

Counseling

American Foundation for Suicide Prevention (AFSP) Works to prevent suicide through research, education, training and support. Services include literature, conferences and a directory of support groups nationwide. OFC HRS: M-F 9am-5pm, Free serves. conferences and a directory of support groups nationwide	(800) 273-8255
Alternate Avenues, 9675 Monte Vista Ave # G, Montclair Provides outreach and services to young women in crisis pregnancy situations. Offers free pregnancy testing, options counseling, support, referrals, and ultra-sounds. Services are free when medically necessary. www.alternateavenues.org	(909) 398-4838
Bilingual Family Counseling, 317 West F Street, Ontario Provides treatment of chemical dependency and co-dependency for individuals, families, and groups. Offers marriage counseling, life crisis intervention, child play therapy, parenting classes, drug prevention and education.	(909) 986-7111
County of San Bernardino Behavioral Health, Upland out-patient clinic	(909) 579-8100
Counseling Agencies, 1686 Barton Rd., Redlands Loma Linda Marriage and Family Therapy Clinic, A non-profit agency with sliding scale fees.	(909) 558-4934
Caritas Counseling Catholic Charities, Colton Provides marriage, family, child, parenting, and anger management counseling. Free Service. Limited Spanish assistance available.	(909) 763-4970
Catholic Charities, Ontario Provides food, shelter, counseling, utility, rental assistance, preventative services, immigration, athletics for youth, and public benefits application advocacy. Individual, Family, Couple and Group Counseling	(909) 388-1239
Center for Healing Childhood Trauma, Rialto Provides counseling to children and families in sexual abuse; parent education, parent and child interactive therapy, and anger management.	(909) 875-5288
Center of Christ Ministries, San Bernardino Provides church services, marriage counseling, and food programs.	(909) 923-3179
Charles Koehler Amvets Post 1240, Fontana Provides Veterans' services and counseling. Offers Kindergarten through 12th grade scholarship programs.	(909) 823-2600
Chino Human Services Provides anger management, drug diversion, court referrals, and Penal Code 1000 are handled. Ages 5 to 18 and their families'.	(909) 591-9822
Christian Family Counseling Service Provides counseling services for individuals, couples, children, adolescents, and adults.	(951) 682-7138
Clinebell Institute, Claremont Provides a spiritually centered environment with trained pastoral counselors for individuals, couples, families, or groups at the Claremont United Methodist Church. Sliding fee scale available.	(909) 451-3690
Families Anonymous Support group for dysfunctional families, DUI Program and services for drug/alcohol	1-800-801-4673

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- Family Service Agency of San Bernardino** (909) 822-3533
Provides family education, crisis and information hotlines, domestic violence groups, and intervention treatment programs for high-risk youth.
- Family Service Agency/Fontana, 7993 N Sierra Ave Ste F, Fontana, CA 92335** (888) 743-1478
Counseling and mental health treatment for child sexual abuse, dysfunctional families. Parenting classes, anger diversion classes, high-risk youth programs. Spanish spoken. Minimum cost is \$20 for individual and \$30 for family.
- Family Service Agency, 23406 Crest Forest Dr., Crestline, CA 92325** (909) 338-4689
Counseling and mental health treatment for child sexual abuse, dysfunctional families. Anger diversion classes, court-ordered batterer's intervention program, high-risk youth programs. Food bank Friday 9-5 and limited utility asst. Suicide and crisis hotline 24 hrs. Ages 1 to 21year old
- Holy Family Services, Adoption and Foster Care, 840 Echco Park Ave., Los Angeles** (800) 464-2367
Providing free counseling and adoption services for women and unplanned teen pregnancies Services available 24 hours a day.. Visit web site for more information: www.hfs.org
- Homicide Bereavement: Families and Friends of Murder Victims, 379 N. Campus, Upland** (909) 626-2585
Support group for family and friends of homicide victims. Meets the third Thursday of each month from 7-9pm
- Hope After Suicide, 2140 Grand Ave. #105, Chino Hill** (909) 393-2563
Support group for those who have lost friends or relatives through suicide.
- New Hope Crisis Counseling, 12141 Lewis St., Garden Grove, CA 92840** (714) 639-4673
24 hr phone counseling and online counseling in a private chat room for all types of problems, crisis intervention, suicide prevention, info & referral. Services provided by trained & caring volunteers. Prospective volunteers call (714) 971-4123. To learn about training classes & the benefits of volunteering send email (quinnw@crystalcathedral.org). Hotline (714) NEW-HOPE. Teen line (714) 639-TEEN. Visit (www.newhopenow.org). HRS: M-F 9am-5pm. 24/7 crisis helpline. Teen line M-F 5pm-10pm. Spanish spoken. Free serves.
- Olive Branch Counseling Center, Rancho Cucamonga** (909) 989-9030
Provides counseling and/or mediation in divorce and with teen anger issues. Sliding fee scale available for one-on-one counseling. Offers Anger Management, Victim Awareness, Weapons Diversion, Petty Thief Class and Accountability. Classes are offered at a set cost per class.
- Psychological and Family Services, Redlands** (909) 793-8312
Provides individual group, substance abuse and family counseling
- Safe House Youth Shelter, Riverside** (951) 351-4418
Provides shelter for troubled youth ages 11-17 years. Two-week voluntary program offers counseling, support, and public speakers.
- Safe House Transitional Housing, Riverside** (951) 369-4921
Transitional housing for young adults ages 18-21.
- Samaritan Counseling Center, Upland** (909) 985-0513
Provides individual, couple, child and family professional counseling and related psychological services in a faith-based atmosphere. Sliding fee scale available.
- Screening For Mental Health, Inc.** (800) 273-8255

Counseling

Coordinates nationwide mental health screening program, including National Depression Screening Day, National Alcohol Screening Day and National Eating Disorders Screening Program, Signs of Suicide Program. OFC HRS: M-F 9-5. Spanish spoken.

Suicide Prevention Center

(800) 273-8255 S. B. County

Nonprofit Free Service, 24 hr crisis hotline. AAS Certified. Crisis counseling & referrals to resources. Also Survivors After Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools & other community outreach. Orange, Riverside & San Bernardino Counties call (310) 391-1253. OFC HRS: 24 hrs, Free serves.

Suicide Prevention Center, Culver City, CA

(877) 727-4747

A program of the Didi Hirsch Community Mental Health Center, www.didihirsch.org

(310) 390-6612 (Office)

Teen Line, Los Angeles, CA

800-852-8336

www.teenlineonline.org

(310) 855-4673

The Trevor Project, West Hollywood, CA

866-488-7386

www.thetrevorproject.org

310-271-8845 (Office)

Upland Community Counseling Center

(909) 854-3420

Provides individual counseling for low-income families, primarily for children; services for adults are limited and focus mainly on those who are severely mentally ill. Medi-Cal and County Insurance accepted. Medi-cal and county Insurant only

Volunteer Center/Riverside Co., P.O. Box 5376, Riverside, CA 92517

(951) 686-4357

24 hr crisis/suicide intervention hotline staffed by trained volunteers. Spanish counseling available. Speakers promote community awareness & education for suicide prevention. OFC HRS: 24 hrs. Spanish spoken. Free serves.

Walden Family Services, Riverside

(951) 788-5905

Provides placement, treatment, and advocacy services for children with emotional, behavioral and/or development challenges (Foster Family Agency).

West End Family Counseling, Ontario

(909) 983-2020

Provides the following services to San Bernardino County Medi-Cal recipients only: low-cost community mental health: including individual, family, and group counseling. Certified treatment for perpetrators of domestic violence, parent education classes, and school-based services Sliding fee scale available.