Mt. San Antonio College: COMMUNITY RESOURCES AND REFERRALS

Inland Empire

AIDS
Bienestar/Pomona (prevention, education, peer support).................................(909) 397-7660
California 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 treatment for opiate addiction)..............(909) 986-4550
Alcoholics Anonymous/Colton (AA meetings).........................................................(909) 825-4700
Canyon Ridge Hospital/Chino (free assessments, IP detox)........................................(909) 390-3700
Inland Valley Recovery Services/Upland (low cost, detox, counseling)....................(909) 932-1069
National Council on Alcoholism & Drug Dependence/Pomona (substance abuse, self-help, anger mgmt groups).............(909) 629-4084
Pacifica Recovery/Claremont (IP/OP program for chemical dependency)..............(909) 447-5081
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) 988-5559
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, advocacy)......................(951) 686-7273
Love Is Respect (teen helpline).............................................................................(866) 331-9474
National Domestic Violence Hotline.................................................................(800) 799-7233
National Sexual Assault Hotline.........................................................................(800) 656-4673

EATING DISORDERS
Overeaters Anonymous Group/Rancho Cucamonga (meeting group)...............(909) 235-8940
Loma Linda Behavioral Medicine Center/Redlands (partial/intensive OP programs).....(800) 752-5999
Pacifica Recovery/Claremont (intensive OP program)...........................................(909) 447-5081

MENTAL HEALTH / COUNSELING
Bilingual Family Counseling Services/Ontario (SB county residents, uninsured & needing MH only)..............(909) 986-7111
Canyon Ridge Hospital/Chino (IP, OP, Medi-Cal, Medicare, Kaiser, PPO).............(909) 590-3700
Catholic Charities Counseling/Upland & Chino Hills (sliding scale)......................(909) 763-4970
Chino Human Services (indiv, family, couples counseling, $5 for residents/$30 for non-residents)..............(909) 591-9822
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, group treatment, PPO insurance, reduced fees)...................(909) 985-0513
Upland Community Counseling (SB Medi-Cal, counseling, substance abuse treatment, psychiatric)...........(909) 458-1350
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 (24-hr)......................................................(800) 273-TALK

Applying for Medi-Cal/Covered California
East Valley Community Health Center (enrollment info).......................................(909) 762-3849
Healthy Families Medi-Cal for Children.................................................(888) 747-1222

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