

Mental Health Resources for Coachella Valley Farmworkers



California is home to roughly one-third to half of all farmworkers in the United States. An estimated 15,000 farm workers reside in Riverside County, many of them working in the Coachella Valley. These workers put in long hours, for low wages, and estimates indicate up to 75% face the added challenge of being undocumented. Due in large part to these factors, farmworkers are particularly vulnerable to mental health challenges while simultaneously facing significant barriers to accessing care. And during the pandemic, these problems have become even more severe.

There is hope and help is available.

Making the decision to ask for help isn't always easy. Some people are afraid of a mental health diagnosis and what it may mean for their future. The good news is that recovery is not only possible, but probable. Still others may think that needing help will be seen as a sign of weakness. The truth is that recognizing a problem and seeking help is **a sign of strength and courage**, and it's the first and most important step on the road to recovery.

Experiencing mental health challenges can feel lonely, isolating, or hopeless at times. However, many people **(1 in 5 adults in Riverside County) are living with mental health challenges**. With appropriate treatment and support, 70–90% of people report a reduction in symptoms and improved quality of life.

There are tools that can help you get well, including medication, talk therapy, group support, self-directed wellness plans, and many other options. The sooner you reach out for support and find the tools that work best for you, the better your outcome is likely to be.

Find access to mental health and suicide prevention resources provided here.

Mental Health Resources

- **CARES Line Phone: (800) 499-3008** — The Community Access, Referral, Evaluation and Support line (CARES Line) is available 24 hours a day, 7 days a week and provides screening and linkage to both **Mental Health** and **Substance Use** programs. Calls are answered by compassionate trained staff who can provide information and referral in English and Spanish.
- **Riverside University Health System — Behavioral Health** — www.rcdmh.org/ provides information about mental health and substance use services provided for children, adults, and older adults. A comprehensive service directory lists services for the Desert, Mid-County and Western Regions, as well as crisis lines.
- **2-1-1 Community Connect Phone: 2-1-1** — <https://inlandsocaluw.org/> information and referral hotline connects Riverside County residents in times of critical needs with those who can help. Every call is answered by a trained referral specialist who will connect individuals with the appropriate agency providing the services and information they need.

- **Inland SoCal Crisis Helpline: (951) 686-HELP (4357)** — The regional Inland Southern California Crisis and Suicide Helpline is available 24 hours a day, 7 days a week. The phone lines are answered by trained professionals and the call is free and confidential.
- **NAMI Coachella Valley Phone: (442) 268-7000** — www.namicoachellavalley.org/ provides support and referral services to people in need in the cities of Banning, Palm Springs, Palm Desert, Indian Wells, Desert Hot Springs, Indio, Coachella, Salton Sea.
- **Riverside County 24/7 Mental Health Urgent Care** — If you or someone close to you is experiencing troubling thoughts, feelings, or behaviors, and you would like to speak with someone today, call or walk into one of Riverside Counties 24/7 Mental Health Urgent Care locations anytime. Someone who has been in your situation and knows how to help will be there to greet you. Whether you are in crisis or just need someone to talk to, all services are voluntary. Counseling and nursing, as well as psychiatric medications are available. All locations are open 24/7. Call or walk-in. No appointments needed. All are welcome regardless of insurance type or ability to pay.

Locations

- **Riverside** (Adults ages 18 and over)
9990 County Farm Rd.
Bldg. 2
Riverside, CA 92503
(951) 509-2499
- **Perris** (Youth and Adults ages 13 and older)
85 Ramona Expressway
Suites 1-3
Perris, CA 92571
(951) 349-4195
- **Parent Support & Training Program Phone: (951) 358-5862** — www.rcdmh.org/psp offers comprehensive and individualized treatment and support to families seeking mental health care. Services include parent-to-parent support, education, training, and advocacy, which enhance parents' knowledge and build confidence to participate in the process of treatment. Services are offered in English and Spanish and are free of charge.
- **Mental Health Ministries** — www.mentalhealthministries.net/ provides educational resources to help reduce the stigma of mental illness in faith communities and to help congregations become caring congregations for people living with a mental illness, as well as their families. The site includes printer-friendly media and print resources that can be adapted to the unique needs of each congregation.
- **The Trevor Project** — www.thetrevorproject.org/ provides crisis intervention and suicide prevention services to LGBTQ youth and young adults, ages 13–24, over the phone, online and via text: Available 24/7, 365 days a year.
 - **Trevor Lifeline:** (866) 488-7386
 - **TrevorText:** Text the word “START” to (678-678) to text with a trained counselor.
 - **TrevorChat:** Confidential chat service with a trained volunteer counselor.

If you or someone you care about is in crisis and needs immediate help, **call the National Suicide Prevention Lifeline immediately at: (800) 273-8255 (TALK). This is a toll-free line available 24 hours.**

If you need to be connected to mental health services in Riverside County, call the CARES Line at (800) 499-3008. **If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.**

Up2Riverside.org