St. Mary's Hospital

Six week program contact Sr. Vicky

Phone: (760) 242-2311 ext. 8427

Robin Mutschler

Episcopal MC/Bereavement Minister

Our Lady of the Desert, Apple Valley

r.mutschler@yahoo.com

Cell: (760) 646-1113

Home: (760) 243-3254

Compassionate Friends

Olga Parker (High Desert)

Support group for parents who have lost
children from miscarriage.

Phone: (760) 486-1212

<https://www.compassionatefriends.org/ome.aspx>