

Aftercare Resources

PLEASE FOLLOW UP:

Work on self-improvement:

Wellness Events and Workshops (In-person and online):

<https://www.norcocollege.edu/services/studentlife/health/pages/index.html>

Talk to someone now:

- Online chat: <HTTPS://TAKEMYHAND.CO>
- CalHOPE Warmline: [CALL OR TEXT: 1-855-845-7415](CALL_OR_TEXT:1-855-845-7415)
[CHAT: WWW.CALHOPE.ORG](CHAT:WWW.CALHOPE.ORG)
- Be Well Line: [CALL: 866-349-6489](CALL:866-349-6489)
[CHAT: WWW.BEWELLLINE.COM](CHAT:WWW.BEWELLLINE.COM)
- Soluna: <HTTPS://SOLUNAAPP.COM>

Get involved on campus:

<https://www.norcocollege.edu/committees/asnc/pages/index.html>

FOR MENTAL HEALTH CRISES, PLEASE SEE THE RESOURCES BELOW:

Suicide and Crisis Lifeline: CALL, TEXT, or CHAT: **988**

Crisis Text Line: TEXT "COURAGE" to 741741

Connect with a local Mental Health Urgent Care Center.

Riverside location: 9890 County Farm Rd. CALL: (951) 509-2499.

Perris location: 85 Ramona Expressway. CALL: (951) 349-4195.

Palm Springs location: 2500 N. Palm Canyon Drive. CALL: (760) 424-5602.

Trevor Project Line: CALL: 1-866-488-7386 for confidential LGBTQ health support.

TEXT: 678-678

CHAT: <https://www.thetrevorproject.org/get-help/>

Veteran's Crisis Line: CALL: 1-800-273-8255, press 1

TEXT: 838255

CHAT: veteranscrisisline.net



FOR MEDICAL EMERGENCIES, DIAL 911.