



▶ **National Alliance for  
Eating Disorders Helpline**

1-866-662-1235

▶ **National Domestic  
Violence Hotline**

1-800-799-7233

▶ **Veterans Crisis Line**

1-800-273-8255 then press 1

▶ **SAMHSA National Helpline**

Substance Abuse and Mental  
Health Services Administration

1-800-662-4357

▶ **Al-Anon Family Group  
Headquarters, Inc.**

1-888-4AL-ANON

(1-888-425-2666)

- ▶ **National Suicide Prevention Hotline**  
988
- ▶ **National Sexual Assault Hotline**  
1-800-656-4673
- ▶ **TODEC Legal Services**  
1-951-943-1955
- ▶ **National Immigration Detention Hotline**  
Dial **9233#** from facility phone
- ▶ **LGBTQ National Hotline**  
1-888-843-4564
- ▶ **The Trevor Project**  
1-866-488-7386
- ▶ **Inland Empire Central Office of Alcoholics Anonymous**  
1-909-825-4700
- ▶ **Inland SoCal United Way**  
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