

Virtual & In-Person

Mental Health Resources

THERAPY/COUNSELING SEARCH TOOL



www.headway.co/
use to find mental health services
specific to your needs.

REDLANDS

<i>Untangling Our Relationships Therapy</i>	<i>untanglingourrelationships.com</i>	<i>(909) 328-6179</i>
<i>Restoration Counseling Services</i>	<i>restorationcs.com</i>	<i>(909) 255-1250</i>
<i>Emmaus Counseling</i>	<i>emmausredlands.com/counseling</i>	<i>(909) 283-3963</i>

YUCAIPA

<i>South Coast Community Services</i>	<i>sccs4kids.org/</i>	<i>(877) 527-7227</i>
<i>LifePaths Counseling</i>	<i>lifepathscounselingservice.com/</i>	<i>(909) 521-0898</i>

SAN BERNADINO

<i>Genesis Counseling Service</i>	<i>genesiscounseling.net/</i>	<i>(909) 890 – 2299</i>
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SAMHSA's National Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call 1-800-662-HELP (4357)

988 Suicide & Crisis Lifeline

You're not alone. Prevent Suicide by calling (988). The 988 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 in the United States.

Call 988