**Resources/ Hotlines**

If you are in crisis or having a psychiatric emergency, Please call 911 or go to your nearest emergency room.

* 911
* **Suicide hotline**: 800-273-82555 or text 988
* Spanish line: (888) 628-9454
* **San Bernardino County Access Unit**: 888-743-1478 (24/7)
* **Los Angeles County Department of Mental Health Access Center**: 800-854-7771 (24/7) Access Helpline
* **General Referrals/ Information** dial 211
* **California Youth Crisis Line**: (800) 843-5200
* **TEEN LINE Online “Teens helping Teens”**

6:00pm-10:00pm pst-7days

Toll Free Inside California

1-800-TLC-TEEN

1-800-852-8336

* **Text 741741 when you are feeling depressed or suicidal, crisis workers will text you back. FREE service to ANYONE-Teens, adults, etc. –who live in the U.S. It’s run by The Crisis Text Line.**
* **Riverside Helpline: 24-Hour Suicide/Crisis Intervention Hotline (951) 686-HELP (951) 686-4357**
* **Riverside County Coalition for Alternatives to Domestic Violence (951) 683-0829 National Domestic Violence: 24-Hour Hotline (800) 799-7233**
* **Sexual Assault: Riverside Rape Crisis Center: 24-Hour Hotline (951) 686-7273**
* **Veterans Crisis Line (800) 237-8255Corona Regional Hospital-** 800 S Main St, Corona, CA 92882 **951-737-4343**
* [**The Trevor Lifeline**](http://www.thetrevorproject.org/)  
  National organization providing crisis and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) Youth   
  (866) 4-U-TREVOR (866-488-7386)