

2-1-1 Community Connect

Phone Number: 2-1-1

This number links you with a referral service for Riverside County (or across the nation) for services such as housing, food, rental assistance, health, mental health, etc. and other resources

Substance Abuse SU CARES LINE:

800-499-3008

We believe in the following

Principles of Support:

- 1) We will see the individual first, not the illness.
- 2) We recognize mental illnesses are medical illnesses, that may have environmental triggers.
- 3) We understand that mental illnesses are traumatic events.
- 4) We aim for better coping skills.
- 5) We find strength in sharing experiences.
- 6) We reject stigma and do not tolerate discrimination.
- 7) We won't judge anyone's pain as less or more than our own.
- 8) We forgive ourselves and reject guilt.
- 9) We embrace humor as healthy.
- 10) We accept that we cannot resolve all problems.
- 11) We expect a better future in a realistic way.
- 12) We will never give up hope!

Crisis & Suicide Intervention HELPLINE

1-951-686-HELP (4357)

National Suicide Prevention

1-800-273-TALK (8255)

Peer Navigation Line

Phone: (888) 768-4968

Hours of Operation: 8am- 4pm M-F

Ask someone who's been there!

NAMI Mt. San Jacinto

www.namimtsanjacinto.org

Email: namihemet@gmail.com

Brenda Scott, Executive Director

(951) 765-1850

NAMI Crisis Text Line 741 741

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

(800) 826-3632

If you are in crisis, please call

1-800-273-TALK (8255)

24/7 Recovery International CSU

Riverside: (951) 509-2499

9990 County Farm Road, Suite 6

Riverside, CA 92503

Palm Springs: (442) 268-7000

2500 N Palm Canyon Dr., Suite A4

Palm Springs, CA 92262

Hemet - San Jacinto Area Mental Health Support Groups



- Free, peer-led support groups
- Learn tools to manage your illness
- Gain insight from hearing the challenges and successes of others
- Gain hope and a sense of community
- Know that you are not alone
- Help others along the way

version May 26,
2017



NAMI Connection Support Groups

Open to: individuals living with mental health conditions.

For more information contact:

Gerald Frahm (562) 607-3924

Email: geraldfracm86@gmail.com

or Mt. San Jacinto NAMI

(951) 765-1850

Tuesdays & Thursdays

NAMI Connection Support Group

Doors open: 12:20 pm

Times: 12:30 pm to 2:00 pm

Location: Hemet Mental Health Clinic

On Menlo, one building East of the AM/PM gas station

650 N State St., Hemet, CA 92543

(951) 765-1850

Enter through the outside door to the right of the main entrance.

Conexión Support Grupo Espanol

650 N State St, Hemet, CA 92543

1 y 3 miércoles del mes en 650 N State St. Hemet, Yolanda- 951-663-3202

NAMI Espanol Familia Support Groupo

2nd Monday of Month begins in June

10am- 12pm 650 N. State St. Hemet

Maria Rosa- 951-415-8428



Family Support Groups

Open to: any family member or caregiver of persons having serious mental health condition.

For more information contact

Mark Faber (951) 797-0120 or

NAMI Mt. San Jacinto at 951-765-1850

Hemet Family Support Group

Meets monthly every 2nd Thursday

Location: Hemet MH Clinic -7/17

650 N State St, Hemet, CA 92543

Time: 6:30 pm – 8:00 pm- new location

Beaumont/Banning Family Support Group

Meets monthly every 3rd Thursday

Location: The Lakes

5801 Sun Lakes Blvd.

Banning, CA 92220

Time: 6:30 pm – 8:00 pm

NAMI Mt. San Jacinto

Free Educational Meetings

4th Monday of every month

Spirit of Joy Community Church

3126 W. Johnston Ave., Hemet CA 92545

More info: www.namimtsanjacinto.org

Time: 7:00 pm – 8:30 pm

No meeting in August or November



Depression and Bipolar Support Alliance

Depression and Bipolar Support Alliance Support Group

Open to: individuals living with mental health conditions and any family member, caregiver, or friend of persons having mental health challenges

For more information contact:

Rhonda Thompson

Phone: (951) 533-8377

Email: rthom211@gmail.com

Riverside DBSA

(951) 780-3366

www.DBSA Today.com

DBSA Monday Support Group

Days: Mondays

Doors open: 4:50 pm

Times: 5:00 pm to 7:00 pm

Location: Trinity Lutheran Church

191 Columbia St, Hemet, CA 92544

½ block south of Florida