
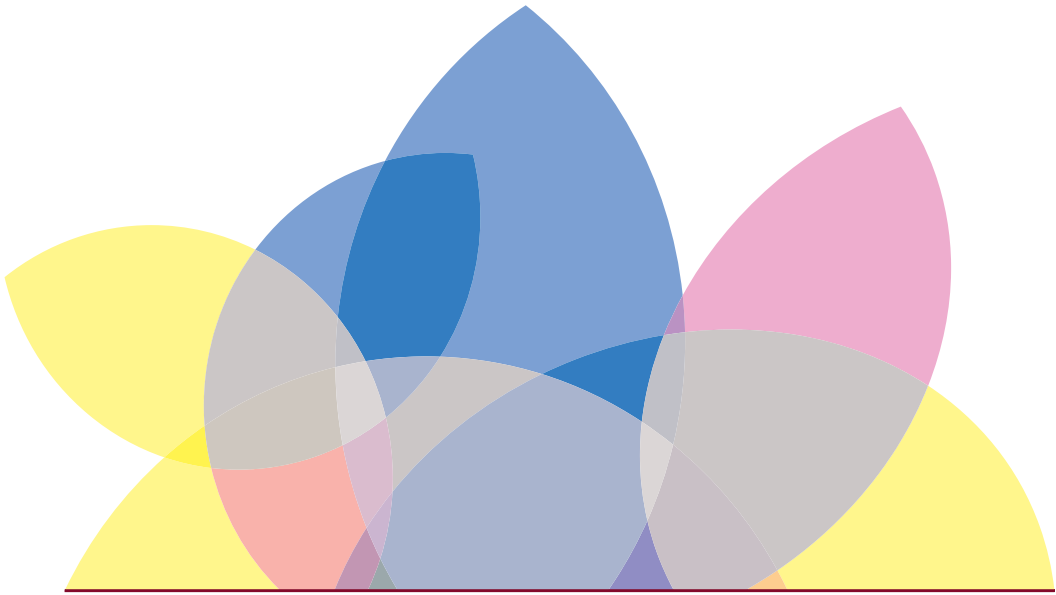


Helping to keep you
Happy and Healthy ...





Norco College Health & Psychological Services is dedicated to assisting students achieve and maintain optimum Physical, Mental & Emotional Health by providing quality healthcare at little or no cost to you!



Norco College Health & Psychological Services **2**
 About Us 2
 Hours 2
 Location 4
 Eligibility 4
 Services 5
 Availability 5

Student Health **101** **6**

On-Campus Initiatives **7**
 Campus Save Act 7
 Active Shooter Awareness 11
 Care NETWORK 16
 The Great Shake Out 18

Self Help **19**
 Are You At Risk? Drug Abuse 20
 Are You At Risk? Alcoholism 21
 Are You At Risk? Depression 22
 Are You At Risk? Suicide 23

Off-Campus Resources **24**
 Emergency Contacts 24
 Addiction Recovery & Support 24
 Adult & Elderly Protective Services 26
 Child Abuse & Runaway Services 26
 Crisis (Suicide) Prevention Services 27
 Clothing Assistance & Give Aways 28
 Domestic Violence Help 29
 Eating Disorder Help 30
 Family Planning 30
 Food Banks & Distribution 31
 Housing & Homeless Shelters 34
 Information Services 34
 Health Insurance Services 35
 Medical & Dental Services 35
 Mental Health Resources 37
 Personal Counseling 38
 Sexual Abuse Resources 40
 Support Groups & Grief Resources 40
 Travel Vaccines 42
 Veteran's Resources 42

About Us

Here at Norco College Student Health & Psychological Services we know that health & wellness strongly correlate with academic success. Missing a couple of classes due to physical or mental illness could significantly impact your academic performance and, in most cases, can be prevented. We are here with many services aimed at keeping our students happy and healthy.

If you are under the weather or just not feeling like yourself, give us a call; or better yet come on in to see us! Your health is important to us.

In the event of a medical emergency, on or off campus, please **Call 911 immediately.**

Contact Info

Direct Phone (951) 372 - 7046

Direct Fax (951) 372 - 7184

Office E-Mail

monique.rodriquez@norcollege.edu

Website

www.norcollege.edu

Find us under the "Students" tab

Hours

For your convenience, Norco College Student Health & Psychological Services is open to currently enrolled students year-round for all of your health and/or program needs.

While we strive to be easily and readily accessible, Student Health & Psychological Services is closed on weekends, legal holidays, days of observance, select campus closure dates, and for occasional administrative meetings both on and off campus.

Fall Session

| | |
|-----------|-------------|
| Monday | 8 am - 4 pm |
| Tuesday | 8 am - 4 pm |
| Wednesday | 8 am - 4 pm |
| Thursday | 8 am - 4 pm |
| Friday | 8 am - 2 pm |

COLD?

Spring Session

| | |
|-----------|-------------|
| Monday | 8 am - 4 pm |
| Tuesday | 8 am - 4 pm |
| Wednesday | 8 am - 4 pm |
| Thursday | 8 am - 4 pm |
| Friday | 8 am - 2 pm |

FLU?

Winter Session

| | |
|-----------|-------------|
| Monday | 8 am - 4 pm |
| Tuesday | 8 am - 4 pm |
| Wednesday | 8 am - 4 pm |
| Thursday | 8 am - 4 pm |
| Friday | 8 am - 2 pm |

MEDS?

Summer Session

| | |
|-----------|-------------|
| Monday | 8 am - 6 pm |
| Tuesday | 8 am - 6 pm |
| Wednesday | 8 am - 6 pm |
| Thursday | 8 am - 6 pm |
| Friday | CLOSED |

SHOTS?

Location

G102 Student Health Services

Norco College Student Health & Psychological Services is located next to the Assessment Center, below the Library, in Building G.

We are here ★



Eligibility

Health and psychological services are available to current students enrolled in a minimum of one credit and who have paid the Student Health Fee.

Students under the age of 18 must have a completed Minor Consent Form on file prior to treatment. Minor Consent Forms can be found in our office or on-line via the Norco College Health Services page under "Forms".

Services

Our staff of professional Medical Doctors, Nurse Practitioners, Registered Nurses & Mental Health Counselors are in-house for your healthcare needs.

Medical Services*

Physicians & Nurse Practitioners provide a wide array of services including treatment for Short-Term & Acute Medical Illness, Physical Exams, Gynecological Services, Lab Orders, Prescription Assistance and much more.

Registered Nurses on-site Monday through Friday to provide Immunizations, First Aid, Over-the-Counter Medications, assist students with general health related concerns and more.

**Additional fees may apply*

Psychological Services

Our caring Mental Health Counselors here on campus work with students to overcome a variety of personal issues in their lives. This includes adjustment to college life, family issues, relationships, stress, anxiety, depression, addiction, sexual assault and harassment just to name a few. Take comfort in knowing all sessions are completely safe and confidential.

Availability

While scheduled appointments with Medical Doctors, Nurse Practitioners and Psychological Counselors are preferred, walk-in appointments are available by urgency and availability.

Medical Doctor on-campus – Mondays (Fall & Spring Semester)

Nurse Practitioner on-campus – Days & Hours Vary

***Registered Nurse on-campus** – Monday through Friday

***Mental Health Counselors on-campus** – Days & Hours Vary

**Winter and Summer session availability may vary*

Student Health 101

Student Health 101 is an on-line publication Norco College Student Health & Psychological Services provides our students geared toward healthy living as a college student.

Signing up is easy! Drop by Norco College Student Health & Psychological Services or simply download the FREE mobile app to get wellness content straight to your phone!

Each month, you'll receive a brief email with info to help you succeed...and make sure you enter each month's drawing to be entered to win \$1,000!

7 things students wish they'd known sooner

- 1 "Use the library. It's underrated. Make it a habit to study there and ask questions when researching."
—Second-year graduate student, Cuesta College, California
- 2 "Don't be afraid to ask questions. No question is a stupid question. Teachers and advisors are eager to help you at any time. It is your money and your time. Use it wisely!"
—First-year student, Iowa Western Community College
- 3 "Schedule at least one school-free afternoon or day. You need guilt-free relaxation without the thoughts of 'I should be studying.'"
—Third-year student, Wake Technical Community College, North Carolina
- 4 "Set up a place outside of your normal routine to do your online class, not your kitchen or room. Try the library!"
—Third-year student, University of Wisconsin—Fond du Lac
- 5 "See other students as colleagues instead of competition. Help each other. Study together. Capitalize on each other's strengths."
—Third-year student, College of the Desert, California
- 6 "Don't be that person who procrastinates until the last minute and then panics over not having enough time. Start right away, do a little bit at a time, and walk away if you get too frustrated or exhausted to work anymore."
—Fifth-year student, Community College of Rhode Island
- 7 "Grad school can be intimidating, but it is important to be confident in your abilities and remember that you were admitted for a reason."
—Second-year graduate student, Emory University, Georgia

NORCO
COLLEGE
Health Services

STUDENT
health101

DOWNLOAD OUR MOBILE APP TODAY
STUDENT HEALTH 101

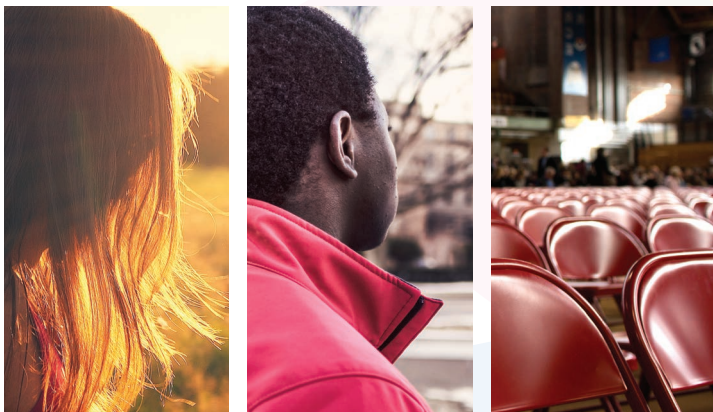


Find us: Norco Student Health 101

@SH101atNorco #spreadthehealth

Campus SaVE Act

Campus Sexual Violence Elimination (SaVE) Act



Norco College **WILL NOT** Tolerate Sexual Assault | Domestic Violence | Dating Violence | Stalking

Norco College is committed to providing a safe learning and working environment. In compliance with federal law, specifically the Jeanne Clery Act and the Campus Sexual Violence Elimination Act (SaVE Act), Norco College has adopted policies and procedures to prevent and respond to incidents of sexual assault, domestic violence, dating violence, and stalking. These guidelines apply to all members of the Norco College community (students, faculty, and staff) as well as contractors and visitors.

Norco College WILL NOT tolerate sexual assault, domestic violence, dating violence, or stalking, as defined in this Policy, in any form.

Sexual Assault refers to any sexual act directed against another person, forcibly and/or against the person's will; or not forcibly or against the person's will where the survivor is incapable of giving consent, as well as incest or statutory rape.

Domestic Violence includes felony or misdemeanor crimes of violence committed by – a current or former spouse or intimate partner of the survivor; a person with whom the survivor shares a child in common; a person who is or was residing in the same

household as the survivor; or any person against someone who is protected from that person's acts under the domestic or family violence laws of the jurisdiction.

Dating Violence refers to violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the survivor.

Stalking occurs when an individual engages in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others, or suffer substantial emotional distress.

Reporting an Incident

Norco College encourages any member of the college community who has experienced sexual assault, domestic violence, dating violence, or stalking, or knows of another member of the college community who has experienced sexual assault, domestic violence, dating violence, or stalking to report the incident to the College.

If a Norco College student, faculty or staff member, visitor, or contractor has experienced a sexual assault, domestic violence, dating violence, or stalking, **they should immediately report the incident to the Norco College Police at (951) 222-8171.**

Individuals who are on campus can also make an in-person report at Norco College Campus Police. Campus Police will assist all members of the Norco College community by assessing the incident, advising the survivor on how he or she can seek legal protection, and making the survivor aware of medical, counseling, and other support services. If a reported incident did not occur on campus, Norco College Campus Police can assist the survivor in notifying the local police department with jurisdiction over the crime.

In case of an emergency or ongoing threat, a survivor should get to a safe location and call 911. Calling 911 will put you in touch with local police.

Students may report an incident to the **Dean of Student Services:** Student Services Building - 2001 Third Street, 2nd Floor, Norco, CA 92860; by telephone (951) 372-7081.

A report may also be made to the **District's Title IX Coordinator:** 3801 Market St., Riverside, CA 92501; by telephone (951) 328-3874.

These offices will provide survivors of sexual assault, domestic violence, dating violence, and stalking with information about available support services and resources, and also assist any survivor in notifying law enforcement, including the local police, if the survivor elects to do so.

Survivors are not required to report to area law enforcement in order to receive assistance from or pursue any options within Norco College.

Reporting sexual assault, domestic violence, dating violence, and stalking to the police (including the Norco College Police Department) does not commit the survivor to further legal action. However, the earlier an incident is reported, the easier it will be for the police to investigate, if the survivor decides to proceed with criminal charges.

Procedures Survivors Should Follow

If an incident of sexual assault, domestic assault, dating violence, or stalking occurs, it is important to preserve evidence so that successful criminal prosecution remains an option.

Survivor Confidentiality

Norco College recognizes the sensitive nature of sexual assault, domestic violence, dating violence, and stalking incidents. We are committed to protecting the privacy of individuals who report incidents of abuse, to the extent that doing so is permitted by law and consistent with the College's need to protect the safety of the community.

Reports and information received by Norco's medical professionals and mental health counselors are considered legally protected or 'privileged' under California law. Thus, those individuals will not share information they learn from survivors with others within the institution or with any third party except in cases of imminent danger to the victim or third party.

Resources

Norco College, the City of Norco, and the County of Riverside all offer other important resources to the survivors of sexual assault, domestic assault, dating violence, or stalking, including medical treatment, counseling services, and advocacy that survivors may wish to utilize.

On-Campus Resources

| | |
|--------------------------------|----------------|
| NC Deputy Title IX Coordinator | (951) 739-7801 |
| Campus Police | (951) 222-8171 |
| Dean of Students | (951) 372-7081 |
| Health Services | (951) 372-7046 |

Off-Campus Resources

| | |
|---|----------------|
| Title IX Coordinator | (951) 328-3874 |
| Riverside Rape Crisis Center | (951) 686-7273 |
| Rape, Abuse, and Incest National Network (RAINN) | (800) 656-4673 |
| The Trevor Project (LGBT Hotline) | (866) 488-7386 |
| Safe Link, 24-hour Multilingual Resource | (877) 785-2020 |
| National Sexual Assault Hotline | (800) 656-4673 |
| Riverside County Regional Medical Center with Sexual Assault Response Team (SART) | |
| ER | (951) 486-5650 |
| Fast Trac | (951) 486-5670 |
| Operator | (951) 486-4000 |
| Corona Regional Medical Center with Sexual Assault Response Team (SART) | (951) 736-6241 |

For more information on the Campus SaVE Act please visit our website at:
www.norcollege.edu/SaveAct.

On-Campus Trainings

Trainings are periodically provided by the Norco College Safety Committee and are open to all students, staff and faculty. Be on the lookout in your RCCD emails for invitations to participate.

Active Shooter Awareness



Awareness + Action = Prevention

It is critical to understand that campus violence does not usually happen at random or "out of the blue." Rather, perpetrators usually display some behaviors of concern prior to acting out. Behaviors of concern can help individuals recognize potential problems with fellow students. Specific behaviors of concern that should increase vigilance include:

- Sadness
- Depression
- Threats
- Menacing or erratic behavior
- Aggressive outbursts
- References to weaponry
- Verbal abuse

- Inability to handle criticism
- Hypersensitivity to perceived slights, and
- Offensive commentary or jokes referring to violence.

“These behaviors – when observed in clusters and coupled with diminished work performance – may suggest a heightened violence potential. It must be pointed out, however, that no single behavior is more suggestive of violence than another. All actions have to be judged in the proper context and in totality to determine the potential for violence.” (Romano, et al.)

When there is a threat of violence

If an individual is hurting or threatens to hurt themselves or others – **Immediately call College Police at 9-1-1 from a campus phone or (951) 222-8171 from a cell phone.**

When there is no threat, but concerning behaviors

If you notice concerning behaviors in an individual, contact the CARE Network via e-mail at NorcoCareNetwork@student.rcc.edu or Student Health & Psychological Services at (951) 372-7046.

Preparing for and coping with an active shooter situation

Basic Guidelines:

- Be aware of your environment and any possible dangers wherever you spend time (classroom, office, place of worship, gym, grocery store, etc.).
- Take note of the two nearest exits in any facility you visit.
- During an active shooter incident, escape if you can. If you can't escape, barricade or hide. As a last resort, attempt to take the active shooter down. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her.

How to respond when an active shooter is in your vicinity

Quickly determine the most reasonable way to protect your own life.

You want three things between you and the shooter to decrease the likelihood of being injured. Do what you can to **increase** the **TIME, DISTANCE & SHIELDING** between you and the shooter.

In order to do this, (you have heard it different ways)...

Escape, Barricade, Defend;

Run, Hide, Fight;

Run Out, Hide Out, Take Out

ESCAPE (Time & Distance)

If there is an accessible escape path, attempt to evacuate the premises. Be sure to:

- Have an escape route and plan in mind
- Help others escape, if possible, but leave regardless of whether others agree to follow
- Leave your belongings behind
- Prevent individuals from entering an area where the active shooter may be
- Run in an unpredictable pattern and run from “shield” to “shield” (buildings, walls, etc.)
- If you must round a corner, look around the corner first with a mirror or get down low and look around the corner closer to the ground (a shooter will expect people at eye level and may have gun raised to shoot at critical body mass)
- Keep your hands visible, in case law enforcement has arrived
- Follow the instructions of any police officers
- Do not attempt to move wounded people
- Call 911 when you are safe if:
 1. You can provide pertinent information for the police: the shooter’s identity, what he/she is wearing/looks like, where he/she is, etc.
 2. You or someone with you is in critical condition and needs immediate medical attention.

BARRICADE/HIDE (Time & Shielding)

If evacuation is not possible, find a place to barricade and/or hide where the active shooter is less likely to find you.

Your hiding place should:

- Be out of the active shooter's view
- Provide protection if shots are fired in your direction (i.e., an office with a closed and locked door)
- Not trap you or restrict your options for movement

Hiding Notes: Please consider that in certain situations, hiding is NOT a good option. If a shooter opens a door to a room that two minutes ago was full of students and no students are present but there is a line of cabinets in the back of the room, chances are the shooter will look in those cabinets to find hiding students. However, if you are alone in your office, and can close and lock the door and hide in a location out of view, the shooter may assume that there is no one in that office.

To prevent an active shooter from entering your hiding place:

- Lock the door if possible
- Barricade the door with heavy furniture or with other "tools" at your disposal.

Barricading Notes: Be creative in barricading! Determine whether the door opens in or out. Doors that open in are easier to barricade, as you can stack heavy furniture in front of them, or even use a simple wedge (used to prop doors open) to jam the door shut. Doors that open out are not so easily barricaded, but putting furniture in front of the door will at least slow the shooter down (TIME). There are other options for barricading doors that open out. You can use belts, duct tape, shoestrings, rope, etc. to tie the handle of the door to something that remains stationary/solid in the room. Examine different rooms you frequent and plan ahead how you will barricade the door if necessary. Be creative.

DEFEND (Time)

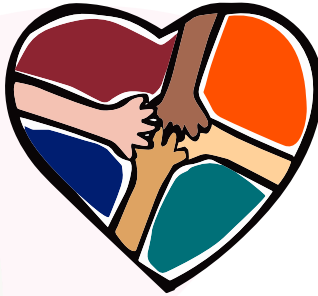
When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her.

If evacuation and barricading are not possible:

- Silence your cell phone and/or pager and turn off any source of noise (i.e., radios, televisions).
- Find items that can be used to defend yourself and others (improvise weapons) – and develop a plan to defend yourself if the perpetrator enters your immediate vicinity. Visualize your plan over and over, always visualizing a successful outcome for yourself and others.
- Hide behind large items (i.e., cabinets, desks) while developing a plan to defend yourself.
- Remain quiet & calm.
- As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:
 1. Acting as aggressively as possible against him/her.
 2. Throwing items at the attacker, while others attack him/her.
 3. Committing to your actions.

Defending Notes: Most classrooms and offices have many objects that can be used as weapons: flagpoles, backpacks, fire extinguishers, computer monitors, paperweights. If several people in the room throw items at the shooter or in one direction (to distract the shooter's eye away from the group), it allows several people an opportunity to attack the shooter and take him/her down.

The Care NETWORK



Care NETWORK

What is the Care NETWORK?

The Care Network was developed with the intention of assessing individuals-of-concern and to ensure that each student has the best support possible. Sometimes there are grey areas when supporting a student in our community, and the Care Network intends to make that process more clear.

Formed by the Dean of Student Life and empowered by both the Vice President of Student Services and the College President, the Care Network:

- responds to reports regarding individuals-of-concern
- works with, supports, and connects individuals-of-concern to resources as necessary
- develops preventative identification, education, and response strategies, and
- follows up with individuals-of-concern

You may be the first to notice the behavior or may hold the last clue to preventing a catastrophe. Whether the student has an outburst, going through personal challenges, or is acting out of character, the Care Network wants to know about it.

Who is the Care NETWORK?

The Norco College Care NETWORK is made up of campus members who provide outreach and/or referral support for Norco College community members experiencing significant stress. The support is not just academic based but rather incorporates the whole individual, including human service and mental health needs.

If you see something, say something

We're all part of communities. In cities, on farms, and in the suburbs, we share everyday moments with our neighbors, colleagues, family, and friends. It's easy to take for granted the routine moments in our every day – going to work or school, the grocery store or the gas station. But your every day is different than your neighbor's, filled with the moments that make it uniquely yours.

So if you see something you know shouldn't be there or someone's behavior that doesn't seem quite right - say something. Because only you know what's supposed to be in your everyday.

Informed, alert communities play a critical role in keeping our campus, communities and fellow man safe. The see something, say something method engages the public in protecting one another through awareness, building partnerships and other outreach.

Report concerning activity to the Care NETWORK:

NorcoCareNetwork@student.rcc.edu

Describe specifically what you observed, including:

- Who and/or what you saw;
- When you saw it;
- Where it occurred; and
- Why it's concerning.

If there is an emergency, call 9–1–1.

The Great ShakeOut

DROP! COVER! HOLD ON!

The Great California ShakeOut is an annual opportunity to practice how to be safer during big earthquakes: "Drop, Cover and Hold On."

While some areas of California are more likely to have earthquakes than others, all of California is at higher risk compared to the rest of the country. You could be anywhere when an earthquake strikes: at home, at work, at school, or even on vacation. What we do now will determine our quality of life after our next big earthquake.

Millions of people worldwide practice how to Drop, Cover, and Hold On every year in October during Great ShakeOut Earthquake Drills, which began in California in 2008; Norco College is no different. We are committed to your safety and want to make sure we are well prepared to survive and recover quickly from big earthquakes – wherever we live, work, or travel!

**Get
Ready to
Shake
Out.**





Are you at Risk?

Are you concerned about your use – or abuse – of drugs?
Are you concerned about the role alcohol plays in your life?
Are you concerned about feelings of depression or suicide?
Are you concerned about someone else?

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional - they are a checkup from your neck up. These self-help tools are completely anonymous and confidential. Immediately following the brief questionnaire you can calculate your results, receive recommendations, and find key resources available to you.

With each of the tests, carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months unless otherwise stated.

Please be sure to answer every question and score accordingly. Remember, Student Health & Psychological Services Mental Health Counselors are here to help regardless of scoring.

If you feel talking to someone would be beneficial to you, please stop by our office located under the Library, next to the Assessment Center in Room G102, or call us at (951) 372-7046.

Are you at Risk? Drug Abuse

Directions: The following questions concern information about your involvement with drugs. Drug abuse refers to: (1) the use of prescribed or "over-the-counter" drugs in excess of the directions and (2) the use of any non-medical use of drugs. The various classes of drugs may include: cannabis (e.g., marijuana, hash), solvents, tranquilizers (e.g., Valium), barbiturates, cocaine, stimulants (e.g., speed), hallucinogens (e.g., LSD) or narcotics (e.g., heroin). Remember that the questions in this test do not include alcoholic beverages.

Carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months.

- | | | |
|---|---|---|
| 1. Have you used drugs other than those required for medicinal reasons? | Y | N |
| 2. Have you abused prescription drugs? | Y | N |
| 3. Do you abuse more than one drug at a time? | Y | N |
| 4. Can you get through the week without using drugs? | Y | N |
| 5. Are you always able to stop using drugs when you want to? | Y | N |
| 6. Have you had "blackouts" or "flashbacks" as a result of drug use? | Y | N |
| 7. Do you ever feel bad or guilty about your drug use? | Y | N |
| 8. Does your spouse (or parents) ever complain about your involvement with drugs? | Y | N |
| 9. Has drug abuse created problems between you and your spouse or your parents? | Y | N |
| 10. Have you lost friends because of your use of drugs? | Y | N |
| 11. Have you neglected your family because of your use of drugs? | Y | N |
| 12. Have you been in trouble at work because of drug abuse? | Y | N |
| 13. Have you lost a job because of drug abuse? | Y | N |
| 14. Have you gotten into fights when under the influence of drugs? | Y | N |
| 15. Have you engaged in illegal activities in order to obtain drugs? | Y | N |
| 16. Have you been arrested for possession of illegal drugs? | Y | N |
| 17. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs? | Y | N |
| 18. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)? | Y | N |
| 19. Have you gone to anyone for help for a drug problem? | Y | N |
| 20. Have you been involved in a treatment program specifically related to drug use? | Y | N |

Your Self-Test Score: _____

A "no" is scored 0, and a "yes" is scored 1, except for questions 4 and 5, which are reversed.

The total presented reflects the severity of problems or consequences related to your drug abuse. An interpretation of your score should be based on the following guidelines:

0: No Problem | **1-5:** Low level of problems related to drug abuse | **6-10:** Moderate level of problems related to drug abuse | **11-15:** Substantial level of problems related to drug abuse | **16-20:** Severe level of problems related to drug abuse.

Interpretation of your score is most meaningful when considered within the context of the length of time that you have been using drugs, your age, your level of consumption, and other data collected as part of a more detailed assessment process.

Disclaimer: This screening is intended to be used for educational purposes only and should not be understood to constitute a diagnosis of drug addiction.

Are You at Risk? Am I an Alcoholic?

Directions: The following questions are a self-test to help you review the role that alcohol plays in your life. Remember that the questions do not include other drugs taken for medical and non-medical uses.

Carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months.

- | | | |
|---|---|---|
| 1. Do you drink heavily when you are disappointed, under pressure or have had a quarrel with someone? | Y | N |
| 2. Can you handle more alcohol now than when you first started to drink? | Y | N |
| 3. Have you ever been unable to remember part of the previous evening, even though your friends say you didn't pass out? | Y | N |
| 4. When drinking with other people, do you try to have a few extra drinks when others won't know about it? | Y | N |
| 5. Do you sometimes feel uncomfortable if alcohol is not available? | Y | N |
| 6. Are you more in a hurry to get your first drink of the day than you used to be? | Y | N |
| 7. Do you sometimes feel a little guilty about your drinking? | Y | N |
| 8. Has a family member or close friend expressed concern or complained about your drinking? | Y | N |
| 9. Have you been having more memory "blackouts" recently? | Y | N |
| 10. Do you often want to continue drinking after your friends say they've had enough? | Y | N |
| 11. Do you usually have a reason for the occasions when you drink heavily? | Y | N |
| 12. When you're sober, do you sometimes regret things you did or said while drinking? | Y | N |
| 13. Have you tried switching brands or drinks, or following different plans to control your drinking? | Y | N |
| 14. Have you sometimes failed to keep promises you made to yourself about controlling or cutting down on your drinking? | Y | N |
| 15. Have you ever had a DWI (driving while intoxicated) or DUI (driving under the influence of alcohol) violation, or any other legal problem related to your drinking? | Y | N |
| 16. Do you try to avoid family or close friends while you are drinking? | Y | N |
| 17. Are you having more financial, work, school, and/or family problems as a result of your drinking? | Y | N |
| 18. Has your physician ever advised you to cut down on your drinking? | Y | N |
| 19. Do you eat very little or irregularly during the periods when you are drinking? | Y | N |
| 20. Do you sometimes have the "shakes" in the morning and find that it helps to have a "little" drink, tranquilizer or medication of some kind? | Y | N |
| 21. Have you recently noticed that you can't drink as much as you used to? | Y | N |
| 22. Do you sometimes stay drunk for several days at a time? | Y | N |
| 23. After periods of drinking do you sometimes see or hear things that aren't there? | Y | N |
| 24. Have you ever gone to anyone for help about your drinking? | Y | N |
| 25. Do you ever feel depressed or anxious before, during or after periods of heavy drinking? | Y | N |
| 26. Have any of your blood relatives ever had a problem with alcohol? | Y | N |

Your Self-Test Score: _____

A "no" is scored 0, and a "yes" is scored 1.

• Continue to next page for results

The total presented reflects the severity of problems or consequences related to your alcohol abuse. An interpretation of your score should be based on the following guidelines:

2 or more: indicates that you may be at risk for alcoholism | **2-8:** You should consider arranging a personal meeting with a professional who has experience in the evaluation of alcohol problems | **9 or more:** You may have a serious level of alcohol-related problems requiring immediate attention and possible treatment. You should seek professional guidance.

Disclaimer: This screening is intended to be used for educational purposes only and should not be understood to constitute a diagnosis of alcoholism.

Are You at Risk? Depression

Directions: Taking the self-test is a good way to evaluate different aspects of your life at the moment. It can help identify whether you're showing some of the warning signs of depression.

When answering the questions, choose the answer you feel best indicates how you have been feeling over the past two weeks.

| NOT AT ALL | SEVERAL DAYS | MORE THAN HALF THE DAYS | NEARLY EVERY DAY |
|------------|--------------|-------------------------|------------------|
| 0 | 1 | 2 | 3 |

1. I have had little interest or pleasure in doing the things I usually enjoy. _____
2. I have felt down, depressed or hopeless. _____
3. I have had trouble falling or staying asleep, or I have been sleeping too much. _____
4. I have felt tired or have had little energy. _____
5. I have had a poor appetite or have been eating more than usual. _____
6. I have felt bad about myself or felt like I am a failure or that I have let myself down. _____
7. I have had trouble concentrating on things, like reading the newspaper or watching TV. _____
8. I have been moving or speaking so slowly that other people could have noticed. Or the opposite, I have been fidgety and moving around a lot more than usual. _____
9. I have had thoughts that I would be better off dead or that I should hurt myself in some way. _____

Your Self-Test Score: _____

The total presented above reflects the severity of depression symptoms. An interpretation of your score should be based on the following guidelines:

0: No Problem | **1-4:** Minimal Depression | **5-9:** Mild Depression | **10-14:** Moderate Depression | **15-19:** Moderately Severe Depression | **20-27:** Severe Depression

Disclaimer: This screening is intended to be used for educational purposes only and should not be understood to constitute a diagnosis of depression.

Are You at Risk? Suicide

Directions: The following questions are a self-test to help you identify if you are at increased risk to commit suicide.

Answer each question as honestly as you can. Circle one answer only for each question.

1. Have you ever thought about or attempted to kill yourself?
 - 1 Never
 - 2 It was just a brief passing thought
 - 3a I have had a plan at least once to kill myself, but did not try to do it
 - 3b I have had a plan at least once to kill myself, and really wanted to die
 - 4a I have attempted to kill myself, but did not want to die
 - 4b I have attempted to kill myself, and really hoped to die
2. How often have you thought about killing yourself in the past year?
 - 1 Never
 - 2 Rarely (1 time)
 - 3 Sometimes (2 times)
 - 4 Often (3-4 times)
 - 5 Very often (5 or more times)
3. Have you ever told someone that you were going to commit suicide, or that you might do it?
 - 1 No
 - 2a Yes, at one time, but did not really want to die
 - 2b Yes, at one time, and really wanted to die
 - 3a Yes, more than once, but did not want to do it
 - 3b Yes, more than once, and really wanted to do it
4. How likely is it that you will attempt suicide someday?
 - 0 Never
 - 1 No chance at all
 - 2 Rather unlikely
 - 3 Unlikely
 - 4 Likely
 - 5 Rather likely
 - 6 Very likely

Your Self-Test Score: _____

You circled one answer for each question. Each answer you circled has a number beside it, such as 1, or 2, or 2a or 2b, etc. To add up your total score, simply add up the 4 numbers beside your answers.

The total presented above reflects the severity of suicidal thoughts. An interpretation of your score should be based on the following guidelines:

For adults in the general population: People with a score of **7 or greater** are considered at risk of suicide.

For adults in a psychiatric inpatient program: People with a score of **8 or greater** are considered at risk of suicide.

Disclaimer: This screening is intended to be used for educational purposes only and should not be understood to constitute any medical or clinical diagnosis.

On- & Off-Campus Resources

Emergency Hotlines

| | |
|--|----------------|
| 911 | DIAL 9-1-1 |
| National Poison Control Hotline | (800) 222-1222 |
| National Suicide Prevention Lifeline | (800) 273-8255 |

Emergency Contacts On Campus

| | |
|---|----------------|
| Campus Police | (951) 222-8171 |
| Student Health & Psychological Services | (951) 372-7046 |

Emergency Facilities Off Campus

Corona Police Department (951) 736-2330 opt. 3
730 Public Safety Way, Corona, CA 92880

Corona Regional Medical Center (951) 737-4343
800 S. Main Street, Corona, CA 92882

**Moreno Valley Community Hospital
Psychiatric Unit** (951) 243-0811
27300 Iris Avenue, Moreno Valley, CA 92555

Riverside Community Hospital (951) 788-3000
4445 Magnolia Avenue, Riverside, CA 92501

Riverside Police Department (951) 826-5700
4102 Orange Street, Riverside, CA 92501

Riverside County Regional Medical Center ETS
.....(951) 358-4700 (4881) (4882) (4883)
9990 County Farm Road, Suite 4, Riverside, CA 92503
Emergency Treatment Services 24/7 All Ages

Addiction, Recovery and Support

AL-ANON (909) 824-1516
www.iealanon.org
1016 E. Cooley Drive, Suite C2, Colton, CA 92324
Helpline for families of alcoholics

- Alcoholics Anonymous** (909) 825-4700
www.inlandempireaa.org
 897 Via Lata, Suite AA, Colton, CA 92324
 Inland Empire central office will refer to local meetings and times
- Celebrate Recovery**
www.celebraterecovery.com
 Christ centered 12-step recovery program; support groups for all types of problems and addictions including food, sex, relationship addictions, co-dependency and chemical dependency.
- Cocaine Anonymous – Inland Empire** (951) 359-3895
www.inlandempireareacaorg
 22130 Barton Road, Grand Terrace, CA 92313
- Corona Substance Abuse Clinic** (951) 737-2962
 623 N. Main Street, Suite D-11, Corona, CA 92880
- Loma Linda Substance Use Recovery & Wellness Program**
 (866) 884-2334
- MFI Recovery Center**..... (866) 218-4697
www.mfirecovery.com
- Narcotics Anonymous**
www.iefoothillsna.org
 English..... (800) 863-2962
 Spanish (888) 622-4672
- National Problem Gambling Hotline** (800) 522-4700
- Path of Life Ministries**..... (951) 786-9048
www.thepathoflife.com
 This 12-24 month program is designed to help men and women recover from homelessness, drug and alcohol addiction and other dysfunctional behaviors.
- Substance Use Community Access** (800) 499-3008
- Riverside Substance Abuse Clinic** (951) 955-7530
 (951) 274-9865
 2085 Rustin Avenue, #3, Riverside, CA 92507
- Substance Use Administration**..... (951) 782- 2400
 (951) 683- 4904
 3525 Presley Avenue, Riverside, CA 92507
- SAMHSA National Helpline**..... (800) 662-HELP
 TTY..... (800) 487-4889

www.findtreatment.samhsa.gov

24-hour free & confidential treatment referral routing service in English and Spanish for individuals and family members facing mental health and/or substance use disorders.

Whiteside Manor (800) 300-7326
2743 Orange Street, Riverside, CA 92501

Adult & Elderly Protective Services

DSS 24-HR Adult Protective Services Hotline ... (800) 491-7123
Department of Social Services Riverside County

National Center on Elder Abuse (855) 500-3537

Eldercare Locator (800) 677-1116

Institute on Aging Friendship Line (800) 971-0016
24/7 crisis and elder abuse support

Child Abuse & Runaway Services

Child Help USA National Child Abuse Hotline

www.childhelp.org

.....(800) 4-A-CHILD (422-4453)

Covenant House Hotline (Teen Homelessness) .. (323) 461-3131

www.covenanthouse.org

1325 N. Western Avenue, Hollywood, CA 90027

DSS 24-HR Child Abuse Hotline(800) 442-4918

.....(877) 922-4453

Department of Social Services Riverside County

www.D2L.org

National Child Abuse Hotline..... (800) 25-ABUSE

National Child Abuse Hotline..... (800) 422-4453

National Child Sexual Abuse Helpline(866) For-Light

.....(866) 367-5444

National Runaway Switchboard (800) 786-2929

www.1800RUNAWAY.org

Riverside County Child Protective Services Hotline

..... (800) 442-4918

San Bernardino County Child Abuse Reporting Hotline

..... (909) 384-9233
 (800) 827-8724

Crisis (SUICIDE) Prevention Services

24-Hour Didi Hirsch Suicide Crisis Line (877) 727-4747
www.didihirsch.org

Arrowhead Regional Medical Center Psych Unit. (909) 580-1800
 400 N. Pepper Avenue, Colton, CA 92324

Boys Town Crisis and Suicide Hotline (800) 448-3000
www.boystown.org

California Youth Crisis Line (800) 843-5200
www.youthcrisisline.org

For Ages 12-24 - All youth issues 24 hours / 7 days

Crisis Text Line Text "COURAGE" to 741741

HELPLine 24 Hour Crisis/Suicide Intervention .. (951) 686-4357
 Riverside County Department of Mental Health, Western Region
 / Volunteer Center of Riverside / 24 hours / 7 days

Disaster Distress Helpline (800) 985-5990
 TEXT TALK WITH US to 66746

Institute on Aging Friendship Line (800) 971-0016
See Adult & Elderly Protective Services

National Suicide Prevention Lifeline (800) 273-8255
www.suicidepreventionlifeline.org

San Bernardino County 24-Hour Call Center (The Access Unit)
 (888) 743-1478
 TTD..... (888) 743-1481

San Bernardino County 24-Hour Mobile Crisis Response

East Valley (909) 421-9233

West Valley..... (909) 458-9628

High Desert (760) 956-2345

San Bernardino Crisis Walk-in Center (877) 421-9495
 850 E. Foothill Boulevard, Rialto, CA 92376

The Trevor Lifeline (LGBTQ) (866) 488-7386
www.thetrevorproject.org

Crisis & Suicide Prevention Lifeline for LGBTQ Youth

Veterans Crisis Line**www.veteranscrisisline.net**

Hotline..... (800) 273-8255 Press 1

TTY..... (800) 799-4889

24/7 Confidential TEXT Support.....TEXT 838-255

Clothing Assistance & Give-Aways**Christian Missionary Alliance**..... (909) 885-0012**www.livingcma.org**

340 E. Evans Street, San Bernardino, CA 92404

Corona Norco Rescue Mission..... (951) 493-2091**www.inlandempirerescuemission.org**

420 W. Harrison Street, Corona, CA 92880

Frazer Community Center..... (909) 889-4424

1140 W. Mill Street, San Bernardino, CA 92402

La Sierra University SDA Church Community Services

..... (951) 354-7095

info@lsuchurch.org

4937 Sierra Vista Avenue, Riverside, CA 92505

Lutheran Social Services Southern California.... (877) 577-7267

..... (951) 689-7847

www.lsssc.org/location/riverside-county/ | info@LSSSC.org

3772 Taft Street, Riverside, CA 92503

San Bernardino Community Church..... (909) 864-9221

(Second Chance Ministries)

372 E. Lynnwood Drive, San Bernardino, CA 92404

Set Free Church..... (909) 383-2323

473 W. Baseline Street, San Bernardino, CA 92410

Settlement House Corona-Norco..... (951) 737-3504**settlementhouse@hotmail.com**

507 S Vicentia Avenue, Corona, CA 92882

Spirit of Hope (Highland Ave. Lutheran Church). (909) 882-2961

1820 E. Highland Avenue, San Bernardino, CA 92404

Sunrise Church..... (909) 820-7114

690 W. Etiwanda Avenue, Rialto, CA 92376

Victor Valley Rescue Mission (760) 955-5958
www.vvrescuemission.org
 16856“C” Street, Victorville, CA 92395
 Hot showers, hot meals, grocery assistance, & clothing assistance

Domestic Violence Help

Alternatives to Domestic Violence

www.alternativestodv.org

Crisis Line Riverside (951) 683-0829
 Crisis Line Countrywide (800) 339-SAFE (7233)
 Riverside Anger Management (951) 320-1376
 Community Education (951) 320-1370

Americas Overseas Domestic Violence (866) Us Women
Crisis Center | www.866uswomen.org

DOD Safe Helpline (877) 995-5247
www.safehelpline.org

GLBT National Help Center (888) 843-4564
 Youth Talk Line (800) 246-Pride

House of Ruth Hotline (877) 988-5559
www.houseofruthinc.org

24-hour hotline, advocates for and assist women and children victimized by domestic violence and children exposed to violence in transforming their lives by providing culturally competent shelter, programs, opportunities, and education.

National Dating Abuse Helpline (866) 331-9474
(Teen & Young Adult)
 TTY (800) 331-8453

National Domestic Violence Hotline

www.thehotline.org

English (800) 799-SAFE (7233)
 TTY (800) 787-3224

Option House 24-hour Hotline (909) 381-3471
www.optionhouseinc.org

Serving San Bernardino County. 24-hour crisis intervention and emergency shelter services. Services include: counseling, education, intervention, advocacy, food, clothing, and support services. The agency also provides outreach services, legal services and information, education and awareness.

STAND Against Domestic Violence Crisis Hotline (888) 215-5555
www.standffov.org | www.standagainstdv.org

Eating Disorder Help

Eating Disorders Anonymous (951) 377-3446
www.eatingdisordersanonymous.org |
info@eatingdisordersanonymous.org
 P.O. Box 55876, Phoenix, AZ 85078-5876

Eating Disorder Referral and Information Center
www.edreferral.com

Loma Linda Eating Disorder Clinic (866) 884-2334

National Association of Anorexia Nervosa & Associated Disorders (ANAD) (630) 577-1330
www.anad.org | anadhelp@anad.org
 Long Distance Fees May Apply

NEDA Feeding Hope (800) 931-2237
www.nationaleatingdisorders.org

Overeaters Anonymous (505) 891-2664
OA.org
 6075 Zenith Court NE, Rio Rancho, NM 87144-6424
 Offers outpatient treatment center for anorexia, bulimia, binge-eating, compulsive overeating and exercise addiction. Services are confidential. Most insurances accepted.

Valenta (909) 771-8023
www.valentaonline.com
 Our ultimate goal is to assist you in your recovery and living life to its fullest potential with a healthy relationship with food and a positive body image.

Family Planning

Corona Family Care Center (800) 720-9553
 505 S. Buena Vista, Rm 101, Corona, CA 92882 . (951) 272-5445

Don Schroeder/Rubidoux Family Care Center . . . (800) 720-9553
 5256 Mission Blvd., Riverside, CA 92509 (951) 955-0840

Family Pact (800) 541-5555
www.familypact.org | fampact@dhcs.ca.gov

Jurupa Family Care Center (800) 720-9553
 (951) 360-8795
 9415 Mission Boulevard, Riverside, CA 92509

Plan B www.planbonestep.com
 Please refer to the "Store Locator" on the website

Planned Parenthood (888) 743-7526
 Riverside & Moreno Valley

Planned Parenthood (909) 890-5511
 San Bernardino & Upland

Planned Parenthood (800) 576-5544
 Pomona

Riverside County Regional Medical Center (951) 486-4000
 26520 Cactus Avenue, Moreno Valley, CA 92555

Riverside Neighborhood Family Care Center ... (800) 720-9553
 (951) 358-6000
 7140 Indiana Avenue, Riverside, CA 92504

Food Banks & Distribution

Arlington Temporary Assistance (951) 689-5620
 9000 Arlington Avenue, Suite 112, Riverside, CA 92503

Casa Blanca Home of Neighborly Service (951) 688-3043
 7680 Casa Blanca Street, Riverside, CA 92504

CAP Moreno Valley (951) 485-7792
 Community Assistance Program of Moreno Valley
 24594 Sunnymead Boulevard, Moreno Valley, CA 92553

Catholic Charities (909) 880-3625
 1800 Western Avenue, San Bernardino, CA 92411

Central City Lutheran Mission (909) 381-6921
 1354 N. G Street, San Bernardino, CA 92405

Community Settlement Association (951) 686-6266
 4366 Bermuda Avenue, Riverside, CA 92507

Corona Norco Rescue Mission (951) 493-2091
www.inlandempirerescuemission.org
 420 W. Harrison Street, Corona, CA 92880

Ecclesia Christian Fellowship (909) 881-5551
1314 E. Date Street, San Bernardino, CA 92404

Feeding America IE (951) 359-4757
www.feedingamericaie.org
2950 Jefferson Street, Riverside, CA 92504

First Presbyterian Church (909) 882-3308
1900 N. D Street, San Bernardino, CA 92405

Food Assistance Network Riverside County (800) 455-4942

Fraze Community Center (909) 889-4424
1140 W. Mill Street, San Bernardino, CA 92410

www.FreeFood.org
Free food resources in the United States

Isaiah's Rock (909) 628-8808
13023 7th Street, Chino, CA 91710

La Sierra University SDA Church Community Services
..... (951) 354-7095

info@lsuchurch.org
4937 Sierra Vista Avenue, Riverside, CA 92505

Lutheran Social Services Southern California (877) 577-7267
..... (951) 689-7847

www.lsssc.org/location/riverside-county/ | info@LSSSC.org
3772 Taft Street, Riverside, CA 92503

Magnolia Center Church of Christ (951) 686-4343
6160 Riverside Avenue, Riverside, CA 92506

Menifee Valley Community Cupboard (951) 301-4414
www.mvcupboard.org | mvcupboard@verizon.net
26808 Cherry Hills Boulevard, Sun City, CA 92586

Mary's Mercy Center (909) 889-2558
641 Roberds Avenue, North San Bernardino, CA 92411

Mountain View Family Development (909) 357-9377
8833 Palmetto Avenue, Fontana, CA 92335

Norco College Food Pantry | Contact: ASNC

We are located on the Northwest corner of the 300 building behind the STEM center. (Look for the metal roll up window)

Rudy Hernandez Community Center (909) 384-5420
222 N. Lugo Avenue, San Bernardino, CA 92408

Sacred Heart Church (951) 685-5058
9935 Mission Boulevard, Riverside, CA 92509

Salvation Army (951) 784-3571 x109
3695 First Street, Riverside, CA 92501

San Bernardino Community Church (909) 864-9221
(Second Chance Ministries)
2372 E. Lynnwood Drive, San Bernardino, CA 92404
Call for days & times.

San Bernardino Food Bank CAPSBC (909) 723-1580
696 S. Tippecanoe Avenue, San Bernardino, CA 92415

Second Harvest Food Bank (951) 359-4757
2950-B Jefferson Street, Riverside, CA 92504
Serving Riverside & San Bernardino Counties

Set Free Church (909) 383-2323
473 W. Baseline Street, San Bernardino, CA 92410

Spirit of Hope (Highland Ave. Lutheran Church). (909) 882-2961
1820 E. Highland Avenue, San Bernardino, CA 92404

St. John's Episcopal Church (909) 889-1195
1407 N. Arrowhead Avenue, San Bernardino, CA 92405

St. Paul's United Methodist Church (909) 889-3609
785 N. Arrowhead Avenue, San Bernardino, CA 92401

Tiffany's House Of Hope, Inc. (951) 777- 4673
www.tiffanyshouseofhope.com | Contact@tiffanyshouseofhope.com

The Rock Church (909) 825-8887 x504
2345 S. Waterman Avenue, San Bernardino, CA 92408

The Way World Outreach Church (909) 884-7117

Vine Life Christian Fellowship Comm. SVCS (951) 789-8514
17421 Van Buren Boulevard, Riverside, CA 92504

Water of Life Community Church (909) 803-1059
..... (909) 224-5199
16815 Spring St., Fontana, CA 92335

Every Tuesday and Thursday the CityLink Food Warehouse is open to our guests who are in need of food. We give ONE (1) box of food once a week per family. First time guests must fill out a Food Application and bring with them the following documents; Picture ID, proof of address (utility bill, rental agreement).

Disabled guests must bring proof of disability (DMV, SSI) printout or ID stating you are disabled. The Food Warehouse does NOT provide the box/bag the guest must bring a box/bag.

Housing & Homeless Shelters

Corona Norco Rescue Mission (951) 493-2091
www.inlandempirerescuemission.org

420 W. Harrison Street, Corona, CA 92880

Central City Lutheran Mission (909) 381-6921
 1354 N. G St, San Bernardino, CA 92405

*CCLM offers an emergency shelter for men over the age of 18.

Foothill Family Shelter (909) 920-0453
 1501 W. 9th Street, Suite D, Upland, CA 91786

I Care Shelter Home (951) 354-2273
 Riverside Area

Inland Valley Hope Partners (909) 622-3806
info@inlandvalleyhopepartners.org

1753 N. Park Ave., Pomona, CA 91768

Path of Life Ministries Family Shelter | Path of Life Family Shelter
www.thepathoflife.com

2530 Third Street, Riverside, CA 92507 (951) 275-8755

2800 Hulen Place, Riverside, CA 92507 (951) 683-4101

Riverside County Housing Authority (951) 351-0700
 5555 Arlington Avenue, Riverside, CA 92504

Salvation Army Hospitality House (714) 542-9576
 818 E. 3rd Street, Santa Ana, CA 92701

Time for Change Foundation (909) 886-2994
for Homeless Women and Children

2164 N. Mountain View Avenue, San Bernardino, CA 92404

Valley Restart Shelter (951) 766-7476
 200 E. Menlo Avenue, Hemet, CA 92543

Veronica's Home of Mercy (909) 888-9064
 1495 West Victoria Street, San Bernardino, CA 92411

Information Services

211 Community Connect Dial 2-1-1
www.connectriverside.org

24-hour information and referral line for Riverside County

411 Dial 4-1-1
www.411.com

The web's leading directory of contact info for people and businesses. Phone numbers, addresses, yellow pages, and more.



Enroll. Get Care. Renew. Health Coverage All Year Long

Health Coverage Options

Medi-Cal:

- ▶ Children—regardless of immigration status—foster youth, pregnant women, and legally present individuals—including those with DACA status—may be eligible for no- or low-cost Medi-Cal.
- ▶ Medi-Cal covers immunizations, checkups, specialists, vision and dental services, and more for children and youth at no- or low-cost.
- ▶ Medi-Cal enrollment is available year-round.

Covered California:

- ▶ Covered California is where legal residents of California can compare quality health plans and choose the one that works best for them.
- ▶ Based on income and family size, many Californians may qualify for financial assistance.
- ▶ Enroll during Open Enrollment or any time you experience a life-changing event, like losing your job or having a baby. You have 60 days from the event to complete enrollment.

! Undocumented Families visit: www.allinforhealth.org/resources/Undocumented
Immigration status information is kept private, protected, and secure. It will not be used by any immigration agency to enforce immigration laws, but only to determine eligibility for health programs.

You and your family may qualify for financial help:

| Household Size | If 2016 household income is less than... | | If 2016 household income is between... |
|----------------|--|---------------------------------------|---|
| 1 | \$16,394 | \$31,600 | \$16,395 – \$47,080 |
| 2 | \$22,107 | \$42,613 | \$22,108 – \$63,720 |
| 3 | \$27,820 | \$53,625 | \$27,821 – \$80,360 |
| 4 | \$33,534 | \$64,638 | \$33,535 – \$97,000 |
| 5 | \$39,247 | \$75,650 | \$39,248 – \$113,640 |
| 6 | \$44,960 | \$86,662 | \$44,961 – \$130,280 |
| ▶ | Adults may be eligible for Medi-Cal | Children may be eligible for Medi-Cal | May be eligible for financial help to purchase insurance through Covered California |

Enroll.

Three ways to enroll in Medi-Cal and Covered California:

- 📄 www.coveredca.com
- ☎ 1(800) 300-1506
- 👤 Find in-person help: www.coveredca.com/get-help/local/

Get Care.

- ▶ Find a primary care doctor in your network.
- ▶ Schedule an annual checkup for you and your family.
- ▶ Make sure to take your child to the dentist.
- ▶ Pay your monthly premium if your plan requires it.

Renew.

- ▶ Medi-Cal must be renewed every year. Medi-Cal will mail renewal packet. Complete and return. For help, contact your local Medi-Cal office or call 211.
- ▶ Health plans through Covered California must be renewed every year. Renewal information will be mailed at the end of the year, or contact Covered California at 1 (800) 300-1506.

For more information go to:
www.allinforhealth.org
April 2016



Covered California (800) 300-1506
TTY.....(888) 889-4500
www.coveredca.com

Medical, Dental & Vision Services

Borrego Health (BH)

BH Arlanza Family Medical Health Center

Medical (951) 710-3970

Dental (951) 710-3980

8856 Arlington Avenue, Riverside, CA 92503

BH Eastside Medical Health Center..... (951) 213-3450

1970 University Avenue, Riverside, CA 92507

Centro Medico Community Clinic

Riverside (951) 509-5975
10368 Arlington Avenue, Riverside, CA 92505

Corona (951) 278-8910
1307 W 6th Street, Suite 113, Corona, CA 92882

Central City Community Medical Health Center . (951) 479-0070
1860 Hamner Avenue, Norco, CA 92860

Community Health Systems (CHS)

CHS Magnolia Family Health Center
9380 Magnolia Avenue, Riverside, CA 92503

Medical (951) 373-5620
Dental (951) 373-5630

CHS Moreno Valley Family Health Center
22675 Alessandro Boulevard, Moreno Valley, CA 92553
Medical (951) 571-2350
Dental (951) 571-2365

CHS University Family Health Center
2933 University Avenue, Riverside, CA 92507
Medical (951) 224-8220
Dental (951) 224-8230

Corona Family Medical Care Center (951) 272-5445
505 S. Buena Vista Avenue, Suite 101, Corona, CA 92882

Jurupa Family Medical Care Center (951) 360-8795
9415 Mission Boulevard, Riverside, CA 92509

Loma Linda University Student Clinics (909) 558-4675
dentalclinics.llu.edu/student-clinics/ | dentalstudentclinics@llu.edu
11092 Anderson Street, Loma Linda, CA 92350

Molina Medical (877) 665-4623
5549 Van Buren Blvd., Riverside, CA 92503
11748 Magnolia Avenue, #D, Riverside, CA 92503
24853 Alessandro Blvd., #4, Moreno Valley, CA 92553

Perris Family Medical Care Center (951) 940-6700
308 E. San Jacinto Avenue, Perris, CA 92570

**Riverside County Regional (951) 486-4000
Medical Center Clinics | www.rcrmc.org**

RCRMC has 74 clinics that provide specialized services for the patients of Riverside County. To make an appointment for Primary Care at RCRMC, call (951) 486-4000 and follow the option menu. In order to be seen in any of the specialty care clinics, a referral from your Primary Care Physician will need to be faxed to the Provider Relations Department at (951) 486-4035

**Riverside Community College District (951) 571-6435
Moreno Valley College Dental Hygiene Clinic
16130 Lasselle Street, Moreno Valley, CA 92551****Don Schroeder Family Care Center**

5256 Mission Boulevard, Riverside, CA 92509

Appointments & Dental Clinic (800) 720-9553

Medical Clinic (951) 955-0840

**Vision USA (800) 766-4466
www.aoa.org/visionusa****EyeCare America (877) 887-6327
eyecareamerica@aao.org****Sight for Students (888) 290-4964
<https://vspglobal.com/cms/vspglobal-outreach/gift-certificates.html>****Mental Health Resources**

Crisis Text LineText "COURAGE" to 741741

CARES Line (800) 706-7500
Community Access, Referral, Evaluation and Support Line.
Provides information and referrals for Medi-Cal beneficiaries seeking Mental Health Services

National Mental Health Association (800) 950-NAMI (6264)
www.nami.org | www.namicalifornia.org | nami.california@namicalifornia.org

NAMI Suicide Prevention Hotline (800) 273-8255

NAMI Western Riverside County (951) 369-2721

Riverside County Regional Medical Center ETS

.(951) 358-4700 (4881) (4882) (4883)
9990 County Farm Road, Suite 4, Riverside, CA 92503
(Emergency Treatment Services 24/7 All Ages)

Personal Counseling

Canyon Ridge Hospital (909) 590-3700

www.canyonridgehospital.com

5353 G Street, Chino, CA 91710

Catholic Charities (CC) (909) 388-1239

www.ccsbriv.org.org

1450 North "D" Street, San Bernardino, CA 92405

CC Moreno Valley Regional Office (951) 924-9964

23623 Sunnymead Blvd., Suite 206, Moreno Valley, CA 92553

CC Ontario Regional Office (909) 391-4882

SOVA-904 East California, Ontario, CA 91761

CC Riverside Regional Office (951) 689-1803

7209 Arlington Avenue, Suite C, Riverside, CA 92503

CC San Bernardino Regional Office (909) 880-3625

1800 Western Avenue, Suite 107, San Bernardino, CA 92411

CC Coachella Valley Regional Office (760) 342-0157

83-180 Requa, Suite 8-9, Indio, CA 92201

CC High Desert Regional Office (760) 242-2311 x8454

16051 Kasota Road, Suite 700, Apple Valley, CA 92307

CBU Counseling Center (951) 689-1120

3510 Adams Street, Riverside, CA 92504 (located in the southwest corner of Lancer Plaza facing Diana Avenue)

CSUSB Community Counseling Center (909) 537-5569

BY APPOINTMENT ONLY. Please call the Center and leave a message with your name, time you called, and your callback number. The Clinic Manager will return your call, answer any questions you may have, and if appropriate, schedule an initial intake appointment.

Family Service Association (FSA)

www.fsaCAorg

The mission of Family Service Association (FSA) is to provide quality human services, child development, housing and senior services to residents of the Inland Empire and Desert Communities, while advocating on behalf of those we serve.

FSA Riverside Clinic (951) 509-8733

8172 Magnolia Avenue, Riverside, CA 92504

Fontana Clinic- Center for Family & Community Services

..... (909) 888-2100
17210 Slover Avenue, Suite 200, Fontana CA 92337

FSA Moreno Valley Clinic. (951) 369-8036

21250 Box Springs Rd., Suite 106, 201, Moreno Valley, CA 92557

Yucca Valley Clinic- Center for Family & Community Services

..... (760) 820-1430
7245 Joshua Lane, Unit A, Yucca Valley CA 92284

Norco College Student Health & Psychological Service

..... (951) 372-7046

www.norcollege.edu >Students Tab > Health

2001 Third Street, G102, Norco, CA 92860 (Bldg. G - Library)

Counseling Services for currently enrolled students only

Olive Branch Counseling Center

www.olivebranchcounseling.org

4041 Brockton Avenue, Riverside, CA 92501 ... (951) 369-8534

9033 Baseline Road, Suite A, Rancho Cucamonga, CA 91730

..... (909) 989-9030

Riverside County Department of Mental Health (RCDMH)

www.rcdmh.org

RCDMH Blaine Street Adult Clinic. (951) 358-4705

769 Blaine Street, Suite B, Riverside, CA 92507

RCDMH Hemet Mental Health Clinic. (951) 791-3300

650 N. State Street, Hemet, CA 92543

RCDMH Main Street Adult Services. (951) 738-2400

629 N. Main Street, Corona, CA 92880

RCDMH Perris Adult Mental Health Clinic. (951) 443-2200

1688 N. Perris Boulevard, Suite L6-11, Perris, CA 92571

Loma Linda Counseling and Family Sciences Clinic (909) 558-9500

1686 Barton Road, Redlands, CA 92373

Valenta. (909) 771-8023

www.valentaonline.com

Intensive outpatient depression recovery program.

Sexual Abuse Resources

Center Against Sexual Assault of Southern Riverside County

www.swcasa.org | info@swcasa.org

..... (866) 373-8300

..... (951) 652-8300

National Human Trafficking Resource Center

www.traffickingresourcecenter.org | nhtrc@polarisproject.org.

..... (888) 373-7888

..... TEXT HELP to BeFree (233733)

National Sexual Assault Hotline (800) 656-4673

Rape, Abuse & Incest National Network

www.rainn.org | Maintains an "Online Hotline"

Riverside Rape Crisis Center (951) 686-7273

www.rarcc.org | info@rarcc.org

1845 Chicago Avenue, Suite A, Riverside, CA 92507

24-hour hotline; English & Spanish

San Bernardino Sexual Assault Services

www.sbsas.org

Main Office (909) 885-8884

Redlands Location (909) 335-8777

Support Groups & Grief Resources

Homicide Bereavement Survivors - Families and Friends of Murder Victims (Bilingual)

Colton Chapter, Christ The Redeemer Catholic Church -

Contact Rose (909) 754-6969

mail4ffmv@yahoo.com

12745 Oriole Avenue, Robinson Hall, Room 6, Grand Terrace, CA 92313

Riverside Chapter, Avaxat Elementary School ... (951) 757-4419

24300 La Brisas Road, Murrieta, CA

West End Chapter, St. Anthony's Catholic Church -

Contact Rita Martin (909) 215-7063

ritaatffmv@aol.com

Parents of Murdered Children (888) 818-7662

www.pomc.org | natlpomc@pomc.org

- Loma Linda University Medical Center**(877) LLUMC-4U
 (877) 558-6248
Bereavement Resources CARE (909) 558-7261
When You've Lost a Baby (909)558-7261
 cmoreno@llu.edu
When You've Lost a Adult..... (909) 558-4367
 nwityczak-Leon@llu.edu
- The Grove Community Church** (951) 571-9096
 19900 Grove Community Drive, Room B-10, Riverside, CA 92508
- When You've Lost A Child Support Groups**..... (800) 717-0373
 Redlands Chapter, First Congregational Church
 2 West Olive Street, Redlands, CA 92373
- Riverside Chapter, First Baptist Church Of Riverside**
 (951) 265-3820
 5500 Alessandro Boulevard, Riverside, CA 92506
- Redlands Church of Christ Survival Support Groups**
 (909) 856-5449
 (909) 793-5670
 1000 Roosevelt Road, Redlands, CA 92374
- VITAS Support Group**..... (909) 386-6000
 Call for updated support group listings. Contact: Ashley.
- Access Joy** (951) 622-4708
 Grief support for all ages. Group times and locations vary. Call for
 information. Contact: Laura and Howard McKay.
- The Compassionate Friends** (877) 969-0010
www.compassionatefriends.org
nationaloffice@compassionatefriends.org
 For family & friends of those who have lost a child.
- Suicide Bereavement Support Group**..... (951) 274-0710
- Pomona Valley Health Center** (909) 393-2563
 2140 Grand Avenue, Suite 105, Chino Hills, CA 91709
 Contact Pat Harness-Overley
- Fostering Hope Counseling** (951) 389-7597
www.fosteringhopecounseling.com | suefoster@fosteringhopecounseling.com
 132 South Thompson, Hemet, CA

Joslyn Center Weinberger Room..... (909) 399-3289
60 North Mountain Avenue, Claremont, CA 91711

Travel Vaccines

Advantage Vaccination Services (866) 261-6460

Inland Vaccination Clinic in Canyon Lake (951) 925-6969

Loma Linda University Center of Health (909) 558-4594
Promotion International Travel Clinic

Med-Plaza Pharmacy (909) 465-6562

Moreno Valley Immediate Care Center (951) 243-5050
Dr. James Harrison

Riverside University Health System - Public Health
..... (888) 246-1215
PO Box 7600, Riverside, CA 92505

San Bernardino County Health Department (800) 722-4777
Travel Clinic

Travel Medicine in Rancho Mirage..... (760) 321-0967

Veterans Resources

Corona Vet Center..... (877) 927-8387
..... (951) 734-0525
800 Magnolia Avenue, Suite 110, Corona, CA 92879

Norco College Veteran's Resource Center..... (951) 372-7142

Loma Linda VA..... (800) 741-8387
..... (909) 825-7084
11201 Benton Street, Loma Linda, CA 92357

National Center for PTSD www.ptsd.va.gov

**DoD's Defense Centers of Excellence (DCoE) 24/7 Outreach
Center for Psychological Health & Traumatic Brain Injury**
..... (866) 966-1020
resources@dcoeoutreach.org

Warrior Care Network www.woundedwarriorproject.org

Military OneSource..... (800) 342-9647
www.militaryonesource.mil

San Bernardino Vet Center..... (877) 927-8387
..... (909) 801-5762
1325 E. Cooley Drive, Suite 101, Colton, CA 92324

U.S. Department of Veteran's Affairs (800) 827-1000
www.va.gov

Veteran Combat Call Center..... (877) 927-8387
..... (800) 273-8255

www.veteranscrisisline.net

Suicide Prevention Hotline

Press 1 or text 838255 for a confidential veterans chat counselor.



NORCO COLLEGE

Health Services

