



Informational Websites for our Members

Mental Health and or Substance Abuse - Please speak with your health care provider.

Mental Health:

- National suicidal Prevention Lifeline:
800-273-8255
- Crises Text line: 741741
Crisistextline.org
- LA county Department of Mental Health:
<https://dmh.lacounty.gov/>
Los Angeles County
800-854-7771- for all evaluations, assessment and referrals
West Valley
909-458-1517 (7 Days a Week 7:00 a.m. – 10:00 p.m.)
- San Bernardino County Behavioral Health:
<https://wp.sbcounty.gov/dbh/>
East Valley -Colton, Fontana and San Bernardino
909-421-9233 (7 Days a Week 7:00 a.m. – 10:00 p.m.)
- Riverside County Mental Health
<https://www.rcdmh.org/>
Riverside County
888-374-1113 (7:00am-10:00pm)
- Fresno County Mental Health
<https://www.co.fresno.ca.us/departments/behavioral-health>
1 800 654-3937.

Substance Abuse Help per County:

- LA County
<http://publichealth.lacounty.gov/sapc/>
844-804-7500
- Riverside County
Substance Abuse Referral Services
800-499-3008
<https://www.rcdmh.org/Substance-Use-Programs>
- San Bernardino County
Substance Abuse Referral Services
800-968-2636
<https://wp.sbcounty.gov/dbh/ads/>
- Fresno County
Substance Use Disorder Services
<https://www.co.fresno.ca.us/departments/behavioral-health/substance-use-disorder-services>

Substance Abuse and Mental Health Services Administration:

1-800-622-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Developmental and or Services for at risk children, Autism

- **California Department of Developmental Services**
California agency that provides services and support to people with developmental disabilities such as mental retardation, cerebral palsy, epilepsy, autism and related conditions.
1-916-654-1690
1-916-654-2054 (TTY)
www.dds.ca.gov (many languages)

- **Early Start**
A state program for infants and toddlers who have or are at risk for developmental delay or disability.
1-800-515-2229
<https://www.dds.ca.gov/services/early-start/> (many languages)

- **Department of Developmental Services Early Start Program**
Providing services for children 0-3 with disabilities and their families
800-515-BABY (800-515-2229)
<https://www.dds.ca.gov/services/early-start/>

- **Autism Society of America**
National organization dedicated to improving the lives of all affected by autism.
1-800-328-8476
www.autism-society.org (Spanish)

- **Autism Speaks**
A national nonprofit advocacy group.
1-888-288-4762 (English)
1-888-772-9050 (Spanish)
www.autismspeaks.org

- **Family Resource Center Network of California (FRCNCA)**
Find your local center, which provides support for families of children with disabilities and special health care needs.
1-916-993-7781
www.frcnca.org

- **In Home Support Services (IHSS)**
Program to help low-income aged, blind, and disabled people remain safely in their own homes
1-800-952-5253
www.cdss.ca.gov/In-Home-Supportive-Services (many languages)

***You can also check your Health Plan resources by visiting their website or contacting them.
Contact information of health plan can be locate behind your Health Plan ID Card.***