

# Sick and tired of being sick and tired?

*Break the cycle. Help is here!  
Believe you can and you are half way there.*



## Crisis Resources:

Helpline, Crisis Intervention & Suicide  
Prevention: **(951) 686-HELP/4357**

National Suicide Crisis Line: **(800) 273-8255**

National Help Line (free resource directory):  
**211 (dial 211 from cell phone)**

24/7 Mental Health Urgent Care, RUHS (24  
Hour/7 Days/365 Urgent Care Mental Health  
Screening and Assessment):  
**(442) 268-7000**

National Domestic Violence Hotline:  
**(800) 799-7233**

National Human Trafficking Hotline:  
**(888) 373-7888**

**Are you struggling with alcohol or drug addiction and want help? Contact:**

- Hazelden Betty Ford Clinic: (855) 348-7018  
Help with alcohol and drug addiction. In-network for Anthem Blue Cross.
- MFI Recovery Center: (866) 218-4697
- Help with alcohol and drug addiction. In-network for Anthem Blue Cross.
- Teen Challenge: MEN (619) 265-0337, WOMEN (805) 648-3295  
Help with alcohol and drug addiction. No cost.

**Are you being physically or verbally hurt by your partner? Contact:**

- Strong Hearted Native Women's Coalition:  
Text Chat: (844) 762-8483 Helpline: (844) 7NATIVE (762-8483)  
Website: [strongheartednativewomen.org](http://strongheartednativewomen.org)  
Help with restoring Power to Native Americans impacted by Domestic, dating  
and sexual violence by weaving together a braid of safety, sovereignty and  
support.
- REACH (formerly known as CASA): (951) 652-8300  
Help with domestic violence relationships.
- Soboba Tribal Family Services (STFS): (951) 487-0283  
Additional supportive services for Tribal members and their families.  
Monday - Thursday, 7:00 a.m. to 5:30 p.m.



*"Our families made strong through balance and support."*