



Semester Break Health Resources

Life Threatening Emergencies

- In case of an emergency- Dial 911

Suicide Resources

- Immediate risk level- Call 911
- National Suicide Prevention Lifeline 800-273-8255 <https://suicidepreventionlifeline.org/> (Virtual suicide/crisis evaluation and interventions, self-help resources, referral suggestions)
- County Crisis Intervention Team 909-421-9233 <https://wp.sbcounty.gov/dbh/crisis-services/urgent-mobile-response/community-crisis-response-team-cprt/> (Virtual crisis assessment, support, review of treatment options, recommendations and local referrals)
- Go to the closest Hospital Emergency Room

Information and Help finding Care and Community Resources

- Care Solace @ caresolace.com/SBVC or 1-888-515-0595 (Provide 24/7 individualized help finding resources, making appointments, and connecting with providers for mental health and substance use issues)
- County Access Unit 909-381-2420 (San Bernardino County hub for connecting to urgent and non-urgent assistance related to mental health and basic needs services in our area also 24/7)
- [Student Health Services — San Bernardino Valley College](#) WEB PAGES ONLY DURING BREAK

In person walk in Crisis Resource

- Winsor and Merrill Crisis Stabilization Clinics (Welcoming voluntary stabilization clinics that are open 24/7, 365 days a year and a variety of services and treatments, provided by a multidisciplinary team, to stabilize clients experiencing crisis. Clients can stay up to 23 hours for evaluation, treatment, and stabilization).
 - **Windsor** 909-361-6470 (San Bernardino location) <https://www.telecarecorp.com/windsor-center>
 - **Merrill** 909-643-2340 (Fontana) <https://www.telecarecorp.com/merrill-center>

Basic Needs Resources

- CAPSBC- Housing/Homeless Assistance 909-723-1500 <https://www.capsbc.org/>
- Off Campus Resources- CALL “211” or online at 211sb.org
- Food Resource List: <https://www.valleycollege.edu/about-sbvc/facilities/360-resource-center/documents/alternative-food-resources.pdf>

Virtual Crisis Support

- Care Solace web page and phone number caresolace.com/SBVC or 1-888-515-0595 (Immediate individual virtual support connecting with the most appropriate provider)
- County Access Unit 909-381-2420 https://wp.sbcounty.gov/dbh/wp-content/uploads/2016/07/Out_of_County_MediCal_Authorization_Numbers.pdf Information and referrals to local resources 24/7, 365 days.
- CRISIS Text Line Text: “Courage” To: 741741 <https://www.crisistextline.org/> (Text conversations with a supportive trained volunteer backed by clinician availability)
- Suicide Prevention Lifeline- 1-800-273-8255 online chat, <https://suicidepreventionlifeline.org/> English: 800-273-TALK o Español: 888-628-9454 o TTY: 800-799-4889
- Campus WELL online Magazine <https://sbccd.campuswell.com/> Self Help, selfcare, information and wellness tips.
- Trevor Lifeline LGBTQQ+ Crisis Support: 1-866-488-7386

Domestic Violence or Sexual Assault

- San Bernardino County Sexual Assault Services 1-909-885-8884 <https://www.sbsas.org/> (Provide in person and virtual services to victims of sexual assault and domestic violence during all phases of treatment and recovery)
- Call 911
- Go to closest Hospital Emergency Room