**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](http://www.silentnomore.org/about_us/default.asp)

**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](http://www.ca-inlandempire-alanon.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](http://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.herpes-coldsores.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](http://www.edreferral.com/)

**Eating Disorder Anonymous**…………………….........…[http://www.eatingdisordersanonymous.org](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](http://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](http://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](http://www.VNACalifornia.org)

**Grief Support Group Parents of Grieving Children Spousal Grief Support Group**

At VNA California **Support Group**  VNA California

1861 W. Redlands Blvd. Bldg 7B At VNA California 1861 W. Redlands Blvd. Bldg 7B

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

Wednesdays 5:30-7pm 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 4Temecula, 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](http://www.211sb.com/search-services)

 Community Referrals

 (For ADHD Assessments)

John C. Oliveri, Ph.D. PSY11526 Heidi Robbins, M.S., MFT, M.B.A.

Alta Loma Psychological Associates Intake Coordinator, Loma Linda Behavioral Health Inst.

9089 Baseline Road ste 200 1686 Barton Road, Redlands, CA 92373

Rancho Cucamonga CA 91730 Tel: 909-558-9552

Tel 909/980-3567; FAX 909-989-3932

**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**

Counceling/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