

Coping with Stress After a Traumatic Event

People may be experiencing a reaction to stress, which may include:

- Disbelief and shock
- Anger and or mood swings
- Helplessness and sadness
- Anxiety and fear
- Recurring thoughts of the event
- Inability to respond emotionally to others
- Severe sleeping difficulties (e.g. nightmares, insomnia, or sleeping too much)
- Feeling guilty
- Lack of concentration
- Constant irritability or edginess
- Wanting to be alone
- Reduced interest in usual activities
- Headaches, back pains, and stomach problems
- Increased heart rate

In an effort to assist those who were and continue to be affected by the tragedy that transpired on Dec 2, 2015, the Department of Behavioral Health will be offering crisis and support services at several locations throughout the county.

These services are available to County employees and all members of the community. If you or someone you know is experiencing a reaction to recent events please contact the Crisis Hotline or one of the listed locations.

Crisis Hotline Numbers

You can contact the crisis hotline if you would like to talk to someone over the phone. The hot lines are open to County employees, family and/or community members.

(909) 421-9495

This hotline is staffed by Department of Behavioral Health clinicians.
Monday through Friday, 8:00 am - 10:00 pm, and Saturday 8:00 am - 5:00 pm.

OR

(909) 801-5762

This hotline is staffed by local Veterans Affairs counselors.
Monday through Friday, 8:00 am - 8:00 pm, and Saturday 8:00 am - 4:30 pm and Sunday to be determined.



TTY users dial 711.



Behavioral Health

www.SBCounty.gov

Temporary Crisis Community Clinic Sites

As of December 8, 2015

Facility	Address	Contact Number	Hours of Operation
Family Resource Center – Riverside/ San Bernardino Indian Health	170 N. Yucca Ave., Barstow, CA 92311	(909) 864-1097 Ext. 1710	Monday—Thursday 8:00AM— 5:00PM Friday 8:00AM— 2:00PM Closed Friday, December 18, 2015
Family Resource Center – Victor Community Services	15400 Cholame Road, Victorville, CA 92395	(760) 245-4695	Monday—Friday 8:00AM—5:00PM
Family Resource Center – Valley Star	1585 W. D Street, Suite 101 San Bernardino, CA 92408	(909) 388-2222	Monday—Friday 8:00AM—5:00PM (Weekends and evenings available by appointment)
Family Resource Center – Ontario-Montclair School District , Family Solutions Collaborative	1556 South Sultana Ave., Ontario, CA 91761	(909) 418-6923	Monday—Friday 8:00AM—4:30PM
Christian Counseling Center	101 E. Redlands Blvd., Suite 215 Redlands, CA 92373	(909) 793-1078	Monday—Friday 9:00AM—8:00PM (Closed 12/24/2015 through 1/1/2016)
Reach Out	1126 W. Foothill Blvd., Suite 250 Upland, CA 91786	(909) 982-8641 Ext. 122 Ext. 106	Monday—Friday 8:00AM—4:30PM