

OUR CITY

CHURCH

CRISIS HOTLINES

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line

text TALK to 741741

Sexual Assault Hotline

1-800-656-4673

Domestic Violence Hotline

1-800-799-7233

Alcoholics Anonymous Inland Empire 24 Hour Hotline

909.587.4948

MENTAL HEALTH BOOK

Cleaning up Your Mental Mess – Dr. Caroline Leaf