



Crisis Numbers/Resources

Call 911 or a Crisis Hotline that is open 24 hours per day:
Riverside County Mental Health, 24-hour hotline: 760.863.8455
Desert Regional Medical Center: 760.323.6511
Suicide Hotline: 1.800.273.TALK (8255)
National Crisis Line: 1.800.784.2433

TEXT:

HELLO to 741-741 to text with a crisis counselor
SHHELP HI to 274-637 for anonymous support

Safe House of the Desert 760-343-3211

Child Abuse Hotline 1-800-422-4918

Salud Mental del Condado de Riverside,
Línea directa de 24 horas: 760.863.8455
Desert Regional Medical Center: 760.323.6511
Línea Directa Suicidio: 1.800.273.TALK (8255)
Línea de Crisis Nacional: 1.800.784.2433
Casa Segura de Desierto: 760-343-3211
Child Abuse Hotline: 1-800-422-4918