

Additional Resources and Links:

<https://countyofriverside.us/MobileApp/Directory.aspx>

<https://www.freefood.org/s/california> (Just pick your city)

https://www.needhelp-payingbills.com/html/clothing_closets_in_riverside.html

https://www.needhelp-payingbills.com/html/riverside_county_church_assistance.html

<https://www.iehp.org/en/members/healthy-living?target=coronavirus>

HELPLINE

When you dial (951) 686-HELP, you are put in touch with someone who cares, who will listen and support you in your time of crisis 24-hours a day. Bilingual counselors are also available. It is important to remember “you are not alone” when a crisis occurs.

2-1-1 Riverside County

211 is a designated 3-digit number that allows callers to receive up-to-date information and referrals to health and human services agencies. If you call 211 Riverside County with your needs, 211 will locate the resources nearest you, and give you that information.

National Suicide Prevention Lifeline

1-800-273-8255

We can all help prevent suicide. 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.

POISON CONTROL

1-800-222-1222

Contact a Poison Control Center right away, online or by phone, if you suspect a poisoning. Knowing is safer than guessing and quick action could save a life.

SAMHSA’s National Helpline

1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.