Inland Empire

COMMUNITY RESOURCES AND REFERRALS

# AIDS

Bienestar/Pomona (prevention, education, testing, support groups) (909) 397-7660

California Dept. of Public Health HIV/AIDS Referral Line (M-F 9a-4p ) (800) 367-2437

Foothill AIDS Project (prevention, education, various resources)

 Riverside (951) 742-7660

San Bernardino………………………………………………………………………………………………………….(909) 884-2722

# ALCOHOL/SUBSTANCE ABUSE

Aegis Medical Systems/Ontario (low cost methadone assisted treatment) (909) 986-4550

Alcoholics Anonymous/Colton (AA meetings) (909) 825-4700

Canyon Ridge Hospital/Chino (free assessments, inpatient,IOP, detox) (909) 590-3700

Inland Valley Recovery Services/Upland (low cost, prevention, case management) (909) 932-1069

National Council on Alcoholism & Drug Dependence/Pomona (DUI programs, prevention, treatment) (909) 629-4084

Pacifica Recovery/Claremont (Detox, RTC, outpatient, sober living) (877) 597-5700

Substance Abuse & Mental Health Services Administration National Helpline (24/7) (800) 662-4357

# CHILD/ELDER ABUSE

Child Abuse Hotline

Riverside County (800) 442-4918

San Bernardino County (800) 827-8724

National Child Abuse Hotline (800) 422-4453

Elder/Dependent Adult Abuse Hotline

Riverside County (800) 491-7123

San Bernardino County (877) 565-2020

# DOMESTIC VIOLENCE/SEXUAL ASSAULT

House of Ruth/Claremont (hotline, counseling, emergency shelter) (909) 623-4364

Option House Shelter/San Bernardino (hotline, shelter, support groups) (909) 381-3471

Project Sister Family Services/Pomona (rape crisis hotline, counseling, advocacy) (909) 626-4357

Riverside Area Rape Crisis Center (hotline, counseling, support groups, advocacy) (951) 6867273

Love Is Respect (teen helpline, text LOVEIS to 22522) (866) 331-9474

National Domestic Violence Hotline (text START to 88788) (800) 799-7233

National Sexual Assault Hotline (800) 656-4673

# EATING DISORDERS

Overeaters Anonymous Group/Inland Empire (different location for group meetings) (951) 715-2080

Loma Linda Behavioral Medicine Center/Redlands (Outpatient, PHP programs) (909) 787-2182

Pacifica Recovery/Claremont (intensive OP program) (877) 597-5700

# MENTAL HEALTH / COUNSELING

Canyon Ridge Hospital/Chino (IP, OP, Medi-Cal, Medicare, Kaiser, PPO) (909) 590-3700

ACT Family Counseling (Private insurance, Accepts Kaiser with internal referral) (909) 983-5575

Avery Centre (Private Insurance, Accepts Kaiser)… (909) 597-2226

Catholic Charities Counseling/Upland & Chino Hills (sliding scale) (909) 763-4970

Chino Human Services (indiv, family, couples counseling, $10 for residents/$30 for non-residents) (909) 334-3259

Family Service Agency of San Bernardino (counseling, support groups, sliding scale) (909) 886-6737

Loma Linda Behavioral Health Institute/Redlands (909) 558-9500

(indiv, family, couples, group, psychological & learning disability assessments, sliding scale)

Samaritan Counseling Center/Upland (ind, fam, couples, psych testing, PPO insurance, reduced fees) (909) 985-0513

Last revised 11/18/2021

Central City Community Counseling (Upland)………………………………………………………………………….(909) 406-5353

Riverside County CARES (24-hr, emergencies, info, referral)…………………………………………………………(800) 706-7500

San Bernardino County Access Unit (24-hr, emergencies, info, referral)……………………………………………..(888) 743-1478

Community Helpline (7am-10pm Mon-Sun, listening, crisis intervention, referral)…………………………………(877) 541-2525

National Suicide Prevention Lifeline/Veterans Crisis Line (24 hrs text 838255.)……………………………………(800) 273-8255

Depression Bipolar Support Alliance (Peer-led, online available)………………………………………………(www.dbsalliance.org)

# DISABILITY

Inland Regional Center……………………...................................Riverside (951) 826-2648 San Bernardino (909) 890-3148