



RESOURCE & SUPPORT GUIDE 2020

Brought to you by the Western Region TAY Collaborative.

For edits or additions,

Please contact Maria Arnold @ (951) 955-9800 or MArnold@ruhealth.org

TAY (Transitional Age Youth) are youth ages 16-25

RUHS Website <http://RUHealth.org/>

TAY FULL SERVICE PARTNERSHIP PROGRAMS – Behavioral Health

The Journey, A TAY Program (RUHS Behavioral Health)	(951) 358-4100
Victor Community Support Services (Mid County)	(951) 436-5300
Oasis (Desert Region)	(760) 391-6999

TAY RESOURCE & SUPPORT CENTERS RUHS – Behavioral Health

The Peer ran TAY centers provide mental health support, groups and activities to youth ages 16-25 and their families.

Stepping Stones – (Riverside)	(951) 955-9800
The ARENA – (Perris)	(951) 940-6755
Desert FLOW – (La Quinta)	(760) 863-7970
RI International Wellness City Riverside	(951) 686-5484
TAY Services in San Bernardino	(951) 387-7212

FAMILY PLANNING/HEALTH/STD TESTING

Arlanza Family Health Center (Wednesdays 1:30pm-4:30pm)	(951) 710-3970
Eastside Health Center (Wednesdays 1:00pm-4:00pm)	(951) 213-3450

Planned Parenthood	(888) 743-7526
Borrego & Arlanza Family Health Center	(951) 710-3970
Riverside County Regional Medical Center Hospital	(951) 486-4000
Eastside Dental Programs*	(951) 213-3460
(Ages 0-18, low cost medical prevention & treatment)	
Eastside Health Center Building B	(951) 384-6200

LGBT RESOURCES & SUPPORT



TruEvolution	(951) 888-1346
Rainbow Pride Youth Alliance (RPYA)	(909) 519-3927
The Source	(951) 435-1564
PFlag (voicemail)	(951) 500-6904
Eastside Health Center Building B	
(Trans-identifier teens, adults and their families)	(951) 384-6200
The Gender Affirmation Project	
LGBTQIA+ Therapy and other supportive services.	(951) 289-5025

SUICIDE HOTLINE

If you are struggling with thoughts of suicide, please call one of these numbers. You matter to us... help is available.

National Suicide Prevention Hotline	(800) 273-8255
24-Hour Crisis & Suicide Prevention Helpline for Riverside County	(951) 686-4357
Trevor Project (For LGBT Youth)	(866) 488-7386

Download the What's Up SafeHouse App or text (844) 204-0880 to text with a trained counselor

DEPT. OF PUBLIC SOCIAL SERVICES (DPSS)

(For AFDC, MediCal, food stamps, homeless and Cal Works)
General and Eligibility information (877) 410-8827

DOMESTIC VIOLENCE & RAPE

24-Hour Alternative to Domestic Violence*	(951) 683-0829 or (800) 339-7233
24-hour Crisis Line - Riverside County	(800) 339-7233
Alternatives to Domestic Violence	(800)339-SAFE
Riverside	(951) 320-1370
24-Hour Rape Crisis Center - Riverside	(951) 686-7273

DRUG / ALCOHOL PROGRAMS & TESTING

Substance Abuse CARES Line (Referral Line)	(800) 499-3008
Screening Assessment & Referral Center (San Bernardino County)	(909) 421-4601
Alanon / Alateen Meeting Location Info. Line	(800) 356-9996
Hotline (After hours)	(310) 773-3122
Alcohol / Drug National Referral Line (24 hours)	(800) 252-6465
Alcoholics Anonymous (24 hours)	(909) 825-4700
Alcoholics Anonymous Locator Line	(866) 932-3705
Nat'l Clearinghouse for Drug & Alcohol (24 hours)*	(800) 729-6686 or (800) 662-4357
(Provides information regarding drug and alcohol abuse)	
Riverside County Drug & Alcohol Abuse Program*	(951) 955-2105
National Clearing House for Drug & Alcohol Info* (24 hours)	(800) 662-4357
Teen Challenge-“Turning Point”	(951) 683-4241
(A nine week course for families of a loved one with a drug or alcohol problem. A course is also provided for teens)	
The High Road (DUI, Prop 36, Drug Diversion, testing)	(951) 781-6762
Riverside Treatment Center*	(951) 784-8010
(Substance & Alcohol)	

FOSTER YOUTH INDEPENDENT LIVING PROGRAMS & SUPPORT

ILP Line	(951) 358-6748
Aspiranet	(951) 729-4040
Olive Crest	(951) 686-8500
Inspire	(951) 316-0011
Walden	(951) 788-5905
S.T.E.P.S.	(951) 777-0333

FOOD / CLOTHING / RESOURCES

WIC (Women, Infants & Children) Program	(800) 455-4942
(Nutrition, education, supplemental food and referrals)	
24-Hour INFORM Riverside County Volunteer Center*	2-1-1 or (800) 464-1123
(Multi-listings for food, clothing and other resources)	
Calvary Presbyterian Church (Sunday evening @ 5:30pm)	(951) 686-0761
Universalist Unitarian Church (Thursday morning @ 10am)	(951) 686-6515
First Congregational Church (Wednesday evening @ 5:30pm)	(951) 684-2494

SHOWERS

Salvation Army (Tuesdays & Thursdays 8:30am-11:30am)	(951) 784-4490
3695 First Street, Riverside	
Seventh Day Adventist Church (Tues 9am-12pm)	(951) 682-9810
4491 Kansas Ave , Riverside	
Wesley United Methodist Church (Sunday 7:30am-9am)	(951) 689-2649
5770 Arlington Ave.	

CRISIS INFORMATION

24-Hour Psychiatric Emergency Treatment Services (ETS)*	(951) 358-4881
(Provides crisis only evaluations & stabilization services for minors who are experiencing an acute psychiatric emergency)	
Riverside Co. Regional Medical Center*	(951) 486-4000
RI Mental Health Urgent Care (Riverside)	(951) 509-2499
Loma Linda University Behavioral Medicine	(866) 884-2334
California Youth Crisis Line	(800) 843-5200
(For any youth that is struggling Call/Text/Chat)	

RESOURCES FOR HOMELESS YOUTH

Home Connect	(800) 498-8847
Safe House Street Outreach Team	24 hour line 951-351-4418 ext 0
Housing Authority of Riverside*	(951) 351-0700
(Assistance for low income families in renting an apartment or buying a home)	
	or 24 Hour Line 951-351-4418 ext 0
24-Hour Information and referral to shelters*	2-1-1 or (800) 464-1123
24-Hour Operation SafeHouse*	(951) 351-4418
(Shelter program for Riv. Co. teens & family reunification)	
The Place Safe Haven Riverside	(951) 779-3057

JOBS

Rubidoux Youth Opportunity Center	(951) 683-9622
Johnny Martin Youth Opportunity Center	(951) 826-2272
Perris Youth Opportunity Center	(951) 657-7105
Conservation Corp.	(800) 952-5627
(Gain career opportunities for youth ages 18 – 23)	
School of Career Education*	(800) 606-4001
(Offers career preparation training to high school and adult or Students who are residents of Riverside County)	
Workforce Development	(800) 300-5616
Community Action Partnership	(951) 955-4900
Pathways to Success (must be receiving behavioral health services)	(951) 358-5186

EDUCATION

Riverside City College	(951) 222-8225
Gateway College & Career Academy	(951) 222-8934
Come Back Kids	(951) 826-6544
RI International Peer Employment Training	(951) 686-5484 EXT211
Rising Stars Business Academy	(951) 455-4622

BEHAVIORAL/MENTAL HEALTH RESOURCES

CARES Monday – Friday 8am-5pm (RUHS)*	(800) 706-7500
(Helps to locate outpatient mental health services for Children / Adult MediCal beneficiaries in Riverside County)	
Peer Navigation Line	(888) 768-4968
(Support line for mental health resources)	
Parent Support & Training Program (Countywide) *	(951) 358-5862
(Provides support, education and resources to parents/caregivers)	
Riverside University Health Systems – Behavioral Health	
Riverside University Health Systems – Behavioral Health*	(800) 896-4042
(For people receiving MediCal who need help navigating the MH managed care system or need assistance in resolving a problem)	
Riverside Department of Rehabilitation*	(951) 782-6650
(Provides services & advocacy resulting in employment, independent living and equality for individuals with disabilities)	
Patient's Rights (RUHS)*	(951) 358-4600 or (800) 350-0519
(Serves Riv. Co. recipients of Mental Health Services, provides training & education about MH laws and Patients Rights)	
RUHS Family Advocates*	(951) 358-4987 or (800) 330-4522
(Serves Riverside County family members of adult children suffering from serious mental illness)	

SOCIAL SECURITY ADMINISTRATION

(800) 772-1213

PARENTING & FAMILY SUPPORT

Parent-to-Parent Telephone Support Line (RUHS)*	(951) 358-3622
(For parents/caregivers who would like to talk with another Parent employed by Mental Health, Children Services, who has raised a child / children with emotional/mental and/or behavioral challenges)	
Family Resource Center	(951) 328-1575
Family Advocate Program	
(support for families with loved ones with mental health challenges)	
NAMI (National Alliance on Mental Illness)	(800) 330-4522
NAMI Coachella Valley	(916) 567-0163
	(442) 275-7385

TRANSPORTATION SERVICES

Riverside Transit Agency	(951) 565-5002
Metro Link	(800) 371-5465
IEHP ALC Transportation	(866) 880-3654
Omnitrans (Transportation for San Bernardino)	(800) 966-6428