

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
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 Victims Assistance Center (VAC): (951) 654-5544 ext. 4439
Email: sobobavac@soboba-nsn.gov
A safe place for all victims of crime to feel heard and to receive assistance and support. Monday – Friday, 8:00 a.m. to 4:30 p.m.
- 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."