



#DSUSDpride



*The Future Is Here!*

# "WINTER WELLNESS"

## COMMUNITY RESOURCES

- **Suicide Prevention Lifeline 1-(800) 273-8255**  
<https://suicidepreventionlifeline.org/>
- **Riverside University Behavioral Health**; non emergency number for parents  
(951) 358-3622
- **Riverside County Parent to Parent Non-crisis Support line**  
<https://www.rcdmh.org/psp>
- **Substance Use Community Access, Referral, Evaluation, and Support Line (SU Cares) 1-(800) 499-3008**  
<https://www.rcdmh.org/Substance-Use-Programs>
- **Safe House of the Desert (888) 343-4660**  
<https://safehouseofthedesert.com/>
- **Coachella Valley Sexual Assault 24/7 number (760)-568-9071**  
<http://www.sbsas.org/>
- **Care Solace (888) 515-0595**  
<https://www.caresolace.com/site/dsusdfamilies/>
- **Al-Anon in the Desert (760) 341-6202**  
<https://www.alanoninthedesert.com/>
- **Alateen (760) 980-7988**  
<https://www.alanoninthedesert.com/al-ateen>
- **Alcoholics Anonymous (760) 324-4880**  
<https://aainthedesert.org/>
- **Narcotics Anonymous (888)-777-5947**  
<https://cirna.org/na-meetings-in-lower-desert-area/>

## **Suggested Mental Health Apps**

All listed are FREE, Peer reviewed, Evidence-Based user friendly Apps

**What's Up Safehouse App** - <https://safehouseofthedesert.com/whatsup-app/>

**Breath2Relax** - <https://apps.apple.com/us/app/breathe2relax/id425720246>

**MoodTools** - <https://www.moodtools.org/>

**Sanvello** - <https://www.sanvello.com/>

**IntelliCare** - <https://intelligcare.cbites.northwestern.edu/>

**CBT- i Coach** - <https://apps.apple.com/us/app/cbt-i-coach/id655918660>

**Virtual Hope Box** - <https://apps.apple.com/us/app/virtual-hope-box/id825099621>

**Stop, Breathe, & Think** - <https://my.life/?nab=0>

**UCLA Mindful App** - <https://www.uclahealth.org/marc/ucla-mindful-app>

**My3** - <https://my3app.org/>

**Happify** - <https://apps.apple.com/us/app/happify-for-stress-worry/id730601963>