VICTORVILLE REGIONAL CAMPUS

15447 Anacapa Road Ste 100, Victorville, CA 92392-2481

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a provider to utilize.

24-HOURS HOTLINE CRISIS NUMBERS

Suicide Prevention Lifeline

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Contact: 800-273-8255

National Domestic Violence Hotline

Everyone deserves relationships free from domestic violence. When you are ready, they are here to listen with confidential support.

Contact: 800-273-8255

National Sexual Assault 24-Hour Hotline

The National Sexual Assault Hotline is a safe, confidential service. A trained staff member will provide support through listening and sharing resources.

Contact: 800-273-8255

SAMHSA's National Helpline

The helpline provides 24-hour free and confidential treatment, referrals and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Contact: 1-800-662-4357

Crisis Text Line

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

Contact: 1-800-662-4357

Veterans Crisis Line

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Contact: 1-800-273-8255 Press 1

Vets4Warriors

Vets4Warriors provides confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

Contact: 1-855-838-8255

Trans Lifeline

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Contact: 877-565-8860

MENTAL HEALTH SERVICES

Department of Mental Health ACCESS Unit

The Department of Mental Health ACCESS Unit is a referral line to behavioral health services. This service is available 24 hours a day, 7 days a week.

Contact: (888) 743-1478 Rates/Insurance: Free

A-Way Counseling Services- https://a-way-life-coaching-mentoring.business.site/

A-Way Counseling Services provides therapy, life coaching, mentoring and psychoeducational services.

Location: 15409 Anacapa Rd Ste F, Victorville 92392

Contact: (760) 553-0047

Specialties: Relationships, Parenting Support, Depression, Anxiety, Bullying, Anger Management, Life

Transitions, Team Building, Health & Fitness, & other Services Provided.

Rates/Insurance: Call to confirm or get a quote on their website

Victorville Crisis Walk-In Center- https://www.starsinc.com/valley-star-behavioral-health/victorvillecrisis-walk-in-center-cwic/

This Crisis Walk-in Center (The CWIC, pronounced "Quick") serves children, adolescents, adults, and older adults in need of immediate crisis intervention and stabilization. The CWIC is voluntary and offered in an unlocked setting with a stay of up to 23 hours. Individuals admitted into the crisis stabilization unit are provided with services and supports to ensure their safe transition to the next level of care, or back to the community.

Location: 12240 Hesperia Rd Ste A, Victorville 92395

Contact: (760) 245-8837

Specialties: Crisis stabilization and intervention, individual counseling, medication management, family

counseling and education. Rates/Insurance: Call to confirm

Victor Valley Behavioral Health- https://wp.sbcounty.gov/dbh/mental-health-

services/general/outpatient-clinics/

Mental health services include crisis intervention, assessment/referral, individual/group therapy, medication support, case management, drug/alcohol and psycho-educational workshops.

Location: 12625 Hesperia Rd, Victorville 92395

Contact: (760) 995-8300

Rates/Insurance: Call to confirm

Genesis Counseling Service- https://genesiscounseling.net/

Genesis is an independent, nonprofit organization, not affiliated with any denomination, church, state or public institute. Our licensed or pre-licensed therapists are highly trained in accredited graduate programs, as well as in areas of theological expertise and ministry training. For those wanting therapy from a Christian point-of-view, our therapists work from a strong Biblical perspective, in conjunction with sound psychological insights. For those not seeking a faith-based approach, our skilled therapists are available to offer wisdom and input for changes in a caring, non-judgmental atmosphere.

Location: 15402 Sage St Ste 107, Victorville 92392

Contact: (760) 951-9791

Specialties: Stress management, marital conflict, depression/anxiety, pre-marital, blended family, parenting, grief and loss, codependency/boundaries, physical, sexual and emotional abuse, adoption, biblical faith/spiritual maturity, sexual addiction, post-traumatic stress, self-esteem, self-harm **Rates/Insurance:** Fees are assessed on a sliding scale based on combined household income. The current range is from \$50-\$100 per counseling session. Psychiatric services are \$150 per hour.

Victorville Counseling- https://www.victorvillecounseling.com/

Victorville Counseling provides therapy to individuals, couples and families.

Location: 15431 Anacapa Rd #D Victorville 92392

Contact: (760) 338-4341

Specialties: Depression, anxiety, grief, work and career issues, stress management, addiction and

recovery, and conflict resolution.

Rates/Insurance: \$110 per 50-minute session. Reduced fee services are available on a limited basis.

ACT Family Counseling- https://actfamilycounseling.com/victorville/

ACT Family Counseling Services is a private practice serving the Inland Empire and surrounding communities. They provide individual, marriage, and family therapy to address a variety or emotion and psychological issues.

Location: 14360 St Andrews Dr. Ste 9, Victorville 92392

Contact: (442) 255-4722

Specialties: Unexpected mood swings, stress and anxiety, family conflict, pain management, marriage revitalization, low self-esteem, depression, irregular sleep cycles, sexual dysfunction, pre- and post-operative surgical therapy, isolation and loneliness, addiction, grief and loss, post-traumatic stress disorder.

Rates/Insurance: Please call to confirm

The Calm in the Wilderness Counseling Services- https://the-calm-in-the-wilderness.business.site/

The Calm in the Wilderness is an independent organization not affiliated with any denomination, church, state, or public institute. The Calm in the Wilderness Ministerial Services is a ministry that exists to provide emotional and mental support through spiritual and biblical foundations to those who experience difficulties in finding balance.

Location: 14420 Civic Dr. Ste 6, Victorville 92392

Contact: (422) 348-3822

Specialties: Biblical faith, faith based counseling, peer relations, anxiety, depression, PTSD, trauma,

anger management, challenging behaviors, challenging thoughts, life transition.

Rates/Insurance: Fees are assessed on a sliding scale based on combined household income. The range

it from \$30-\$100 per counseling session.

NAMI San Bernardino Area- https://www.namisb.org/

NAMI San Bernardino Area is a full affiliate of the National Alliance on Mental Illness. They offer support groups, education classes, advocacy, resources, and help & hope to those living with a mental illness, as well as their families, partners/spouses, and friends.

Contact: (909) 654-4134

Location: 301 9th St #102, Redlands 92374

Rates/Insurance: Free

NAMI Inland Valley Support Groups- https://namiinlandvalley.org/meetings

NAMI Inland Valley offers several support groups in Victorville and Apple Valley.

Location: Varies
Rates/Insurance: Free

High Desert Christian Family Counseling- http://www.hdchristiancounseling.com/

High Desert Christian Family Counseling provides services that combine your faith, spiritual values and

therapy to bring comfort, healing and balance to your life.

Location: 14420 Civic Dr., Ste 4, Victorville 92392

Contact: (760) 490-0109

Specialties: Online counseling, family counseling, life coaching, play and art therapy, pastoral and

spiritual counseling, pre-martial counseling and groups.

Rates/Insurance: Price varies per service. Please see website for additional information.

Desert Behavioral Health- http://www.desertbehavioralhealth.com/

Desert Behavioral Health provides behavioral health services to the Victor Valley. They are a multidisciplinary team of Marriage and Family Therapists, Social Workers, Psychologists, Psychiatrists and Drug and Alcohol Counselors. Some classes are presented in Spanish.

Location: 16195 Siskiyou Rd, Ste 120-A, Apple Valley 92307

Contact: (760) 946-2070

Specialties: Individual, family, child and couple therapy; medication management and EAP services; anger management classes and parenting groups; depression/anxiety, Christian counseling, chemical dependency, stress management, marital therapy, adolescent behaviors, eating disorders, childhood issues, adoption issues.

Rates/Insurance: Most medical insurance are accepted.

New Horizons Counseling- https://newhorizonsias.org/

New Horizons is a program of the Institute of Advanced Studies, a 501(c) (3) non-profit corporation, which has been providing counseling services to Southern California for over 30 years.

Location: 17130 Sequoia St. Ste 106, Hesperia 92345

Contact: (760) 369-0294

Specialties: Addictions, adolescents and teens, anger management, anxiety and depression, art therapy, child therapy, domestic violence prevention and treatment, EMDR, faith-based, foster and adoptive families, grief work, LGBTQI, marriage, military affliction, parenting and co-parenting, people with disabilities, play therapy, PTSD, sexual dysfunctions and disorders, stress management, substance abuse treatment.

Rates/Insurance: Offer affordable services through a self-pay plan. Cash and checks are accepted. Sliding fee scale is available.

Counseling Etc.- http://www.counselingetc.net/

Counseling Etc. provides individual therapy, couples counseling, and group sessions using different approaches, such as Solution Focused Therapy, Client Centered Therapy, Cognitive Behavioral Therapy, and Psychodynamic Therapy. They consider themselves the lighthouse to guide clients through life's storms.

Location: 14444 California Ave Ste A, Victorville 92392-9746

Contact: (760) 660-4800

Specialties: Stress, anxiety, grief and loss, depression, marriage problems, sexual problems, anger, addictions and compulsions, postpartum struggles, parenting struggles, career choice, domestic violence or abuse, insomnia, self-esteem, LGBT, PTSD, deployment and other military struggles, building coping skills.

Rates/Insurance: They accept IEHP Insurance, TriCare, Blue Shield of California, Magellan Healthcare, Beacon Health Options and some Blue Cross Blue Shield of other states. If seeking services outside of insurance provider, the cost is usually \$100 per session.

High Desert Center Inc.- http://www.highdesertcenterinc.com/

The mission of the High Desert Center is to assure a supportive, growth-enhancing and culturally sensitive environment in which at-risk individuals and families develop and maintain effective recovery and life management skills.

Location: 16248 Victor St., Victorville 92395

Contact: (760) 243-7151

Specialties: Parenting/child abuse classes, anger management classes, counseling and therapy services

Rates/Insurance: Call to confirm

DOMESTIC VIOLENCE & SEXUAL ASSAULT

A Better Way Victor Valley Domestic Violence- https://abetterwaydomesticviolence.org/

A Better Way provides services for people in crisis with domestic violence issues, ranging from families wanting to make a change in interaction styles to those that have tried everything and the remaining option is to leave the relationship.

Contact: (760) 955-8010/24 Hour Hotline (760) 955-8723

Location: 14114 Hesperia Road, Victorville, 92393

Specialties: Shelter, education, Temporary Restraining Orders, court support, and classes (anger management, parenting, youth life, peer support, Victim Impact, Couples Count, When We Hurt Others,

Impacto De La Victima).

Rates/Insurance: Call to confirm

Option House, Inc.- https://www.optionhouseinc.com/

Option House works to provide 24-hour crisis intervention shelter, transitional housing, outreach services, legal services, information, education, and awareness to family violence victims to stop the cycle of abuse.

Contact: (909) 381-3471

Location: 813 North D St., Ste. A, San Bernardino 92401

Rates/Insurance: Call to confirm

Desert Sanctuary, Inc. Haley House- https://www.desert-sanctuary.org/

Desert Sanctuary, Inc. has as its mission to provide for people in need, including, but not limited to, individuals and families affected by domestic abuse, provide a haven safe from violence and a place of temporary refuge.

Contact: Hotlines- 760-256-3441/ 1-800-982-2221 or Office- 760-256-3733

Location: 703 E. Main St., Barstow 92311

Specialties: Domestic Violence Victim Support Group, Systematic Training for Effective Parenting, art

therapy, classes/groups, emergency housing/shelter,

Rates/Insurance: Call to confirm

Hope House- https://familyassist.org/programs/hope-house/

Hope House is a 24-bed facility that serves victims of domestic violence who are female, male and LGBTQ. While in the shelter, victims can remain together with their children and pets in a safe nurturing environment while they negotiate this painful transition in their lives.

Contact: 24-Hour Hotline (760) 949-4357/ Office- (760) 843-0701

Location: Office- 15075 7th St., Victorville 92395

Rates/Insurance: Call to confirm

Partners Against Violence- https://www.partnersagainstviolence.org/

Partners Against Violence consists of passionate, trained advocated and volunteers providing services to survivors, their families and the communities in which they live.

Contact: (760) 952-0041

Location: 15437 Anacapa Rd Ste 8, Victorville 92392

Specialties: Crime Survivor Services (crisis response, education, information and referral and personalized help) and Sexual Assault Survivor Services (crisis response, accompaniment, advocacy,

counseling and education).

Rates/Insurance: Call to confirm

RESOURCES FOR VETERANS

Foundation for Women Warriors- https://foundationforwomenwarriors.org/

The Foundation for Women Warriors' mission is to serve women veterans and their children living in Southern California. They address the top four needs that women veterans have self-identified as crucial to the success of their transition: education, employment, housing and childcare.

Location: 5062 Lankershim Blvd #3013, North Hollywood 91601

Contact: (310) 733-2450

Specialties: Emergency financial assistance, resources and referrals, professional development, and

Essential Foods Warehouse.

Rates/Insurance: Call to confirm

Keys Nonprofit Supportive Services for Veterans Families Program- https://keysnonprofit.org/

Through KEY's Supportive Services for Veterans Families Program, staff assist homeless veterans and their families with rapid re-housing and supportive services.

Location: 680 South Waterman Ave, San Bernardino 92408

Contact: (909) 890-9562

Rates/Insurance: Call to confirm

LEGAL RESOURCES

Inland Counties Legal Services Inc. - https://www.inlandlegal.org/

Inland Counties Legal Services, Inc. (ICLS) is a nonprofit organization providing legal services to low-income persons residing in Riverside and San Bernardino Counties.

Location: 12127 Mall Blvd. #A294, Victorville 92392

Contact: (888) 245-4257

Specialties: Legal services, senior citizens, health, leadership, immigration, family law, Social Security,

taxation.

Rates/Insurance: Call to confirm

Legal Aid Society of San Bernardino- www.legalaidofsb.org

Legal Aid Society of San Bernardino provides free consultation and advice, preparation of legal documents, and procedural information for client to represent themselves in the following legal matters: Family law, child custody, visitation, conservatorship, child/ spousal support, restraining orders, guardianship, dissolution, advance medical directives, unlawful detainer, elder abuse, and simple wills/trust.

Location: 588 West 6th Street, San Bernardino 92401

Contact: (909) 889-7328 Rates/Insurance: Free

HOUSING

Family Resource Center Homeless and Housing Services-

http://frc.vesd.net/community resources/homeless and housing services

The Family Resource Center complied a resource list of homeless and housing services.

Housing Authority of the County of San Bernardino- https://hacsb.com/

The Housing Authority of the County of San Bernardino assists individuals with low cost housing throughout the county.

Contact: (760) 243-1043

Location: 15465 Seneca Rd, Victorville **Rates/Insurance:** Call to confirm

Homeless Resource Guide- https://wp.sbcounty.gov/sheriff/wp-content/uploads/sites/17/2017/07/RESOURCE-GUIDE-2016-for-web.pdf

Several entities throughout San Bernardino County have complied a list of homeless resources throughout the county, including temporary assistance, mental health services, substance use resources, domestic violence assistance, healthcare services, and veterans services.

High Desert Homeless Services- https://www.highdeserthomelessservices.org/

High Desert Homeless Services assists residents of San Bernardino County who have been displaced from long-term housing due to natural disaster or loss of income and empower homeless men, women and children by providing the necessary skills to become self-sufficient.

Contact: (760) 245-5991

Location: 14049 Amargosa Rd, Victorville 92392

Specialties: Employment training, job search, single and family temporary housing, and transportation

services.

Rates/Insurance: Call to confirm

BASIC NEEDS

Samaritans Helping Hand is a 'Community Resource Agency" that provides services to those who have fallen on hard times. Samaritans provides families and individuals with food, utility assistance, rental assistance, emergency housing and other vital and crucial necessities to those who have fallen on hard times. Utility, Rental and Housing assistance is provided on an appointment only basis and appointments are set during appointment call in hours only. Food baskets are given during certain business hours every day.

Location: 15527 8th St, Victorville 92395

Contact: (760) 241-4917

Rates/Insurance: Call to confirm

Regional Food Rescue Resource List- http://www.burrtec.com/templates/files/regional-food-rescue-outlets-list-and-map.pdf

The above link contains a list of regional food banks/pantries throughout San Bernardino County.

Rates/Insurance: Call to confirm

God's Storehouse- http://www.applevalleyfaithcenter.org/ministries.html

God's Storehouse provides food and clothing to the community. The Storehouse is currently open every

Thursday 8am-11pm.

Location: 19923 Bear Valley Rd, Apple Valley 92308

Contact: (760) 247-2933

Rates/Insurance: Call to confirm

New Life Chapel Food Ministries- http://www.newlifechapel.com/foodministry

New Life Chapel gives away groceries to families in need. Distribution takes place the 3rd Saturday of the month. Individuals must be Hesperia residents and pre-register at the church office. They require a valid state ID or a utility bill showing Hesperia residency.

Location: 10184 Seventh Ave, Hesperia 92345

Contact: (760) 244-9050 Rates/Insurance: Free

MEDICAL NEEDS

Mission City Community Network- https://mccn.org/

Mission City Community Network's mission is to provide, advocate and model quality health care and social services for the uninsured and low income families.

Location: Thee clinics in the San Bernardino Region (two in Victorville and one in Barstow)

Contact: See website

Specialties: Wide range of patient services (medical, dental, mental health)

Rates/Insurance: Call to confirm

SUBSTANCE ABUSE/CHEMICAL DEPENDENCY

High Desert Center Inc. - http://www.highdesertcenterinc.com/

The mission of the High Desert Center is to assure a supportive, growth-enhancing and culturally sensitive environment in which at-risk individuals and families develop and maintain effective recovery

and life management skills. They offer substance use and disorder treatment (outpatient treatment, perinatal treatment, Juvenile Drug Court and intensive outpatient treatment).

Location: 16248 Victor St., Victorville 92395

Contact: (760) 243-7151

Rates/Insurance: Call to confirm

St. John of God- http://www.stjoghcs.org/

St. John of God is a non-profit rehab that specializes in the treatment of alcoholism, opioid addiction, and substance abuse. This provider uses the 12-step recovery model. **This is a faith-based organization.**

Location: 13333 Palmdale Rd, Victorville 92392

Contact: (760) 241-4917

Specialties: Medically assisted detox, inpatient, outpatient, group therapy, individual therapy

Rates/Insurance: Self-pay options and Medicare

Substance Use Disorder and Recovery Services- https://wp.sbcounty.gov/dbh/ads/

Substance Use Disorder and Recovery Services (SUDRS) provides a full range of substance use disorder treatment services for San Bernardino County communities and residents. Priority admission to Substance Use Disorder Treatment is given to: Pregnant women who inject drugs, other pregnant women who need treatment, others who inject drugs, others who need treatment.

Location: 658 E. Brier Dr. Ste 250, 2nd Floor, San Bernardino 92415

Contact: (909) 501-0728

Rates/Insurance: Call to confirm

Screening Assessment and Referral Center- https://wp.sbcounty.gov/dbh/ads/screening-

prevention/sarc/

Individuals battling with alcohol and/or drug abuse that are ready to get treatment can contact the Screening Assessment and Referral Center (SARC). A SARC staff member will conduct a confidential assessment for substance use treatment placement and help coordinate appointments and other necessary arrangements at one of their treatment provider agencies.

Contact: (909) 421-4601

Rates/Insurance: Call to confirm

MISCELLANEOUS

Stars Inc. Family Resource Center- https://www.starsinc.com/family-resource-center-frc/

The Family Resource Center provides free services to reduce the amount of unmet needs of individuals and families in San Bernardino community.

Location: 1585 South D St Ste 101, San Bernardino 92408

Contact: (909) 388-2222

Specialties: Resources and referrals, brief counseling, group activities, career assistance, parent support

groups, parenting skills, and wellness groups for seniors, adults and veterans

Rates/Insurance: Call to confirm

Another Level for Women- http://www.anotherlevelforwomen.com/

Another Level for Women is a faith based nonprofit organization dedicated to providing financial, emotional, and educational support services for women in our community, particularly extremely low-

income women with children

Location: 11555 Cortez Avenue, Adelanto 92301

Contact: Office- (760) 475-9844/ Utility Assistance (760) 662-7515

Specialties: Utility Assistance, Financial Literacy, Employment Preparation Training, Personal

Development, Interpersonal Skill Building, Community Involvement, Parenting Classes, Independent

Living Skills

Rates/Insurance: Call to confirm

Catholic Charities- https://ccsbriv.org/

Catholic Charities San Bernardino & Riverside Counties is a highly mission-driven organization dedicated to the alleviation of the suffering and the advancement of the poor and those in crisis in our local communities.

Location: 15000 7th Street, Victorville 92395

Contact: (760) 243-1100

Specialties: Address financial, social, emotional and physical needs, immigration services, counseling

services

Rates/Insurance: Call to confirm

Moses House- https://www.moseshouse.org/

Moses House works to change lives. They offer helping hands and caring hearts to families in crisis, ensuring children grow up in nurturing homes. They wrap all of our services around each family, offering a framework for building success, while providing support to grow. Services are available to individuals and families who are either pregnant or have a child under six years old. More in-depth services are available for families to be found most at risk.

Location: 15180 Anacapa Rd., Victorville 92392

Contact: (760) 955-1895

Specialties: Nurturing Parenting Program, case management, transportation assistance, basic needs provision, employment development, mentoring, community awareness groups, self-esteem group

courses.

Rates/Insurance: Call to confirm

Healing Hearts Bereavement Support Group- https://www.hvvmg.com/wp-

content/uploads/2019/05/Bereavement-Support-Group-Flyer.pdf

Through Heritage Victor Valley Medical Group, a Licensed Clinical Social Worker leads a bereavement support group that is free to the community.

Location: 12380 Hesperia Rd, Ste 1, SG Home Care, Victorville

Contact: (760) 261-5279 Rates/Insurance: Free

High Desert Autism Support Group- http://hdcfoundation.org/hd-autism-support/

A support group for parents and caregivers of people with Autism Spectrum or similar disorders.

Rates/Insurance: Contact to confirm

High Desert Cancer Connection-

The passion and focus of the High Desert Cancer Connection is to make sure that anyone diagnosed with cancer realizes they are not alone in their fight, they have all the support and resources that are available and connect them with others that can support and fulfill their needs.

Location: 16727 Bear Valley Road, Hesperia 92395

Contact: (760) 887-3427 Rates/Insurance: Free

Compassionate Friends- https://www.compassionatefriends.org/

The Compassionate Friends help family and friends who have suffered the death of a child. Individuals looking for resources can call Compassionate Friends to create a customized packet of bereavement material specifically chosen to apply to your situation.

Location: Use their meeting locator function on their website to find a local Chapter

Contact: (877) 969-0010 Rates/Insurance: Free

SELF HELP RESOURCES

Victor Valley Central Office Alcoholics Anonymous- https://victorvalleyaa.org/

Alcoholics Anonymous San Fernando Valley Central Office compiled their daily AA meeting schedule at the above link.

Rates/Insurance: Free

Al-Anon and Alateen- https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.

Rates/Insurance: Free

Narcotics Anonymous Victorville- https://www.na.org/meetingsearch/text-

<u>results.php?country=USA&state=California&city=Hesperia&zip=&street=&within=20&day=0&lang=&orderby=datetime</u>

Narcotics Anonymous (or NA) is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Rates/Insurance: Free

Mental Health America Support Groups Resources- https://mhanational.org/find-support-groups

Mental Health America compiled a list of resources including specialized support groups.

Grief.com- https://grief.com/

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.