



# Get Help. Right Now.

*Keep this where you will find it.*

## IF YOU ARE IN CRISIS RIGHT NOW:

- Call or text 988 — Suicide & Crisis Lifeline (US, 24/7)
- Text HOME to 741741 — Crisis Text Line (24/7)
- Call 911 if you are in immediate danger

## NATIONAL RESOURCES

<b>NAMI Helpline</b>	1-800-950-6264   nami.org
<b>SAMHSA National Helpline</b>	1-800-662-4357   Free, confidential, 24/7, English & Spanish
<b>Psychology Today Therapist Finder</b>	psychologytoday.com/us/therapists   Search by zip, insurance, specialty
<b>Free Mental Health Screening</b>	screening.mhanational.org   3 minutes, confidential, anonymous

## INLAND EMPIRE LOCAL RESOURCES

<b>Riverside Univ. Health System — Behavioral Health</b>	(951) 955-2105
<b>NAMI Inland Valley</b>	namiv.org
<b>211 Inland Southern California</b>	Call or text 211
<b>Family Service Association of Riverside</b>	(951) 686-3706

**You deserve support. These people will help.**

Designed to print and post: fridge, bulletin board, gym locker, school counselor's office

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