

I WANT TO...

Resource Guide

Crisis Resource Hotline

Suicide Prevention Lifeline: (800) 273-8255

Food Resources

Building Up Lives Foundation

24441 Sunnymead Boulevard, Moreno Valley, CA 92553*

Phone: (951) 550-5466

Hours: 12:00 a.m. – 7:00 p.m. all week (except Tuesdays only by appointment)

[Building Up Lives Foundation Website](#)

Lutheran Social Services of Southern California

4162 Rubidoux Avenue, Riverside, CA 92506

Phone: (951) 689-7847 | *Information on Rental Assistance

Monday through Wednesday 11:00 a.m. – 2:00 p.m., Thursday 9:00 a.m. – 10:30 a.m.

*Food Distribution Thursdays 11:00 a.m. – 2:00 p.m.

Riverside City Mission Fortress Church | barbdcmm@aol.com

Phone: (951) 341-5055

5530 34th Street, Riverside, CA 92509

4th Saturday Food Box Deliveries | Application Process: In-Person or email

Financial Assistance

Catholic Charities Moreno Valley Office

23623 Sunnymead Boulevard #E, Moreno Valley, CA 92553

Phone: (951) 924-9964

Hours: Monday through Thursday 8:30 a.m. to 4:30 p.m., Friday 8:30 a.m. to 12:00 p.m.

Provides a variety of financial support such as rental assistance, utility assistance, family burial assistance, and service referrals.

Health Resources

Riverside University Health System Community Health Centers Website

Perris Family Care Center

308 E. San Jacinto Avenue, Perris, CA 92570

Phone: (951) 940-6700

For COVID-19 testing call (800) 945-6171 | Hours: M-F, 7:30 a.m. – 5:00 p.m.

No walk-ins at the moment, **by appointment only.**

Moreno Valley Community Health Center

23520 Cactus Avenue, Moreno Valley, CA 92553

Phone: (951) 867-3900

For COVID-19 testing call (800) 945-6171 | Hours: Monday through Friday, 7:30 a.m. – 5:00 p.m.

No walk-ins at the moment, **by appointment only.**

Mental Health Crisis/Emergency Services

Imminent Danger and Emergencies

Take your child to the nearest emergency room or call 9-1-1!

Mental Health Urgent Care Perris

85 Ramona Expressway, Perris, CA 92571 | Phone: (951) 349-4195

Walk-ins okay

CARES Line Phone

(800) 706-7500

Substance Use CARES Line

(24/7 English/Spanish)

(800) 499-3008

Crisis Text Line

Text “Connect” to 741741

Operation Safe House Text Line

(844) 204-0880

Operation Safe House Riverside

(951) 351-4418

Riverside County Network of Care for Behavioral Health

(951) 358-6858

Up2Riverside Mental Health Resources

(800) 706-7500

RUHS Behavioral Health – Children’s Services

3125 Myers Street, Riverside, CA

(951) 358-6888

RUHS Peer Navigation Line

(phone triage and referral service)

(888) 768-4YOU / (888) 768-4968

National Alliance on Mental Illness (NAMI)

(support groups and programs)

(951) 369-1913

Virus Anxiety-Pandemic-Specific Mental Health Support

(adult services)

(800) 985-5990 or text TalkWithUs to 66746

18percent Peer-to-Peer Online Support Community

(individual support, peer to peer online community)

7 Cups Listening/Counseling Online Community

(teens 13-17 and adult online community)

Kaiser Permanente, Alliance for A Healthier Generation

(Social Emotional Learning (SEL) skills for students and teachers)

(800) 323-9084

Mental Health and addiction resources for Veterans

26442 Beckman Court, Murrieta, CA 92562

(951) 384-0110

Care Solace

(concierge service for families to connect to mental health services)

669 Second Street, Encinitas, CA 92024

(888) 515-0595

Peer Tutoring

Each Mind Matters

(suicide prevention/intervention)

Therapy/Counseling Services

Riverside University Health System (RUHS) – Behavioral Health

CARES Line

Call (Medi-Cal beneficiaries seeking Mental Health Services): (800) 706-7500 | IEHP

IEHP Member Services

(800) 440-IEHP (4347), TTY (800) 718-4347 and ask to speak to the Behavioral Health Department. Insurance other than Medi-Cal – Contact member services number on insurance card.

Phone: (951) 929-9691

Hours: Monday through Friday 9:00 a.m. – 4:00 p.m.

United Way Christmas Bureau

414 South Palm Avenue, Suite C2

Hemet, CA 92543 | Phone: (951) 929-9691

Hours: Monday through Friday 9:00 a.m. – 4:00 p.m.

For Additional Resource Referrals, please contact:

Riverside Community Connect

Dial 2-1-1 | Phone Center: (800) 464-1123

E-mail: info@connectriverside.org

Website: [Riverside Community Connect](#)

Available 24 hours a day. Translators are available.