

Mental Health Resources

Mental health problems can be very common. In fact, an estimated 50% of all Americans will experience a mental health challenge at some point in their lifetime.

Upland Unified School District recognizes that our students experience mental health issues and seeks to promote their emotional, psychological, and social well-being.

HOW TO GET SUPPORT AND ACCESS SERVICES

- Discuss your concerns with your child's school counselor, psychologist, nurse, or administrator.
- Contact the UUSD Counseling Center 909-949-6526 or 909-949-1070
 - [UUSD Counseling Center \(brochure\)](#)
 - [UUSD Counseling Center - Español \(brochure\)](#)
- Contact your health insurance provider to find out what services are covered and how to obtain a referral.

CRISIS COUNSELING SERVICES

San Bernardino County Community Crisis Response Team (CCRT)
909-458-1517 909-535-1316 (afterhours)

San Bernardino County Mental Health Services- Crisis Walk-In Clinic (M-F 8am-10pm/ Sat 8-5pm) (All ages)
850 E. Foothill Blvd, Rialto, CA
909-421-9495

San Bernardino County Merrill Center- 24hr Crisis Stabilization Unit (13 years and older)
14677 Merrill Ave, Fontana, CA
951-643-2340

Canyon Ridge Hospital (13 years and older)
5353 G Street, Chino, CA
909-590-3700

Crisis Text Line 24/7 crisis support
Text HOME to 741741

Loma Linda University Behavioral Medicine Center (All ages)
1710 Barton Road, Redlands, CA
909-558-9344

National Suicide Prevention Lifeline
800-273-8255 800-273-TALK

Project Sister Family Services
909-626-HELP (4357) 24 Hour Rape Crisis Hotline
909-623-1619 or 626-915-2535 Counseling services for sexual assault and child abuse survivors

San Bernardino County Children & Family Services
Child Abuse Hotline
1-800-827-8724

San Bernardino Sexual Assault Services
800-656-4673 (National Toll Free Number) 909-885-8884 (Inland Empire) **Both numbers 24hr hotlines**

TEEN Line A hotline staffed by teens, offers active listening, crisis intervention, and resources.
1-800-TLC-TEEN (852-8336)

Trevor Life Line A national 24-hour confidential suicide hotline for LGBTQ youth
866-488-7386

COMMUNITY COUNSELING SERVICES

Mental Health Systems-One Stop TAY Center
316 East E St., Ontario, CA
909-983-4466

Samaritan Counseling Center
1126 W. Foothill Blvd., Upland, CA
909-985-0513

South Coast Community Services
1-877-527-7227

University of Phoenix
3110 E. Guasti Road, Ontario, CA
909-472-3798

West End Family Counseling Services
855 N. Euclid Ave., Ontario, CA
909-983-2020

ALCOHOL & DRUG REFERRALS

Dept. Behavioral Health, Substance Use Disorder and Recovery Services
Screening, Assessment & Referral Center (SARC)
2940 Inland Empire Blvd., Ontario, CA
909-458-1376

Substance Abuse and Mental Health Services Administration SAMHSA
National Helpline 1-800-662-HELP (4357)