



EVERYONE DESERVES TO FEEL SAFE

Violence comes in many forms and occurs in many settings. It can happen in the home, at work, at school, or in different places in the community. Violence includes any behaviors that make someone else feel unsafe. It can be physical, verbal or emotional.

Many people don't realize that experiencing or witnessing violence can cause harm beyond visible injuries and impact a person's overall well-being.

If you have experienced or witnessed violence either recently or in the past, you are not alone. Many people of all backgrounds have been exposed to violence. There are resources to help you stay safe, recover and heal.

RESOURCES

Inland SoCal Crisis Helpline

24/7 hotline for community members to receive emotional support and linkage to Mental Health Urgent Care or the Riverside County Crisis Mobile Unit.

• **Call 951-686-HELP (4357)**

Inland SoCal 211+

24/7 hotline to connect to many different types of support in the community.

• **Call 211 or search the resource directory:**
inlandsocaluw.org/211

Alternatives to Domestic Violence

Services for victims of domestic violence and their families, including a 24/7 crisis line.

• **Riverside city area and out of county:**

Call 951-683-0829

• **Remainder of Riverside County:**

Call 800-339-SAFE (7233)

National Human Trafficking Hotline

24/7 hotline that connects victims of human trafficking to a specially trained advocate. The hotline can also help report potential trafficking situations to law enforcement.

• **Call 1-888-373-7888**

NORA (Nurture, Outreach, Resiliency and Advocacy)

(formerly the Riverside Area Rape Crisis Center)

24/7 care and support services free of charge to those who have been affected by sexual and domestic violence.

• Western and Southwest Riverside County 24 hour hotline:

24-Hour Crisis Hotline:

• **Call 951-686-7273**

National Sexual Assault Helpline

24/7 confidential support and links to local resources.

• **Call 800-656-HOPE (4673)**

Riverside University Health System's SAFE Clinic

24/7 support for survivors of sexual assault.

• **Call 951-486-4000 and ask for the SAFE Clinic.**

988 Suicide and Crisis Lifeline

24/7 emotional support for people having thoughts of suicide or in need of someone to talk to.

• **Call or text 988**

• **Chat at 988lifeline.org**

The Trevor Project

24/7 hotline offering free, confidential support for LGBTQ+ young people.

• **Call 1-866-488-7386**

• **Text 'START' to 678-678**

• **Chat chat.trvr.org**

Live Beyond CA

Website that shares information about ACEs (Adverse Childhood Experiences) and how to take steps toward healing.

• **Visit LiveBeyondCA.org**

To report suspected abuse or neglect:

For older and dependent adults:

Riverside County Adult Protective Services

24/7 hotline

• **Call 800-491-7123**

For children and youth:

Riverside County Children Services

24/7 hotline

• **Call 800-442-4918**