



988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

- Thoughts of suicide
- Mental health or substance use crisis
- Any other kind of emotional distress

People can call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org)

**Local Resources:**

**Riverside County Mental Health, 24-hour hotline:** 760-863-8455

**Desert Regional Medical Center:** 760-323-6511

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**TEXT:** HELLO to 741741 to text with a crisis counselor

Palm Springs Unified School District offers mental health support referrals online for families with Medi-Cal and via Care Solace for all other insurance.

<https://www.psusd.us/Page/6840>

