

# MENTAL HEALTH RESOURCES

**WHILE THE STUDENT HEALTH CENTER STRIVES TO GIVE QUALITY CARE TO AS MANY STUDENTS AS POSSIBLE, THERE WILL BE TIMES WHERE APPOINTMENTS ARE UNAVAILABLE. PLEASE SEE THIS LIST OF RESOURCES IN TIMES OF NEED.**

- **Riverside County Community Response Evaluation and Support Team (CREST):**  
**(951) 715-5040** | The CREST Team is there to help support community members who are going through a crisis and need someone to talk to before going to a hospital for an inpatient stay. You will be speaking with licensed mental health professionals.
- **24/7 Mental Health Urgent Care:**  
**(951) 349-4195 : 85 Ramona Expressway, Suites 1-3, Perris, CA 92571** | The 24/7 Mental Health Urgent Care is a walk-in clinic with licensed mental health clinicians and psychiatrist that can aid in recovery from a crisis, depression, anxiety and much more. You may stay as long or as short of a time you like. There are no fees to be seen. While they do take IEHP and Medical no insurance is necessary.
- **USC Telehealth:**  
**(866) 740-6502** | USC School Masters of Social Work is offering 12 online mental health counseling sessions (FOR FREE) to help people cope with/overcome anxiety, depression, drug/alcohol abuse, grief, loss, relationships, trauma and much more. Must live in the State of California. No insurance necessary.
- **SafePlace:**  
**Text the word “safe” and your current location (address, city, state) to 4HELP (44357)** | Safe Place is a community program where youth agencies, local businesses and local government partner to create a network of places where youth in crisis can get immediate help. The Safe Place community assures a 24/7 option is available for young people. Any youth under age 18 can get help at a Safe Place site or through TXT 4 HELP. Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency. For immediate help, reply with “2chat” to text interactively with a trained counselor.
- **Operation SafeHouse:**  
**(951) 351-4418** | Are you a Youth in Crisis? What are you facing? Domestic violence, drug addiction, unplanned pregnancy, gender identity issues, suicidal thoughts, or living on the street. We will provide you with the opportunity to be you, let out your frustrations and fears, and learn how to deal with life’s pressures and enjoy all of your triumphs. How can you get to us? Head to any fire station, police station, RTA Bus or any location displaying the Safe Place sign.

**If there is no danger of harming oneself but suicidal thoughts are present please utilize:**

The **National Suicide Prevention Lifeline - CALL OR TEXT 988**

Chat with a trained mental health volunteer online by visiting <https://suicidepreventionlifeline.org/chat/>

Crisis Text Line

TEXT the word **“HOME” or “HELLO” to 741741**

**“What’s Up” SafeHouse App**

DOWNLOAD the “What’s Up” SafeHouse App from Google Play or the Apple Store to privately access Licensed Marriage and Family Counselors or

TEXT **“SHHelp Hi” to 274637**

Included in this packet is a **Coping Skills handout** to use when feeling overwhelmed and a mental break is needed. Even if it is for a few minutes.

**If at any point it is just too much, behavior cannot be controlled and a person is danger to themselves or someone else please call 9-1-1 or go directly to the nearest Emergency Room.**

**WE SINCERLY HOPE THE RESOURCES LISTED ABOVE ARE ABLE TO AID OUR COMMUNITY IN THEIR TIME OF NEED.**

**MT. SAN JACINTO STUDENT HEALTH CENTERS:**

San Jacinto Campus  
1499 N. State Street  
Modular 1540  
San Jacinto, CA 92583  
(951) 487-3206

Menifee Valley Campus  
28237 La Piedra Road  
Bldg 700, Room 723  
Menifee, CA 92584  
(951) 639-5206

# 50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Watch the stars



Write a Letter



Learn something NEW



Listen to a guided relaxation



Read a Book



sit in NATURE



2x Move twice as slowly

Take Deep Belly Breaths



MEDITATE



Call a friend



Meander around Town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing Scent



Walk Outside



Go for a run



Call a friend

Buy some Flowers

Meander around Town

Find a relaxing Scent

Eat a meal in SILENCE



Turn off all electronics



Take a bike ride



Pet a furry creature



Create your own coffee break



View some ART



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a park



Go to a Farmer's Market



Forgive Someone



read or watch something FUNNY



Engage in small acts of KINDNESS



COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



Put on some music and DANCE



Give Thanks



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry

# 99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Post on web boards and answer others' posts
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a punching bag
16. Cover yourself with Band-Aids where you want to cut
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Alphabetize your CDs/DVDs/Books
31. Paint or draw
32. Rip paper into itty bitty pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffed animal
37. Hyper-focus on something like a rock, hand, etc.
38. Dance
39. Make hot chocolate, a milkshake or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Look at pretty things like flowers or art
48. Create or build something
49. Pray
50. Make a list of blessings in your life
51. Read the Bible
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old happy movie
55. Contact a hotline/your therapist  
If you want, you can call us  
1-800-448-3000
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds or squirrels
59. Color
60. Memorize a poem, play or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" on-line (without buying anything)
64. Color-coordinate your wardrobe
65. Watch fish
66. Make a CD/play-list of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan your wedding/prom/other event
69. Plant some seeds
70. Hunt for your perfect home or car on-line
71. Try to make as many words out of your full name as possible
72. Sort through/edit your pictures
73. Play with a balloon
74. Give yourself a facial
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Clean up trash at your local park
79. Look at yourlifeyourvoice.org
80. Text or call an old friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at five people
86. Play with your little brother/sister/niece/nephew
87. Go for a walk (with or without a friend)
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends to play frisbee, soccer or basketball
96. Hug a friend or family member
97. Search on-line for new songs/artists
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

YOUR Life YOUR Voice

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

# DOMESTIC VIOLENCE RESOURCES

**Immediate danger: CALL 911**

**California Safe at Home Program:**

**(877) 322-5227** | Provides a free and confidential post office box and mail forwarding service, which is designed to help victims and survivors of domestic violence, stalking or sexual assault, to start new lives in peace, and to provide added protections to their overall safety plans.

**Alternatives to Domestic Violence:**

**(951) 320-1370** [info@alternativestodv.org](mailto:info@alternativestodv.org) | Caring Hearts for fresh starts. Alternatives to Domestic Violence is a private, nonprofit organization serving all of western Riverside County, California, with a range of services aimed at breaking the cycle of physical and emotional violence within families and the wider community. Our services include a 24-hour crisis line, emergency and transitional housing, outreach services to victims of domestic violence, individual and group counseling, life skills and job training, child development services, child and teen counseling and a range of training programs for legal professionals, first responders and employers in the identification of and response to domestic violence.

If you need help, CALL ADV's 24-hour Crisis Lines

- Riverside city area and out of county: (951) 683-0829
- Remainder of Riverside County: (800) 339-SAFE (7233)
- Trauma Recovery Center Mental Health Services for Victims of Crime (Hemet): (951) 425-8900

For reasons of security, the addresses of our outreach offices are not presented here. You may telephone your local office to obtain an appointment and directions:

ADV Administration – (951) 320-1370

Riverside Outreach – (951) 320-1374

Riverside Anger Management – (951) 320-1376

Beaumont Outreach – (951) 476-6597

Trauma Recovery Center, Hemet CA – (951) 425-8900

**Riverside Area Rape Crisis Center:**

**24/7 Hotline & Advocacy (951) 686-7273** [info@rarcc.org](mailto:info@rarcc.org) | The Riverside Area Rape Crisis Center is based on the belief that every individual has the right to control their own body and life, and to live free from violence and fear. The organization supports a survivor's autonomy in decisions and assists in exploring choices while working through trauma. The organization believes that through education, the community can become more sensitive, aware, supportive and accepting of an individual's right to be safe and in control of their life. The organization is committed to

eliminating exploitation in human relationships, reducing the stigma of victims, and emphasizing the value of each human life.

**House of Ruth:**

**(877) 988-5559 Toll Free Hotline | (909) 623 – 4364 |** Mission: House of Ruth is dedicated to the prevention of domestic violence and to ensuring the safety and well-being of those impacted by it. Vision: To end domestic violence and promote healthy relationships. Every home deserves to be a safe home. Values: We believe that all people deserve to live their lives free of violence, especially in their home. Service Area: House of Ruth has been providing life-saving domestic violence services for residents of eastern Los Angeles and western San Bernardino counties since 1977. Participation in House of Ruth programming is open to all battered women, men, and their children. All of House of Ruth’s programs are free of charge.

If you need help, CALL the 24 hour hotline 1-877-988-5559

- Emergency Shelter
- Transitional Living Program
- Children’s Program
- Child Abuse Treatment Program
- Community Services
- Prevention Education
- Domestic Violence Counseling

**SafePlace:**

**Text the word “safe” and your current location (address, city, state) to 4HELP (44357) |**

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**Operation SafeHouse:**

**(951) 351-4418 |** Are you a Youth in Crisis? What are you facing? Domestic violence, drug addiction, unplanned pregnancy, gender identity issues, suicidal thoughts, or living on the street. We will provide you with the opportunity to be you, let out your frustrations and fears, and learn how to deal with life’s pressures and enjoy all of your triumphs. How can you get to us? Head to any fire station, police station, RTA Bus or any location displaying the Safe Place sign.

**California Coalition Against Sexual Assault (CALCASA):**

**(866) 373-8300 | 951-652-8300 | [www.swcasa.org](http://www.swcasa.org) |** The California Coalition Against Sexual Assault (CALCASA) provides leadership, vision and resources to rape crisis centers, individuals and other entities committed to ending sexual violence. 24-hour hotline which provides telephone crisis counseling to victims of assault, rape, and domestic violence. Offers hospital accompaniment services for rape victims.

**House of Decision:**

**(951) 845-0103 |** House of Decision is long term housing for women and women with children (Boys must be under 11 years old). Stay is approximately up to 3 years. Women are required to attend bible study and church. Faith based Christian Program. Please call for further information.

**Center for the Pacific-Asian Family:**

**(800) 339-3940** | This program provides immediate crisis assistance to men and women experiencing sexual or domestic abuse.

- Safety Planning
- Counseling
- Assistance applying for: Medical, Legal, Other services

**Community Center for Healthy Minds (CCHM):**

**(951) 656-6969** [cchm@email.com](mailto:cchm@email.com) | CCHM is a program that is dedicated to supporting the community by providing Domestic Violence, Anger Management, Parenting, Child Abuse, Socialization, Criminal Addictive Thinking and Counseling to court-ordered participants and the general public. With the assistance of our trained facilitators, the objective is to raise the participant's awareness through education and make it possible to affect change and empower participants with the knowledge that can positively help them make healthier decisions and equip them with the tools that can be beneficial for a lifetime. Our objective is to provide the tools and techniques which clients can use that will help develop a healthier way of thinking and problem solving. These methods are designed to meet the challenges that may arise from an array of environmental, mental, medical, emotional, and economical issues.

- 52 week Domestic Violence Program: This program seeks to prevent the occurrence of domestic violence events thus preventing unnecessary separation of children from their families and to ensure permanency by maintaining or reuniting children with their parents.

**IntegralLife Health & Trauma Institute:**

**(951) 221-3460** [admin@IntegralLifeHTI.com](mailto:admin@IntegralLifeHTI.com) | Locations in Hemet, Moreno Valley and Murrieta. A Place of Compassionate Care... for Hope and Healing. IntegralLife Health & Trauma Institute is a multifaceted outpatient facility with a focus on prevention, treatment, and healing of the total person - physical, emotional, and spiritual. By using cutting-edge and proven treatment modalities, we provide Trauma, Children and Family Services that are tailored to meet the needs of individuals, families, and the community. We also use a team approach by integrating Psychotherapy, Health Wellness, Life Coaching, Nutritional & Fitness Counseling, and Executive Coaching/Consulting to optimize the total wellness and success of our clients.

**Shelter from the Storm:**

**(800) 775-6055 | (760) 328-7233** | [info@shelterfromthestorm.com](mailto:info@shelterfromthestorm.com) | Shelter From The Storm provides comprehensive services to victims of domestic violence—professionally, ethically, and compassionately. We will continue to bring to victims of domestic violence who are residents of the Coachella Valley the highest quality of service and human warmth. Shelter From The Storm is the Coachella Valley's only shelter-based provider of emergency and adjunctive services to victims of the scourge that is domestic violence. We are also one of the nation's largest and most comprehensive providers of programs dedicated to abused women and children. Shelter From The Storm offers, in-house, all the core programs needed by families as they begin to create safe and healthy lives:

- Emergency Crisis Domestic Violence Shelter
- Community Counseling Center
- Outreach Intervention Advocacy Assistance at the Family Justice Center – Indio
- Speakers Bureau and Professional Training
- Teen Dating Violence Prevention and Education

- In addition we provide: Individual & Group Counseling for Women, Individual & Group Counseling for Children, Case Management, Advocacy, and links to key community resources.

**Option House:**

[info@optionhouse.org](mailto:info@optionhouse.org) |

- Courthouse Outreach Program: (951) 381-3471 Provides temporary restraining orders, guardian, custody visitation, and court support. These are free services.
- Victims of Domestic Violence Support Groups: (909) 844-4802 Support group for battered women and children. In addition, public awareness education and information services can be provided. Spanish speaking groups available.

**Riverside County Bar Association PSLC:**

**(951) 682-7968** [charlene@riversidecountybar.com](mailto:charlene@riversidecountybar.com) | The Public Service Law Corporation of Riverside County (PSLC) provides Free legal services, Legal aid, pro bono, Family, Divorce, Domestic Violence and Real Estate. PSLC provides legal services only in civil cases (not criminal cases) particularly in the following areas:

- Family law (dissolution, child support and visitation, restraining orders, and child custody).
- Landlord/tenant and housing problems
- Guardianship/conservatorship

Attorneys from Riverside County provide the services on a volunteer basis. You can receive legal services from volunteer attorneys serving on various clinics operated by PSLC or from individual attorneys on a direct representation basis depending on the type of services you are seeking.

**Riverside County District Attorney Family Justice Center:**

**Hotline (951) 955-6100 | After-Hours (951) 304-2298 | [inquires@rivcoda.org](mailto:inquires@rivcoda.org)** | This program provides victims of domestic violence with centralized access to public and private resources in a safe, secure, and private environment.

**If there is no danger of harming oneself but suicidal thoughts are present please utilize:**

The **National Suicide Prevention Lifeline 1-800-273-8255**

Chat with a trained mental health volunteer online by visiting  
<https://suicidepreventionlifeline.org/chat/>

Crisis Text Line

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