

UCR After Hours crisis line:

Protocall After Hours 1-877-211-5222	
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Hotlines and Chat

National Suicide Prevention Lifeline 1-800-273-8255 1-800-SUICIDE Nacional de Prevención del Suicidio En Español1-888-628-9454 Options For Deaf + Hard of Hearing 1-800-799-4889	https://suicidepreventionlifeline.org/ <ul style="list-style-type: none"> • The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. • chat available online
https://connectriverside.org/ 211	Connect people to vital resources that help achieve their path to a greater quality of life.
The Trevor Project 24/7 phone, text and chat	<ul style="list-style-type: none"> • Trevor Lifeline 1-866-488-7386 • Trevor Chat available through website and https://www.thetrevorproject.org/get-help-now/ • Trevor Text - confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678678 • Trevor Space- TrevorSpace is a social networking site for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25 and their friends and allies. • Trevor Support Center - Trevor Support Center is a place where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more! https://www.thetrevorproject.org/resources/trevor-support-center/
Trans Lifeline 24/7 https://translifeline.org/	877-565-8860 Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.
Riverside Helpline	800-866-HELP (686-4357)

<p>UCR Police Department University of California, Riverside 3500 Canyon Crest Dr, Riverside, CA 92507 Phone: (951) 827-5222</p>	
<p>Live Health Online- https://counseling.ucr.edu/what-livehealth-online</p>	<ul style="list-style-type: none"> • Easy and convenient access. All you need is a smartphone, tablet, laptop or computer with a camera and internet access. • Zero out of pocket for those with UCSHIP for psychiatry and therapy. • Short wait times. Most appointments are available within the same week. • Available to non-UCSHIP insurance plans. Please check to see if your plan has this benefit.
<p>Therapy Assistance Online (TAO) https://www.taoconnect.org/what_is_tao/us/</p>	<ul style="list-style-type: none"> • Self Help, self-guided. It may be helpful to think of TAO as an online library of engaging, interactive programs to learn life skills and to help you bounce back from disappointments or stumbling blocks in life. As you watch videos and engage with our interactive components, you will gain the knowledge, self-awareness, and skills you need to achieve your goals. • Flexible to meet student's needs. You can complete TAO at your own pace, whether that is just one session a day, or perhaps two whole modules. It is entirely up to you. • Wide variety to choose from. Using TAO, you will learn from different modules you chose to use! Some of the biggest challenges facing students these days are available; modules on depression, anxiety, anger, stress management and more.
<p>Self-Help Tools mentalhealth.ucr.edu</p>	<ul style="list-style-type: none"> • Audio mediation exercises • Self-Assessment • Online brochures and resources

Local inpatient and outpatient community referral info:

<p>Riverside 24/7 Mental Health Urgent Care 9890 County Farm Rd, Ste 6 Riverside, CA 92503 951-509-2499</p>	<ul style="list-style-type: none"> • 24/7 Mental Health Urgent Care • 18+ voluntarily seeking assistance in a crisis situation. Must be ambulatory. 100% voluntary, individuals can self-admit, no requirements to meet for admission. • Length of stay: not to exceed 23 hours. Average length of stay: 15 hours. • Guests may receive visitors, have access to a cell phone • They will see anyone [SI, psychosis, mania, substance use/ abuse etc]. <i>Exceptions are harm to others/ violent.</i> • Do not need to be a resident of Riverside County. No insurance requirement. The Country will bill Medi-Cal or insurance or if indigent the individual will receive a bill but the person simply has to state they cannot pay and the RCSU will write it off. • Guests initially meet with a “peer counselor,” then a licensed therapist for mental health/ risk assessment. There is also a Nurse on staff who does a physical work up [toxicology screen, pregnancy test etc.]. The guests have access to a Nurse Practitioner via tele-therapy for medication management – will prescribed meds for up to 30 days, no refills. • If needed, staff will facilitate transfer to higher level of care/ locked facility. Less than 2% of people are ever transferred to a locked unit. • Up to 12 “beds,” max of 14. They do get full, call ahead.
<p>Perris 24/7 Mental Health Urgent Care 85 Ramona Express Way Ste 1-3 Perris, CA 92571 951-349-4195</p>	<p>Same as the Riverside MHUC but they accept teens 13 and older</p>
<p>Palm Springs 24/7 Mental Health Urgent Care 2400 N. Palm Canyon Dr. Ste. A#4 Palm Springs, CA 92262 442-268-7000</p>	<p>Same as the Riverside MHUC but they accept teens 13 and older</p>
<p>Pacific Grove Hospital 5900 Brockton Ave Riverside, CA 92506 844-209-2870 or 951-275-8400</p>	<p>Certified psychiatric and chemical dependency hospital.</p> <ul style="list-style-type: none"> • 18+ • Behavioral Health

<p>Fax 951-275-8402 https://www.pacificgrovehospital.com/</p>	<ul style="list-style-type: none"> • Chemical Dependency • 24-hour Acute Care/Crisis Stabilization <p>the following programs at Pacific Grove:</p> <ul style="list-style-type: none"> • Inpatient • Partial Hospitalization Program (PHP) • Intensive Outpatient Program (IOP) • Family Program • Alumni Program • Ongoing Support
<p>Riverside County - Adult Mental Health Clinics (visit website for additional clinic locations) https://www.rcdmh.org/Adult-services</p> <p>Blaine Street Adult Clinic 769 Blaine street B Riverside, CA 92507 951-358-4705</p>	<p>Riverside County - Adult Mental Health Clinics provide services to adult individuals suffering from severe and persistent mental health problems.</p> <ul style="list-style-type: none"> • These services include crisis intervention, psychiatric assessments, recovery management, medication services, case management, and dual-diagnosis treatment. • An Urgent Care Program provides crisis resolution and problem solving. • Peer-to-peer recovery services are provided through the clinics and through a contracted Peer Support and Resource Centers. • Outreach to homeless mentally ill individuals, housing assistance and intensive 24 hours a day, seven days a week case management are also available through the Full-Service Partnership (FSPs) Programs.
<p>Transitional Age Youth Programs https://www.rcdm.org/children-services/tay</p> <p>Stepping Stones (a TAY resource and Support) 1820 North University Ave Riverside CA 92507 951-955-9800</p>	<p>Transitional Age Youth (TAY) Programs in Riverside County</p>