**Mental Health Information and Resources**

*The following are essential resources developed by CUSD’s Mental Health Team*

In the event of a **mental health crisis**, please contact **911**, or go to your nearest emergency room.

What is a **Mental Health Crisis**? A **mental health** crisis is any situation in which a person's actions, feelings, and behaviors can lead to them hurting themselves or others, and/or put them at risk of being unable to care for themselves or function in the community in a healthy manner.

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<tr>
<th><strong>Care Solace</strong>: <a href="http://caresolace.com/claremontparents">http://caresolace.com/claremontparents</a></th>
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<tr>
<td>A CUSD contracted referral service for Mental Health community resources. Care Solace will help parents, or caregivers get connected to resources and will continue to provide support until you are connected to a provider. Please click on the above link or call:</td>
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<td>888-515-0595 or <a href="mailto:WeServe@caresolace.org">WeServe@caresolace.org</a></td>
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| **Warm Line (Counseling support-not crisis)**: |
| **1-855-845-7415** |
| The Warm Line provides support for non-crisis issues. Give them a call for support, or to get another perspective. |

| **Crisis Text Line**: Text **ACT** to **741741** |
| The Crisis Text Line will provide support via text in a time of crisis. Sometimes it's better to text than talk. |

| **Suicide Prevention Hotline**: **1-800-273-TALK** |
| The Suicide Prevention Hotline is there when you need to talk. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. |
**TriCity Mental Health**

Telephone: (909) 623-6131  
Address: 2008 N. Garey Avenue  
Pomona, CA 91767  
Website: [https://www.tricitymhs.org/](https://www.tricitymhs.org/)

Tri-City Mental Health Center (TCMHC) was conceptualized as a comprehensive mental health service provider, dedicated to helping families and individuals of all ages reach their full potential. Through close and dedicated collaboration with the community it serves, TCMHC has successfully created an integrated system of care that ensures access and enhances mental and emotional health. Available services include but are not limited to psychotherapy, clinical case management, medication support, peer-to-peer support, psychoeducation, linkage and referral, vocational training and support, socialization activities, and community outreach.

**Pacific Clinics**

Telephone: (909) 625-7207  
Address: 790 E Bonita Ave, Pomona, CA 91767  
Website: [https://www.pacificclinics.org/](https://www.pacificclinics.org/)

Pacific Clinics enhances lives through specialized programs and supportive services for recovery and wellness, including:

- Mental Health Treatment (including evidence-based practices and therapies, counseling, medication support, case management, support groups, peer support, and more)
- Substance Use Disorder Treatment (Dual Diagnosis Services to treat co-occurring mental illness and substance use addiction)
- Housing and Homeless Support Services
- Employment Services (for current clients who qualify)
- Head Start/Early Head Start (early childhood education)
- Wellness Centers
- Integrated Care (whole-person care that treats physical, mental, and substance use holistically)
National Alliance on Mental Illness (NAMI)

Telephone: (909) 399-0305
Address: 3115 N. Garey Ave., Pomona, CA 91767
Website: https://namipv.org

The Pomona Valley affiliate of the National Alliance on Mental Illness (NAMI Pomona Valley) is a nonprofit California corporation serving Pomona Valley and the surrounding communities, and dedicated to improving the quality of life for people affected by mental illness and their loved ones through support, education, and advocacy. NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.