



VICTOR VALLEY BASIC NEEDS RESOURCES & SUPPORT

MENTAL HEALTH RESOURCES

CALIFORNIA MENTAL HEALTH RESOURCES - GENERAL

	Name	Eligibility	Phone Number	Website	Location	Hours
1	Shield Program for adolescent Self-Injury	Must be 13-18 years old, In need of treatment to help stop cutting, scratching, burning, carving, branding, pulling hair, picking skin, hitting oneself, head banging, breaking bones. Appointment required, no documents required. Accepts most insurance, Scholarships available, Call for free	909-558-4000	lubmc.org	11234 Anderson St. Loma Linda, CA 92354	Hours vary.
2	Trevor Lifeline (LGBTQ+)	n/a	Text 'START' to 678-678 Call: 1-866-488-7386	https://www.thetrevorproject.org/get-help/	n/a	24/7
3	High Desert Regional Health Center	Accepts Medical and Medicaid, no Eligibility requirements, reportedly for everybody. Counseling assistance for Depression, and Anger Management	661-471-4000 (To make appt)	https://www.1degree.org/opp/get-mental-health-services-for-high-desert-regional-health-lancaster-ca	High Desert Regional Health Center, 335 East Avenue I, Lancaster, CA, 93535	Monday-Friday 8am-4:30pm Saturday-Sunday Closed

BIG BEAR

	Name	Eligibility	Phone Number	Website	Location	Hours
1	Lutheran Social Services (Big Bear)	Eligibility is done by phone, they offer mental health assistance for adults and children through this location specifically	909-866-5070	https://www.lsssc.org/location/san-bernardino-county/	41495 Big Bear Blvd, Suite 222 PO Box, 1927 Big Bear Lake	Monday-Friday 9am-4pm

VICTORVILLE

	Name	Eligibility	Phone Number	Website	Location	Hours
1	Psychiatry Walk-In Clinic	No appointment or Referral needed, must be IEHP member	442-327-9311	n/a	14390 Park Ave, Victorville	Monday-Friday 9am-5pm