

Student Wellness Resources

Resources available for students across the Coachella Valley
Originally compiled by Jazmine Rojas, Jose Velazquez, & Max Gruber – OFCV/HCC Interns 2021
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Emergency Resources:

If you or someone else needs **emergency help**, please see the below resources:

- **Call 911** and request a Crisis Intervention Trained (C.I.T.) response or go to the closest emergency room for support
- Call the **Riverside University Behavioral Health Crisis/Suicide Intervention 24 hour service** at 951-686-4357 (HELP)
- Call the **National Suicide Prevention Lifeline** at 1-800-273-8255
 - English: 800-273-TALK
 - Español: 888-628-9454
 - TTY: 800-799-4889
 - On-line chat: suicidepreventionlifeline.org
- **Trevor Lifeline LGBTQIA+ Crisis Support:** 1-866-488-7386

Relaxation 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>

Live Chat:

Take My Hand: **Take My Hand™** introduces a live Certified Peer Support Specialist, a person with lived experience in recovery from a behavioral health condition, trained to interact with others mutually and without judgment. These specialists are skilled coaches that support a person's wellness, responding to questions, providing assistance and connecting them to resources. More importantly, **Take My Hand™** allows the user to remain anonymous if they choose. **Take My Hand™** is the first web-based service uniquely "Live" with a real person on the other end of the conversation, to be there for a person who may not be open to in-person, Skype-style or telephone verbal communication. (<https://takemyhand.co/>)

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.

LovelsRespect.com: Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support and resources. A project of the National Domestic Violence Hotline, **love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.** We also provide support to concerned friends and family members, teachers, counselors and service providers through the same free and confidential services via phone, text, live chat.

We aim to be a safe and inclusive space for young people to access help and information in a setting specifically for them. We provide comprehensive education



through resources including quizzes, interactive pages, and testimonials, as well as training, toolkits, and curriculum for educators, peers, and parents to promote healthy relationships and prevent future abuse.

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.

Apps/Websites:

[Virsanxiety.com](https://virsanxiety.com): For pandemic-specific mental health support.

[RAINN National Sexual Assault Services](https://rainn.org): (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](https://www.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>

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

The amazing team at [Thriving YOUiversity](https://thrivingyou.com) 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.

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

Coachella Valley Organizations:

- **[24/7 Mental Health Urgent Care Center](#)**: (442) 268-7000
 - o [COVID-19 Resource List](#)
- **[Jewish Family Service of the Desert](#)**: (760) 325-4088
 - o Housing, Food, Financial Aid, Hotlines Numbers
- **[LGBTQ Community Center of the Desert](#)**: (760) 416-7790
 - o [Behavioral Health Resources](#)
- **[Desert FLOW: TAY Resource and Support Center](#)**: 760-863-7970
 - o Drop-in wellness activities and services for youth ages 16-24. Provided through Riverside University Health Systems-Behavioral Health. Contact Javier Sanchez, Senior Peer, JaviSanchez@ruhealth.org
- **[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](#)**
 - o [Youth in Crisis Help](#)
 - o [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) Social and Emotional Wellness

Resources: This virtual toolkit is designed to assist you in finding the resources needed with your emotional health in mind. You are important and you are cared for. Please visit often, resources are added frequently. **Need to Talk with Someone? Any staff, student or caring adult can Request for Assistance for a DSUSD Student**

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

Riverside County Organizations:

Carespace (Community / Access / Relationships / Emotional Wellness) – The Riverside County Office of Education has partnered with the Riverside Latino Commission and Riverside University Health System Behavioral Health to provide mental health services for Riverside County students, families, schools, and the community! Click here to [download the flyer](#) in English and Spanish.

¡Por favor póngase en contacto con nosotros al (951) 276-CARE (2273) para hablar con alguien de nuestro equipo CAREspace!

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=PLzUbOFT2gTysz2mWbfmycf4LLdhpXLl8Y>

- [Communication and Conflict Resolution](#)
- [Interpersonal Relationships](#)
- [Testing Anxiety & Stress Management](#)
- [Microaggressions](#)
- [Self-Care & Mindfulness](#)
- [Self-Esteem & Body Image](#)