



MENTAL HEALTH RESOURCES

In the age of COVID-19

THE IMPORTANCE OF MENTAL HEALTH



Given the challenging time we are currently facing, students may be experiencing high stress levels and emotional trauma. This is a very critical time for our students and we must place importance on their mental health. Fortunately, there are resources available for our students.

RESOURCES TO SUPPORT STUDENTS' MENTAL HEALTH DURING COVID-19

- [Care Solace](#)
- California Peer-Run Warm Line (toll-free): 1-855-845-7415
- NAMI HelpLine: 800-950-6264
- 24-hour crisis center: 1-800-273-8255 OR text "HOME" to 741741 for the Crisis Text Line
- 24-hour crisis/suicide intervention service: 951-686-4357
- National Suicide Prevention Lifeline: 1-800-273-8255 OR Spanish line: 1-888-628-9454

24-hour Mental Health Urgent Care

- Riverside: 951-509-2499 (18 and older)
- Perris: 951-349-4195 (13 and older)
- Palm Springs: 442-268-7000 (13 and older)

Emergency Treatment Service (ETS)

- Riverside: 951-358-4881
- Indio: 760-863-8600

Riverside University Health System Behavioral Health Prevention and Early Intervention Trainings

- To register email PEI@ruhealth.org OR call 951-955-3448

For more information and resources, visit: [nasponline.org](https://www.nasponline.org)