



Free Mental Health Services During COVID19

Student Assistance Program (SAP)

Although school sites are closed, essential mental health services through your school districts' SAP are still available by phone and/or video conferencing systems such as FaceTime, Messenger, or Skype.

If you are concerned about how your child is emotionally responding to COVID19 or other issues, please contact your local SAP for more information:

**Attention parents and caregivers!
Are you anxious over COVID19 too?
The San Bernardino County Dept. of Behavioral Health (DBH) can help.**

Call or text to connect with specially trained staff who can listen and provide you with support and behavioral health resources.
Confidential and free of charge.

East Valley (Fontana to Yucaipa)
Call (909) 421-9233 | Text (909) 420-0560

West Valley (Rancho Cucamonga to Chino)
Call (909) 458-1517 | Text (909) 535-1316

Desert Regions
Call (760) 956-2345 | Text (760) 734-8093