

Murrieta Valley Unified School District Wellbeing Resources

In the event of a mental health crisis or emergency, please dial 911

Crisis Lines

Riverside County Crisis & Suicide Helpline: (951) 686-4357 (HELP)
National Suicide Prevention Lifeline: (800) 273-8255 (TALK)
Crisis Text Line: Text HOME to 741741
Trevor Project (LGBTQ): (866) 488-7386 or text *START* to 678678
Children's Protective Services: (800) 422-4918
Alternatives to Domestic Violence: (800) 339-7233
CONTACT (Loneliness) Helpline: (800) 932-4616
CA Peer Warm Line (non-crisis): (855) 845-7415.
California Youth Crisis Hotline (CA coalition for youth): (800)843-5200
What's Up SafeHouse Crisis Text Line: (844) 204-0880 (Downloadable app)
RUHS Teen Line: (800)852-8336

Emergency Evaluation Centers

Emergency Treatment Services (ETS) 9990 County Farm Road, Suite 4 Riverside, CA 92503 Adults & Minors (951) 358-4881	Loma Linda University Behavioral Medical Center 28078 Baxter Rd, Suite 230 Murrieta, CA 92563 (951) 290-6530
Riverside University Health System 41002 County Center Drive, Suite 320 Temecula, CA 92591 (951) 600-6355	Perris Mental Health Urgent Care (13+) 32085 Ramona Expressway, Suites 1-3 Perris, CA 92571 (951) 349-4195

Additional Resources

Community Referrals: Dial 211 or visit connectriverside.org

ConnectIE.org: Search for free/reduced cost services like medical care, food, and more

[CARES Line](#): (Medi-Cal Beneficiaries seeking Mental Health Services) (800) 706-7500

Help Line: (951) 686-4357 Counseling • Housing referrals • Food pantry • Financial assistance

CareSolace: 888-515-0595 • WeServe@CareSolace.org • search for a therapist/psychiatrist

Collaborative Psych Group: Provides therapy • Complete this [google form](#) for self-referral

Community Food Pantry: 951-677-6347 • 39493 Los Alamos Rd. Suite A, Murrieta, CA

[Project Food Box](#): (951)695-7206 • 40940 County Center Dr. Temecula, CA 92591

Grief support: [Elizabeth Hospice](#) • Individual Therapy and Grief Groups • 833-349-2060