

FEELING WORRIED OVER THE CORONAVIRUS? 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.

Daily from 7 a.m to 10 p.m.

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

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

Desert Regions
(Hesperia to Barstow/Morongo Basin)
Call (760) 956-2345 or Text (760) 734-8093



Behavioral Health

If you speak another language, language assistance services are available to you free of charge by dialing (888) 743- 1478. TTY users dial 711. DBH complies with applicable federal, civil rights laws and does not discriminate based on race, color, national origin, sex, sexual orientation, gender identity, age, disability, or LEP.

www.sbcounty.gov/DBH