

Mental Health Resources for Students and Families

Victor Community Support Services

(909) 522-4656

WSBRefferals@victor.org

Attention parents and caregivers! Are you anxious over COVID-19 too? The San Bernardino County Dept. of Behavioral Health (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.**

East Valley (Fontana to Yucaipa)

Call (909) 421-9233 | Text (909) 420-0560

West Valley (Rancho Cucamonga to Chino)

Call (909) 458-1517 | Text (909) 535-1316

Desert Regions

Call (760) 956-2345 | Text (760) 734-8093

San Bernardino County Department of Behavioral Health's 24/7

Behavioral Health Helpline (888) 743-1478 | SBCounty.gov/DBH

- Free Mental Health Services During COVID-19 (English & Spanish)
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Suicide Prevention

Resources for Suicide Prevention:

- Community Crisis Team -- **(909) 421-9233** (available 24 hours a day/seven days a week)
- Crisis Walk-In Clinic -- **(909) 421-9200**
- **National Suicide Prevention Hotline -- 1 (800) 273-8255**