



# Mental Health Resources

Created by  
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and brought to you by  
Palo Verde College EOPS  
Program

For an Emergency-  
call 911

Adults & Children  
Mental Health Services  
Blythe Office: Riverside  
County Mental Health  
1267 W. Hobsonway,  
Blythe CA 92225 (760)  
921-5000 Monday  
Through Saturday:  
8:00am-5:00pm

Children Mental Health  
Services  
Blythe Family Health  
Clinic  
(760) 922-4981  
Schedule a physical with Dr.  
Bell (pediatrician specializing in  
behaviors) & inquire about a  
referral for mental health  
services from Dr. Bell.

Crisis Text line Text HOME to  
74174 for free 24/7 Crisis  
Counseling

Trevor Lifeline (LGBTQ):  
National organization providing  
crisis and suicide prevention  
services to lesbian, gay, bisexual,  
transgender, and questioning  
youth (LGBTQ) (866) 488 7386

CARES Line

(800) 499-3008

Support Referrals (24/7)

<https://riverside.networkofcare.org/mh/>

Veterans Crisis Line

(800) 273-8255,

press 1 or text 838255

Safehouse of Riverside County What's Up SafeHouse, is a downloadable mobile app, that provides anonymous counseling by text communication (844) 204-0880 from 7:00 am-11:00 pm, 7 a week, 365 days a year, with a Licensed Mental Health professional from SafeHouse. Young people who are struggling with drug or alcohol abuse, depression, difficult family situations, bullying and other issues can receive help, while maintaining anonymity. Youth and parents are also encouraged text about their friend/child they feel may be struggling or are in danger

National  
Adolescent  
Suicide Hotline:  
1-800-621-4000

Covenant House:  
(800) 999-9999

Teen Line  
Hotline:  
6pm- 10pm  
1- 800-852-8336  
or 310-855-4673

National Suicide  
Prevention Lifeline

(800) 273-8255  
24/7

YouthLine

(877) 968-8491

notokapp.com  
notOK App® is a free digital  
panic button to get you  
immediate support via text,  
phone call, or GPS location  
when you're struggling to  
reach out – from your trusted  
contacts

Teen Helpline:  
(800) 400-0900

## Websites

**American Foundation for  
Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

**American Association of  
Suicidology**

[www.suicidology.org](http://www.suicidology.org)

**Canadian Association for  
Suicide Prevention (CASP)**

[www.suicideprevention.ca](http://www.suicideprevention.ca)

**Center for Suicide  
Prevention**

[www.suicideinfo.ca](http://www.suicideinfo.ca)

**All About Depression**

[www.allaboutdepression.com](http://www.allaboutdepression.com)

**Mental Health America**

[www.mhanational.org](http://www.mhanational.org)

**National Organization  
for People of Color  
Against Suicide**

[www.nopcas.org](http://www.nopcas.org)

**Suicide Awareness  
Voices of Education  
(SAVE)**

[www.save.org](http://www.save.org)

**Suicide Prevention  
Lifeline**

<http://www.suicidepreventionlifeline.org/>

**Youth Suicide  
Prevention**

<https://youth.gov/youth-topics/youth-suicide-prevention/preventing-youth-suicide>

**National Institute of Mental Health**

<https://www.nimh.nih.gov/health/topics/depression>

**Psych Central**

<https://psychcentral.com/depression/depression>

**Society For the Prevention of Teen  
Suicide**

<https://sptsusa.org>

Self-injury Outreach &  
Support  
<http://sioutreach.org/>

S.A.F.E.  
ALTERNATIVES: Self  
Abuse Finally Ends:  
(800) 366-8288  
(800) DONT CUT

## Websites for Self-Injury

Bodies-Under-Siege Email  
Support Group – offers web  
postings and an email support  
group for self-injurers  
<http://www.buslist.org/>

Healthy Place: Self-Injury  
Information, Resources and  
Support  
[https://www.healthyplace.com/abuse/  
self-injury/self-injury-homepage](https://www.healthyplace.com/abuse/self-injury/self-injury-homepage)

Self-injury information and  
support  
[www.psyke.org](http://www.psyke.org)

American Self-injury Information  
Clearing House Official  
[www.selfinjury.org](http://www.selfinjury.org)

## Websites for Survivors of Suicide

Alliance of Hope for Suicide  
Survivors

<http://www.allianceofhope.org>

Survivors of Suicide  
[www.survivorsof suicide.com](http://www.survivorsof suicide.com)

**National Organization for  
People of Color Against  
Suicide**

[www.siblingsurvivors.com](http://www.siblingsurvivors.com)

**Suicide grief: Healing After**  
[www.mayoclinic.com/health/suicide/MH00048](http://www.mayoclinic.com/health/suicide/MH00048)

**Suicide Loss  
Survivors/American  
Association of Suicidology**  
<http://www.suicidology.org/suicide-loss-survivors>

**Friends for Survival**  
<https://friendsforsurvival.org/>

**Parents of Suicides and Friends & Families  
of Suicides (POS-FFOS)**

<http://www.pos-ffos.com>

This website provides a public message board called Suicide Grief Support Forum, a listserv for parents, a separate listserv for others, and an online chat room for an international community of survivors of suicide loss.

**California Suicide Support Groups**

<http://www.suicide.org/support-groups/california-suicide-support-groups.html>



-Our Forever Angel: Surviving the Loss of a Loved One to Suicide by Barbara Scholz, 2002, 1st Books Library

-Red Chocolate Elephants: For Children Bereaved by Suicide by Diana C. Sands, Ph.D., 2010, Karridale Pty Limited

-Sanity and Grace: A Journey of Suicide, Survival, and Grace by Judy Collins, 2003, Tarcher/Penguin

-Seeking Hope: Stories of the Suicide Bereaved by Michelle Linn-Gust, Ph.D. & Julie Cerel, Ph.D., 2011, Chellehead Works

-Touched by Suicide: Hope and Healing After Suicide by Michael F. Myers & Carla Fine, 2006, Gotham

-Will's Choice: A Suicidal Teen, a Desperate Mother, and a Chronicle of Recovery by Gail Griffith, Harper, 2006

## Surviving Suicide Booklist: Recommendations by the American Association of Suicidology

-After Suicide Loss: Coping With Your Grief by Bob Baugher, Ph.D., John Jordan, Ph.D., 2001, The Family Loss Project

-A Long Shadowed Grief: Suicide and its Aftermath by Harold Ivan Smith, 2007, Cowley Publications

-Are You Like Me? Helping Children Cope with Suicide by Tesh & Schleich, 2009, The Hospice of Florida Suncoast.

-A Winding Road: A Handbook for Those Supporting the Suicide Bereaved by Michelle LinnGust, Ph.D. & John Peters, Master of Suicidology, 2010, Chellehead Works

-Before Their Time: Adult Children's Experiences of Parental Suicide by Mary T. Stimming & Maureen Stimming (Editors), 1999, Temple University Press

-Do They Have Bad Days In Heaven? Surviving the Suicide Loss of a Sibling by Michelle Linn-Gust, 2001, Chellehead Works

-Dying to Be Free: A Healing Guide for Families After a Suicide by Beverly Cobain & Jean Larch, Hazeldon, 2006

-Healing the Grieving Child's Heart: 100 Practical Ideas for Families, Friends & Caregivers by Alan Wolfalt, Ph.D., 2000, Companion Press

-Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide by Catherine Greenleaf, 2007, St. Dymphna Press

## Short Videos Regarding Mental Health

### **How Childhood Trauma Affects Health Across a Lifetime**

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

**Kevin Hines Survived a  
Jump From Golden Gate  
Bridge & Shares His Story**  
<https://www.youtube.com/watch?v=kQ4XCNZdKfI>

**Confessions of A Depressed  
Comic**  
[https://www.ted.com/talks/kevin\\_breel\\_confessions\\_of\\_a\\_depressed\\_comic?referrer=playlist-the\\_struggle\\_of\\_mental\\_health&autoplay=true](https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?referrer=playlist-the_struggle_of_mental_health&autoplay=true)

### **How to Start a Conversation about Suicide**

[https://www.ted.com/talks/jeremy\\_forbes\\_how\\_to\\_start\\_a\\_conversation\\_about\\_suicide](https://www.ted.com/talks/jeremy_forbes_how_to_start_a_conversation_about_suicide)

### **There's no Shame In Taking Care of Your Mental Health**

[https://www.ted.com/talks/sangu\\_delle\\_the\\_re\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health?referrer=playlist-the\\_struggle\\_of\\_mental\\_health&autoplay=true](https://www.ted.com/talks/sangu_delle_the_re_s_no_shame_in_taking_care_of_your_mental_health?referrer=playlist-the_struggle_of_mental_health&autoplay=true)

