

Student Wellness Resources

Resources available for students across the Coachella Valley
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Exercises:

Guided Meditation for Anxiety: <https://www.youtube.com/watch?v=aX9PUQcdQ2U>

Breathing Techniques for Stress: <https://www.youtube.com/watch?v=odADwWzHR24>

Brown Noise for Studying: <https://www.youtube.com/watch?v=RqzGzwTY-6w&t=890s>

Apps/Websites:

[What's Up SafeHouse App](#): Free crisis text line and app for youth and young adults in need of emotional support, from the hours of 7am-11pm. Students can anonymously text about themselves or disclose concerns about a friend or loved one. Download the app in the app store on their phone or text SHHELP to 844-204-0880 and get connected with a trained counselor within three minutes.

[7cups.com](#): Free, online chat for emotional support and counseling in English or Spanish, or fee-for-service online therapy with a licensed mental health professional.

[Virusanxiety.com](#): For pandemic-specific mental health support.

[RAINN National Sexual Assault Services](#): (800) 656-HOPE, The RAINN app gives survivors of sexual violence and their loved ones access to support, self-care tools, and information.

[ReLyfe.org](#): The stigma around mental health limits our ability to grow from our challenges and live authentically. Our mission is to provide a platform for anyone to share their life experiences and struggles with others. Our goal is to realize that each of us is more similar than different, and that we don't have to fight on our own. Check out our stories - <https://www.relyfe.org/videos>

Coachella Valley Organizations:

- **[24/7 Mental Health Urgent Care Center](#)**: (442) 268-7000
 - [COVID-19 Resource List](#)
- **[Jewish Family Service of the Desert](#)**: (760) 325-4088
 - Housing, Food, Financial Aid, Hotlines Numbers
- **[LGBTQ Community Center of the Desert](#)**: (760) 416-7790
 - [Behavioral Health Resources](#)
- **College of the Desert Mental Health Services**: (760) 776-7211
- **FIND Food Bank**: [Food Distribution Centers](#)
- **National Alliance and Mental Illness, Coachella Valley**, (888) 881-6264: Provides immediate support and behavioral health resource referrals to residents from Palm Springs to the Salton Sea.



- **SafeHouse of the Desert: [FAQs for Teens](#)**
 - [Youth in Crisis Help](#)
 - [Safe Place Resource List Coachella Valley](#)

School District Resources:

Palm Springs Unified School District (PSUSD) Resources:

- [General List of All Resources \(Financial Aid, Meals, Bullying\)](#)
- Care Solace for PSUSD Families: (888) 515-0595
 - [Scheduling for Services](#) (Substance Abuse and Mental Health)
- [Bullying Reports](#)

Desert Sands Unified School District (DSUSD) Resources: Resources are organized by grade in order to create age appropriate activities such as yoga, tutoring on class subjects, and physical activities inside and outside the classroom.

- By Grade:
 - [3-5](#)
 - [6-8](#)
 - [9-12+](#)
- [Emotional Wellness Resources](#)
- [Distanced Learning Support](#)

Coachella Valley Unified School District (CVUSD) Resources: Refer to resources above for more opportunities.

Riverside County Organizations:

Safe Family Justice Centers: Family Justice Center is a safe place for victims of domestic violence, sexual assault, human trafficking, child and elder abuse. Contact: Janelle Milburn (Victim Services Supervisor) at 951/587-3900.

CARES Line: (800) 706-7500: The Community Access, Referral, Evaluation and Support line is available 8 a.m. to 5 p.m. Monday-Friday, with resources in English and Spanish. The phones are answered by Riverside County licensed clinicians who provide support, crisis intervention and connections to outpatient, inpatient and community resources.

CVHIP.com: Search for free or reduced cost services like medical care, behavioral health services, food, job training, and more, at www.CVHIP.com. Sponsored by the Desert Healthcare District & Foundation.

Peer Navigation Line: (888) 768-4968: Not sure where to start? The peer navigation line connects you to someone who is currently recovering from their own mental health issues in Riverside County. They will talk to you about how you're feeling and direct you to resources that could help.

2-1-1 Community Connect: By dialing 2-1-1, Riverside County residents are connected to a local information hotline for individuals in crisis. Many people are familiar with this resources as a place to be connected with housing, food and income help. Resources advocates are also able to address mental health needs.

Riverside County 24/7 mental health urgent care: Palm Springs, (442) 268-7000: If you are experiencing troubling thoughts and need immediate help, the clinic is able to



instantly connect you to counseling, nursing and provide psychiatric medication, if needed. Everyone is welcome regardless of insurance or ability to pay for services. The clinic is open 24/7 and no appointment is needed, just walk in. 2500 N. Palm Canyon Dr., Ste. A4, Palm Springs.

Crisis Stabilization Unit in Indio: (760) 863-8600: For individuals experiencing troubling thoughts and need immediate help, they can go to the clinic at 47-915 Oasis St., Indio.

National Suicide Prevention Hotline: (800) 273-TALK: The hotline is available 24/7.

More resources: To search for more behavioral health providers and resources in Riverside County go to the county's resource website at riverside.networkofcare.org/mh/ or to the CARES line website at up2riverside.org/ or the national clinic search at FindTreatment.gov.

Mental Health Matters Webinars

View full playlist at

<https://www.youtube.com/playlist?list=PLzUbOFT2gTysz2mWbfmycf4LLdhpXLI8Y>

[Communication and Conflict Resolution](#)

[Interpersonal Relationships](#)

[Testing Anxiety & Stress Management](#)

[Microaggressions](#)

[Self-Care & Mindfulness](#)

[Self-Esteem & Body Image](#)

Taking Time to B.R.E.A.T.H.E

The amazing team at [Thriving YOUiversity](#) are all about "Influencing, Inspiring and Igniting Humans to Thrive" and they have created a wonderful resource guide with tips and tools to practice mindfulness and nurture emotional wellness.

- [English Language Resource Guide](#)
- [Spanish Language Guide](#)

