

your  
**MIND**  
MATTERS



Para más información visite  
[www.cityofrc.us/mental-health](http://www.cityofrc.us/mental-health)



**TARJETA DE  
ESPERANZA**

AYUDA | SALUD | VIVIENDA | ESPERANZA



## VIVIENDA Y



## COMIDA

Foothill Family Shelter	909-920-0453
Inland Valley Hope Partners	909-622-3806
Access Center & Mercy House	909-391-2630
KEYS Housing Support	909-332-6388
Lighthouse Social Service Center	951-571-3533
Lutheran Social Services	909-381-6921
The Open Door	909-333-7476
Hope House	760-843-0701
Our House Youth Shelter	909-335-2676
Abundant Living Family Church	909-987-7110
God's Pantry Distribution	909-766-8038
Cucamonga Fellowship	909-945-5333
H.O.P.E. Pantry	909-987-3676
Food For Life Ministry	909-627-3663
Women, Infants, and Children	800-472-2321
Sova Program Center	909-622-3806 x200



## SALUD Y DENTAL



## DENTAL

ParkTree Health Center	909-630-7927
Transitional Assistance	877-410- 8829
<i>Calworks, Calfresh, Medical, Medicare</i>	
Medicare Plan Direct	800-512-7697
Inland Empire Health Plan	866-294-4347
Unicare Health Center	909-988-2555



## PROGRAMA DE ADOLESCENTES

Youth Crisis Homeless Hotline	909-335-2676
Mental Health Systems TAY Center	909-983-4466
Crisis Residential Treatment Center	909-763-4760



## VIOLENCIA DOMESTICA

Línea directa House of Ruth	877-988-5559
Hope House Shelter	760-949-4357
Partners Against Violence	909-885-8884
Línea contra la trata de personas	909-333-7476



## INFORMACIÓN Y REFERENCIA

Inland SoCal United Way 211+  
Dial 2-1-1 for assistance  
InlandSoCalUW.org | www.ConnectIE.org



## AYUDA PARA LA SALUD MENTAL

Inland SoCal United Way Crisis	951-686-4357
Línea directa para la salud mental	888-743-1478
Línea directa abuso de sustancias	800-968-2636
Línea directa prevención de suicidio	Dial or Text 988
South Coast Community Services	877-527-7227
West End Family Services	909-983-2020
Alignment Healing Center	909-481-6298
TruEvolution	951-888-1346
Trevor Project	866-488-7386
Centro de atención de crisis	951-643-2340
Emergencia psiquiátrica	909-458-1517
Non-Emergency Dispatch Police Dept.	909-941-1488



## ASISTENCIA DE LUZ, AGUA, Y ELECTRICIDAD

SB Community Action Partnership	909-723-1558
CHANGES Program	909-383-0164



## ASISTENCIA DE ROPA

Shoes that Fit	909-482-0050
Harold's Help Desk	909-920-0453
Eileen's Clothing Closet	909-981-3158
<i>*Chaffey Joint Union High School District families</i>	
Assistance League	909-987-2813