



## MENTAL HEALTH RESOURCES IN THE EVENT OF A CAMPUS CLOSURE

As we know, there are unfortunately times when situations require the university to shut down operations and close. These types of situations include, but are not limited to, natural events such as high winds, fire, earthquake, system failures such as power outages, and public health concerns such as epidemic or pandemic.

CAPS recognizes that even though the campus may close, students may continue to need support. Listed below are various resources that students can utilize that are free of charge. A brief description is provided for each section that will provide guidance as to which resource might be the best to utilize based upon the specific need or situation.

### TELEPHONE SUPPORT:

If you just would like someone to talk to about your current thoughts or feelings, and you are not wanting to harm yourself or anyone else, call the CAPS main number [909-537-5040] and choose the option to speak with someone right away. This will connect you with a mental health provider.

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline [800-273-8255] or text HELLO to the Crisis Text Line [741741]. If you identify as LGBTQ, contact the TrevorLifeline by calling their 24/7 line [866-488-7386] or text START to their text line [678678].

### IN PERSON SUPPORT:

If you would like to see someone who can see you same day, assess your needs and provide you options for continued support, any of the three Crisis Walk-In Clinics listed below can be visited.

#### **CWIC High Desert**

TeleCare, Inc.  
16460 Victor St.  
Victorville, CA 92395  
760-245-8837  
24 hours a day / 365 days a year

#### **CWIC Morongo Basin**

Morongo Basin Mental Health  
Services  
55475 Santa Fe Trail  
Yucca Valley, CA 92284  
(Entrance on Inca Trail)  
24 Hour Crisis Line: 760-365-6558

#### **CWIC Rialto**

850 E. Foothill Blvd.  
Rialto, CA 92376  
909-421-9495  
Mon.-Fri. 8am to 10pm  
Sat. 8am to 5pm  
Holidays 8am to 5pm

### IN PERSON URGENT SUPPORT:

If you are feeling very upset, distressed, or having a difficult time calming yourself, and you would like to meet with someone urgently, either of the two Crisis Stabilization Units below can be visited.

#### **The Merrill Center Crisis Stabilization Unit**

14677 Merrill Avenue  
Fontana, CA 92335  
951-643-2340

#### **Windsor Center Crisis Stabilization Unit**

1481 North Windsor Ave  
San Bernardino, CA 92407  
909-361-6470

### IMMEDIATE RISK:

If you or someone you know is at immediate risk of harming one's self or others, call 911 or go to the nearest emergency room.

#### **Arrowhead Regional Medical Center**

400 North Pepper Avenue  
Colton, CA 92324  
(909) 580-1000

#### **St. Bernardine Medical Center**

2101 North Waterman Ave  
San Bernardino, CA 92404  
(909) 883-8711

#### **Community Hospital of San Bernardino**

1805 Medical Center Drive  
San Bernardino, CA 92411  
(909) 887-6333