

SOCIAL BRIDGING PROJECT COUNTY WELLNESS GUIDE

RIVERSIDE COUNTY



ENGAGE CA:
EngAgeCa.org



LISTOS CALIFORNIA:
ListosCalifornia.org



GOVERNOR'S OFFICE
OF EMERGENCY
SERVICES:
CalOES.ca.gov



CALIFORNIA
DEPARTMENT
OF AGING:
Aging.ca.gov



LISTOS CALIFORNIA'S SOCIAL BRIDGING PROJECT

When COVID-19 disrupted the state of California's peer-to-peer emergency preparedness campaign for vulnerable communities, Listos California, anchored at the Governor's Office of Emergency Services, took action. (Listos means "ready" in Spanish.)

To meet the moment, we created the Social Bridging Project, a pioneering public health and safety campaign to counter social distancing through direct phone calls to people at risk. We harnessed the California voter file, reaching deeply into even the most isolated communities, to contact Californians in their homes.

When Governor Gavin Newsom asked all Californians to check in with older adults sheltering in place to save lives, the Social Bridging Project answered the call.

In addition to our disaster readiness outreach, the Social Bridging Project is calling thousands of Californians over age 60—in private homes, assisted living facilities and nursing homes—for wellness checks. Our callers, known as Bridgers, break through the pandemic's isolation with friendly conversations and offer resources to help older adults cope with related social, emotional and financial stressors.

A County Wellness Guide is paired with each California county we call, to match the needs of older Californians with the right referrals. These guides offer statewide and national resources, as well as customized local and regional referrals.

Listos California is happy to share its County Wellness Guides as a model, and to help bridge the gap for others to find resources during the pandemic. Please note that this guide is accurate as of the date on its cover. Be sure to check the status of any resource for the latest updates.

For more information, go to LISTOSCALIFORNIA.ORG.

Karen Baker

Architect and Co-Chair of Listos California Emergency Preparedness Campaign
Senior Advisor in the Governor's Office of Emergency Services (Cal OES)

Justin Knighten

Co-Chair of Listos California Emergency Preparedness Campaign
Assistant Deputy Director in the Governor's Office of Emergency Services (Cal OES)

MAIN PHONE NUMBERS & WEBSITES

STATE OF CALIFORNIA

California Coronavirus (COVID-19) Response

[COVID19.CA.GOV](https://www.covid19.ca.gov)

Phone Number

COVID-19 Information line
(833) 544-2374

Phone Line Open

Monday-Friday, 8:00am-8:00pm
Saturday-Sunday, 8:00am-5:00pm

CALIFORNIA DEPARTMENT OF AGING

Website

COVID-19 Resources + Aging Information Services

[AGING.CA.GOV](https://www.aging.ca.gov)

COVID-19 Resources

[ENGAGECA.ORG/CHECK-IN](https://www.engageca.org/check-in)

Phone Number

Aging and Adult Information Line for Aging and Disability Services
(800) 510-2020

Phone Line Open

Monday-Friday, 8:00am-5:00pm

2-1-1 RIVERSIDE COUNTY

Website

[CONNECTRIVERSIDE.ORG](https://www.connectriverside.org)

Phone Number

2-1-1

Phone Line Open

24/7

CALIFORNIA ADULT PROTECTIVE SERVICES

Phone Number

(833) 401-0832

CONTENTS

- Click on any black heading or orange program title to jump to that section or specific program.
- Click on the footer of any page to return to this main Contents page.
- Click on any orange website link throughout this guide to visit those resources.

SECTION 1 FOOD6

A. FOOD RESOURCES FOR ALL.....6

CALFRESH

AAP FOOD SAMARITANS

FEEDING AMERICA RIVERSIDE AND SAN BERNARDINO

ELSINORE FIRST ASSEMBLY

CIRCLE OF CARE MINISTRIES

CALVARY PRESBYTERIAN CHURCH

CENTRO LIBRE CRISTIANO

KANSAS AVENUE SEVENTH DAY ADVENTIST MINISTRIES

JORDAN OUTREACH MINISTRIES

FELLOWSHIP CHURCH

SET FREE CHRISTIAN FELLOWSHIP OF RIVERSIDE

FRIENDS UNITING NEIGHBORS

FOOD NOW

VALLEY COMMUNITY PANTRY

GRACEPOINT CHURCH OF THE NAZARENE

OASIS COMMUNITY CHURCH

B. FOOD RESOURCES FOR FAMILIES AND CHILDREN.....14

CAL WORKS FOOD AID AND MORE FOR CHILDREN

RIVERSIDE UNIFIED SCHOOL DISTRICT

FAMILY AND KIDS FOUNDATION

THE NARROW DOOR

C. FOOD RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS16

COMMUNITY SETTLEMENT ASSOCIATION

JANET GOESKE SENIOR CENTER

TEMECULA COMMUNITY SERVICE

SECTION 2 HEALTH.....18

**A. HEALTH RESOURCES FOR OLDER ADULTS,
PEOPLE WITH DISABILITIES AND CAREGIVERS18**

GET TESTED FOR CORONAVIRUS

COMMUNITY BASED ADULT SERVICES (CBAS)

MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

ALZHEIMER’S ASSOCIATION HELPLINE

LONG-TERM CARE OMBUDSMAN CRISIS LINE

COMMUNITY BASED ORGANIZATIONS

CARE CONNEXXUS ADULT DAY SERVICES

RIVERSIDE COUNTY NETWORK OF CARE

COMMUNITY ACCESS CENTER

B. HEALTH RESOURCES FOR PEOPLE WHO ARE UNINSURED.....22

HEALTHCARE THROUGH MEDI-CAL

HEALTHCARE THROUGH COVERED CALIFORNIA

PROJECT K.I.N.D.

RIVERSIDE UNIVERSITY HEALTH SYSTEM – PUBLIC HEALTH

SECTION 3 MENTAL HEALTH.....25

A. MENTAL HEALTH RESOURCES FOR ALL25

EACH MIND MATTERS / SANAMENTE

MENTAL HEALTH AMERICA

CALHOPE COVID-19 WARMLINE

DISASTER DISTRESS HELPLINE

COVID-19 STRESS MANAGEMENT GUIDE

RIVERSIDE FREE CLINIC

JEWISH FAMILY SERVICE OF THE DESERT

MENTAL HEALTH URGENT CARE

**B. MENTAL HEALTH RESOURCES FOR OLDER ADULTS,
PEOPLE WITH DISABILITIES AND CAREGIVERS 28**

FRIENDSHIP LINE CALIFORNIA

DEAF AND HARD OF HEARING SUICIDE PREVENTION HOTLINE

COVID-19 STRESS MANAGEMENT GUIDE FOR CAREGIVERS AND KIDS

INTERNET ACTIVITIES TO FILL YOUR DAY

PURPLE CITY ALLIANCE OF RIVERSIDE

IT'S UP TO US

SECTION 4 HOUSING 31

MORTGAGE RELIEF

HOUSING IS KEY – TENANT PROTECTIONS

UTILITY ASSISTANCE

SENIOR ADVOCATES OF THE DESERT

SENIOR HOME REHABILITATION GRANT PROGRAM OF RIVERSIDE

COMMUNITY ACTION PARTNERSHIP RIVERSIDE

MARTHA'S VILLAGE AND KITCHEN

PATH OF LIFE MINISTRIES

COACHELLA VALLEY RESCUE MISSION

SECTION 5 SAFETY (ABUSE AND NEGLECT) 36

ADULT PROTECTIVE SERVICES

AARP FRAUD WATCH HELPLINE

C.A.R.E. PROGRAM

FREQUENTLY ASKED QUESTIONS 38

WORKER ISSUES

BUSINESS ISSUES

MEAL DELIVERY PROGRAM

SECTION 1 FOOD

A. FOOD RESOURCES FOR ALL

CALFRESH

About

The CalFresh Program, formerly known as Food Stamps, can add to your food budget to put nutritious food on the table.

Eligibility

California citizens and some immigrants

Website

GETCALFRESH.ORG

Phone Number

(877) 847-3663

Phone Line Open

Monday-Friday, 8:00am-5:00pm

AAP FOOD SAMARITANS

About

If you are low-income and suffer from HIV/AIDS, cancer, heart or liver disease, multiple sclerosis or another chronic illness, you can receive a monthly food voucher for a local supermarket. Vouchers may be used for toiletry items and groceries except alcohol, tobacco and pet products.

Eligibility

Minimum one-year residency of the Greater Coachella Valley, based on income, resources and illness diagnosis

Website

AIDSASSISTANCE.ORG/SERVICES

Phone Number

(760) 325-8481

Phone Line Open

Monday-Friday, 9:00am-12:00pm

FEEDING AMERICA RIVERSIDE AND SAN BERNARDINO

About

You can receive free food from hundreds of food banks throughout both counties. You can find a convenient food bank near you. It is suggested that you call before arriving to verify when and where food is distributed.

Eligibility

All Inland Empire residents

Website

[TINYURL.COM/FOODMAPRC](https://tinyurl.com/foodmaprc)

Phone Number

(951) 359-4757

Phone Line Open

Monday-Friday, 7:00am-3:00pm

ELSINORE FIRST ASSEMBLY

About

You can drive-through and pick up free food boxes every 1st, 3rd and 5th Friday of the month at 11:00am. You must bring an ID and proof of residency.

Eligibility

Residents of Lake Elsinore or Wildomar

Address

19740 Grand Ave.
Lake Elsinore, CA 92530

Website

[TINYURL.COM/EFAAGAPE](https://tinyurl.com/efaagape)

Phone Number

(951) 678-1757

Phone Line Open

Monday-Wednesday, 9:00am-12:00pm and 1:00-4:00pm

Email

CONTACT@ELSINOREFIRST.COM

CIRCLE OF CARE MINISTRIES

About

You can pick up free food on Mondays, Tuesdays and Thursdays each week from 10:30-11:30am at Crossroads Church. Bring a container and the volunteers will help you gather the food of your choice. No sign up is needed.

Eligibility

Open to all

Address

26090 Ynez Rd.
Temecula, CA 92591

Website

[TINYURL.COM/CCMFOODBANK](https://tinyurl.com/ccmfoodbank)

Phone Number

(951) 973-3582

Phone Line Open

No set hours, leave a detailed message if no answer

CALVARY PRESBYTERIAN CHURCH

About

If you are homeless or in need, you can get free, hot meals every Sunday at 5:30pm at Copeland Hall, which is below the sanctuary. No sign up is required. You can also receive medical and dental care through their mobile vans once a month by appointment only.

Eligibility

Open to all

Address

4495 Magnolia Ave.
Riverside, CA 92501

Website

[TINYURL.COM/CPCINNEED](https://tinyurl.com/cpcinneed)

Phone Number

(951) 686-0761

Phone Line Open

Monday-Friday, 9:00am-1:00pm

Email

CHURCH@CALVARYPRESCH.COM

CENTRO LIBRE CRISTIANO

About

You can pick up free groceries every Thursday at 6:00pm. There is no sign up required.

Eligibility

Open to all

Address

83246 Avenue 50, Building D
Coachella, CA 92236

Phone Number

(760) 574-0583

Phone Line Open

No set hours. Leave a detailed message.

KANSAS AVENUE SEVENTH DAY ADVENTIST MINISTRIES

About

You can pick up food every Thursday at 9:00am through the end of July. This is a drive-through service and no sign up is required.

Eligibility

Open to all

Address

4491 Kansas Ave.
Riverside, CA 92507

Phone Number

(951) 682-9810

Phone Line Open

Monday-Thursday, 11:00am-6:00pm

JORDAN OUTREACH MINISTRIES

About

You can receive food items by calling and scheduling an appointment. When available, you can also get hygiene products and clothing.

Eligibility

Open to all

Address

50930 Calhoun St.
Coachella, CA 92236

Website

[TINYURL.COM/JOMFOODBANK](https://tinyurl.com/jomfoodbank)

Phone Number

(760) 398-3352

Phone Line Open

Monday-Friday, 8:00am-3:00pm

FELLOWSHIP CHURCH

About

You can pick up free food from Fellowship Church Food Pantry on Mondays, Wednesdays and Fridays from 9:00-11:30am.

Eligibility

Beaumont, Banning, Cabazon and Cherry Valley residents

Address

650 Oak Valley Pkwy.
Beaumont, CA 92223

Website

[FELLOWSHIPLIFE.CHURCH/PANTRY](https://fellowshiplife.church/pantry)

Phone Number

(951) 845-2693

Phone Line Open

Monday-Friday, 9:00am-5:00pm, secretary often available after hours

SET FREE CHRISTIAN FELLOWSHIP OF RIVERSIDE

About

Food distribution is available every Sunday after the 11:30am service. You can get a food ticket valid for fresh and shelf-stable items. The food tickets are available to anyone; not just church members. You do not have to attend the service to receive food.

Eligibility

Open to all

Address

3021 14th St.
Riverside, CA 92507

Phone Number

(951) 680-9868

Phone Line Open

Monday-Friday, 8:00am-5:00pm

FRIENDS UNITING NEIGHBORS

About

You can pick up free groceries at Anza Community Hall every Thursday at 11:00am. You do not need to sign up.

Eligibility

Open to all

Address

56630 Hwy 371
Anza, CA 92539

Phone Number

(951) 288-0903

Phone Line Open

Monday-Friday, 9:30am-3:00pm

FOOD NOW

About

You can receive free food every Wednesday and Thursday from 8:00-11:00am, which is a drive-through service that includes groceries and also pet food. If you are homeless or in need, you can get free meals Monday-Thursday from 9:00-11:00am. There is no sign up required.

Eligibility

Open to all

Address

14080 Palm Dr., Suite D427
Desert Hot Springs, CA 92240

Website

THEFAMILYSERVICESOFTHEDESERT.ORG

Phone Number

(760) 288-7878

Phone Line Open

Monday-Thursday, 9:00am-5:00pm

VALLEY COMMUNITY PANTRY

About

You can pick up free food Monday-Thursday from 9:30am-12:00pm. Arrive no later than 11:00am to receive food.

Eligibility

Open to all

Address

191 Columbia St.
Hemet, CA 92544

Website

TINYURL.COM/VCPANTRY

Phone Number

(951) 929-1101

Phone Line Open

Monday-Thursday, 9:30am-12:00pm

GRACEPOINT CHURCH OF THE NAZARENE

About

Free food is available for pick up every 2nd and 4th Saturday of the month starting at 10:00am. No sign up is required, but it's suggested that you arrive before 10:00am to get a spot in line.

Eligibility

All Wildermore City residents

Address

21400 Canyon Dr.
Wildomar, CA 92595

Phone Number

(951) 674-4481

Phone Line Open

Monday-Thursday, 9:30am-2:00pm

OASIS COMMUNITY CHURCH

About

You can pick up food each Saturday from 7:00-9:00am. It is recommended that you bring your own grocery bags.

Eligibility

Open to all

Address

23750 Alessandro Blvd., Building C
Moreno Valley, CA 92552

Phone Number

(951) 653-0737

Phone Line Open

Monday-Thursday, 9:00am-1:00pm

B. FOOD RESOURCES FOR FAMILIES AND CHILDREN

CAL WORKS FOOD AID AND MORE FOR CHILDREN

About

If your family has children in the home and little or no cash, and you need food, housing, utilities, clothing or medical care, you may be able to get immediate short-term help. You could get money each month to pay for necessary expenses from CalWORKS, a public assistance program.

Eligibility

Assistance is based on income and other eligibility requirements listed on the website

Website

[CDSS.CA.GOV/CALWORKS](https://cdss.ca.gov/calworks)

Phone Number

(800) 274-2050

RIVERSIDE UNIFIED SCHOOL DISTRICT

About

There are 4 community sites offering free food for students in Riverside County. All meals are served on Mondays and Wednesdays from 10:30am-12:30pm, and are for pick up only. Visit the website to fill out an application.

Eligibility

All Riverside County students, age 18 and younger

Website

[TINYURL.COM/RUSDFOOD](https://tinyurl.com/rusdfood)

Phone Number

(951) 788-7135

Phone Line Open

Monday-Friday, 9:00am-4:00pm

FAMILY AND KIDS FOUNDATION

About

You and your family can receive free groceries at the drive-through every Thursday from 1:00-4:00pm. If you are an older adult, you can pick up between 12:00-1:00pm. No sign up is required.

Eligibility

Open to all

Address

115 W. La Cadena Dr.
Riverside, CA 92501

Website

FAMILYKIDSFOUNDATION.ORG

Phone Number

(951) 733-3498

Phone Line Open

Tuesday-Friday, 9:00am-4:00pm

THE NARROW DOOR

About

If you are in need of food, counseling, referral programs, clothing and hygiene products or other general assistance, you can visit on Fridays from 9:00-11:00am.

Eligibility

All Coachella Valley residents

Address

43052 Madison St., Suite 101
Indio, CA 92201

Website

THENARROWDOOR.ORG

Phone Number

(760) 775-6200

Phone Line Open

Tuesday-Friday, 9:00am-3:00pm

C. FOOD RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

COMMUNITY SETTLEMENT ASSOCIATION

About

You can pick up food every Monday from 10:30am-12:30pm. You do not need to register or schedule. If you are 65 years or older, and living in zip code area 92507, you can call to set up a free food delivery.

Eligibility

All Riverside County residents

Address

4366 Bermuda Ave.
Riverside, CA 92507

Website

[TINYURL.COM/CSAFOODHELP](https://tinyurl.com/CSAFOODHELP)

Phone Number

(951) 686-6266

Phone Line Open

Monday-Friday, 8:00am-5:30pm

JANET GOESKE SENIOR CENTER

About

You can get frozen meals for free on Fridays from 9:00-10:00am at the drive-through service. Walk-ups are accepted but are highly discouraged. You must apply by phone and show your I.D. upon arrival.

Eligibility

All Riverside County residents, age 60 and older

Address

5257 Sierra St.
Riverside, CA 92504

Website

[JGC4SENIORS.COM](https://jgc4seniors.com)

Phone Number

(951) 686-6266

Phone Line Open

Monday-Friday, 8:00am-5:00pm

TEMECULA COMMUNITY SERVICE

About

If you are an older adult, you can receive free meals via curbside pickup every Friday from 10:00-11:00am. You must call in advance to reserve your meal.

Eligibility

All Temecula City residents, age 60 and older

Address

41000 Main St.
Temecula, CA 92590

Website

[TINYURL.COM/TCSMEALS](https://tinyurl.com/TCSMEALS)

Phone Number

(951) 694-6464

Phone Line Open

Monday-Friday, 8:00am-5:00pm

SECTION 2 HEALTH

A. HEALTH RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

GET TESTED FOR CORONAVIRUS

About

If you think you have COVID-19, call your healthcare provider before going to a doctor's office or clinic. You may also find testing locations near you at this website by entering your zip code in the map feature.

Eligibility

Check with your local government's chief public health officer. For free, drive-through testing eligibility, take the Project Baseline screening at this website.

Website

[TINYURL.COM/FINDTEST](https://tinyurl.com/findtest)

Phone Number

(888) 634-1123

Phone Line Open

Monday-Friday, 8:00am-5:00pm

COMMUNITY BASED ADULT SERVICES (CBAS)

About

You can receive service plans based on your needs. Some of these include nursing services, therapies, transportation and nutritional counseling.

Eligibility

California residents, 18 and older, who are currently eligible for Medi-Cal and have certain medical conditions

Website

[TINYURL.COM/CALIFCBAS](https://tinyurl.com/califcbas)

Phone Number

(951) 808-9600

Phone Line Open

Monday-Friday, 8:00am-2:00pm

MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)

About

You and your family can get free, confidential one-on-one counseling, advice and legal assistance for your Medicare or long-term care insurance-related issues.

Eligibility

California residents, 65 years of age and older, who are eligible, or soon to be eligible, for Medi-Cal

Website

[TINYURL.COM/CALMSSP](https://tinyurl.com/calmssp)

Phone Number

(800) 510-2020

Phone Line Open

Monday-Friday, 8:00am-5:00pm

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

About

You and your family can get free, confidential counseling, advice and legal assistance for issues related to your Medicare or long-term care. Call this 800 number to leave your phone number, city, county and zip code and you will get a call back to refer you to your county's Medicare counseling agency.

Eligibility

All Californians who are eligible, or soon to be eligible, for Medicare

Website

[TINYURL.COM/CAHICAP](https://tinyurl.com/cahicap)

Phone Number

(800) 434-0222

Phone Line Open

24/7

ALZHEIMER'S ASSOCIATION HELPLINE

About

Clinicians offer free, confidential support for people living with Alzheimer's Disease and their caregivers and family members. They can refer you to local programs and services.

Eligibility

All adults

Website

[TINYURL.COM/ALZHELPLINE](https://tinyurl.com/alzhelpline)

Phone Number

(800) 272-3900

TTY: (866) 403-3073 for people who are deaf, hard of hearing or those with speech disabilities

Phone Line Open

24/7

LONG-TERM CARE OMBUDSMAN CRISIS LINE

About

If you are experiencing issues or abuse in your long-term care facility—like violations of your rights, poor quality of care or problems with your benefits—the Ombudsman can help.

Eligibility

California residents of any age in long-term care facilities

Website

[TINYURL.COM/LTCHHELP](https://tinyurl.com/lchelp)

Phone Number

(800) 231-4024

Phone Line Open

24/7

COMMUNITY BASED ORGANIZATIONS

About

You can use this list of locally based non-profits and county-based organizations in Riverside County to locate various general health and mental health resources closest to you.

Eligibility

See organization websites for requirements

Website

[TINYURL.COM/RIVERSIDESERVICES](https://tinyurl.com/riversideservices)

CARE CONNEXUS ADULT DAY SERVICES

About

If you are an older adult who is mentally or physically impaired, you can get help with a wide variety of health issues, including Alzheimer's and Dementia. You can receive many services at no cost, if qualified, or they may be covered by insurance. You can call and speak to a social worker about eligibility.

Eligibility

All Inland Empire residents with Medi-Cal, VA health benefits and most insurance

Website

[TINYURL.COM/CONNEXUSSERVICES](https://tinyurl.com/connexusservices)

Phone Number

(951) 509-2500

Phone Line Open

Monday-Friday, 8:00am-5:00pm

RIVERSIDE COUNTY NETWORK OF CARE

About

If you are an older adult or have a disability, you can find local long-term care services near you through the Riverside County Network of Care internet listing.

Eligibility

All Riverside County residents

Website

[RIVERSIDE.NETWORKOFCARE.ORG/AGING](https://riverside.networkofcare.org/aging)

Email

ADMIN@TRILOGYIR.COM

COMMUNITY ACCESS CENTER

About

If you are an older adult or have a disability, you can receive free services, such as independent living skills and transition, support groups for dealing with vision loss, general peer counselling and nursing facility transition.

Eligibility

All Riverside County residents

Website

ILCAC.ORG

Phone Number

(951) 274-0358

Phone Line Open

Monday-Friday, 8:00am-4:30pm

B. HEALTH RESOURCES FOR PEOPLE WHO ARE UNINSURED

HEALTHCARE THROUGH MEDI-CAL

About

Uninsured people may now be eligible for health insurance through Medi-Cal. You can apply and enroll online or by phone.

Eligibility

California residents based on income and family size

Website

TINYURL.COM/GETMEDICAL

Phone Number

(877) 752-4737

Phone Line Open

Monday-Friday, 9:00am-5:30pm

HEALTHCARE THROUGH COVERED CALIFORNIA

About

You can shop for health plans, compare care options and access financial assistance if you qualify. You can apply and enroll online or by phone.

Eligibility

California residents who meet income requirements, including immigrants who are lawfully present

Website

[COVEREDCA.COM](https://coveredca.com)

Phone Number

(800) 300-1506

TTY: (888) 889-4500 for people who are deaf, hard of hearing or those with speech disabilities

Phone Lines Open

Monday-Friday, 8:00am-6:00pm

PROJECT K.I.N.D.

About

If you have a child with an acute illness, you can get free healthcare through Project K.I.N.D., in addition to free transportation to and from appointments and prescription coverage at participating pharmacies.

Eligibility.

All Riverside County children, ages 5-17, registered in Riverside Unified School District

Website

[PROJECTKIND.ORG/PARENT](https://projectkind.org/parent)

Phone Number

(951) 686-1976

Phone Line Open

Monday-Friday, 8:00am-4:30pm

RIVERSIDE UNIVERSITY HEALTH SYSTEM – PUBLIC HEALTH

About

You can receive medical services, such as health screenings, pain and nutrition management, osteoporosis prevention, immunizations, treatments, prescriptions and referrals to specialists throughout Riverside County on a sliding-scale fee.

Eligibility

All Riverside County residents with and without insurance

Website

[TINYURL.COM/RUHSENIORS](https://tinyurl.com/ruhsseniors)

Phone Number

(951) 358-5000

Phone Line Open

Monday-Friday, 8:00am-5:00pm

SECTION 3 MENTAL HEALTH

A. MENTAL HEALTH RESOURCES FOR ALL

EACH MIND MATTERS / SANAMENTE

About

Each Mind Matters provides free, confidential counseling if you need information, referrals for treatment or are in a crisis. You can also find resources in English and Spanish for substance abuse, emotional health and other services.

Eligibility

All California residents

Websites

EACHMINDMATTERS.ORG English
SANAMENTE.ORG Spanish

Phone Numbers

(800) 662-HELP (4357) English
(888) 628-9454 Spanish

Phone Lines Open

24/7

MENTAL HEALTH AMERICA

About

Take an online test to see if you are suffering from common illnesses, such as anxiety or depression. Get connected with mental health counselors and therapists near you. You can also find tips on maintaining good mental and emotional health.

Eligibility

All California residents

Website

MHANATIONAL.ORG

CALHOPE COVID-19 WARMLINE

About

Call to talk about your stresses and worries related to COVID-19. You will find emotional support, coping strategies and resources to help you during these uncertain times.

Eligibility

All California residents

Website

CALHOPE.DHCS.CA.GOV

Phone Number

(833) 317-HOPE (4673)

Phone Line Open

Monday-Friday, 7:00am-11:00pm

DISASTER DISTRESS HELPLINE

About

The Substance Abuse and Mental Health Services Administration provides crisis counseling and support in English and Spanish if you are experiencing emotional distress related to COVID-19, or other disasters.

Eligibility

All United States residents

Website

TINYURL.COM/CADISASTERHELP

Phone Number

(800) 985-5990

TTY: (800) 846-8517 for people who are deaf, hard of hearing or those with speech disabilities

Phone Lines Open

24/7

COVID-19 STRESS MANAGEMENT GUIDE

About

If you are feeling anxious, worried or stressed during the COVID-19 pandemic, this simple guide provides tips, strategies and resources to help support your mental and physical health. Visit the website to access the guide in many languages.

Eligibility

All California residents

Website

[TINYURL.COM/CASTRESSMANAGE](https://tinyurl.com/castressmanage)

RIVERSIDE FREE CLINIC

About

You can receive free mental health services every Wednesday virtually via telehealth. You can fill out the Appointment Request Form online and someone will contact you to set up a designated time for counseling.

Eligibility

All Inland Empire area residents

Website

[TINYURL.COM/RFCMENTALHEALTH](https://tinyurl.com/rfcmmentalhealth)

JEWISH FAMILY SERVICE OF THE DESERT

About

You can get free counseling services for a range of mental health issues via telecare counseling. If you are an isolated older adult, you can get a weekly check-in call to monitor your mental health or to arrange food deliveries and transportation to medical appointments.

Eligibility

All Coachella Valley residents

Website

[JFSDESERT.ORG](https://jfsdesert.org)

Phone Number

(760) 325-4088

Phone Line Open

Monday-Thursday, 8:30am-5:00pm

Friday, 8:00am-4:00pm

Saturday, 9:00am-5:00pm

Email

INTAKE@JFSDESERT.ORG

MENTAL HEALTH URGENT CARE

About

If you are experiencing mental health challenges, you can get free 24/7 support through the mental health urgent care system of Riverside County Behavioral Health. If you are experiencing mental health challenges, you can get free 24/7 support, including mental health screenings and medications.

Eligibility

All Riverside County residents

Website

[TINYURL.COM/RCMENTALHEALTH](https://tinyurl.com/rcmentalhealth)

Phone

(951) 509-2499

Phone Line Open

Monday-Friday, 8:00am-5:00pm

B. MENTAL HEALTH RESOURCES FOR OLDER ADULTS, PEOPLE WITH DISABILITIES AND CAREGIVERS

FRIENDSHIP LINE CALIFORNIA

About

You can call this confidential line if you are in crisis or if you just need someone to talk to. You can also call to request that volunteers call you on a regular basis.

Eligibility

All adults, 60 and older

Website

[TINYURL.COM/TALKFRIENDCA](https://tinyurl.com/talkfriendca)

Phone Number

(888) 670-1360

Phone Line Open

24/7

DEAF AND HARD OF HEARING SUICIDE PREVENTION HOTLINE

About

People who are deaf, hard of hearing or have hearing loss can connect with counselors through a 24/7 TTY hotline, or a video relay service, for mental health support. The website also enables online chats.

Eligibility

Anyone who is deaf, hard of hearing or has hearing loss

Website

[TINYURL.COM/DEAFLIFELINE](https://tinyurl.com/deaflifeline)

Phone Number

(800) 273-8255 for video relay service

TTY: (800) 799-4889 for people who are deaf, hard of hearing or those with speech disabilities

(800) 273-8255 for voice/caption phone

Phone Lines Open

24/7

COVID-19 STRESS MANAGEMENT GUIDE FOR CAREGIVERS AND KIDS

About

If you are caring for a loved one or child during the COVID-19 pandemic, this simple guide provides tips, strategies and resources to help you support their mental and physical health. Visit the website to access the guide in many languages.

Eligibility

All California residents

Website

[TINYURL.COM/CASTRESSKIDS](https://tinyurl.com/castresskids)

INTERNET ACTIVITIES TO FILL YOUR DAY

About

You can find free activities to stay engaged online, such as virtual tours of museums, theaters, theme parks, cultural landmarks or national parks. You can take a virtual roller coaster ride, audit an online Ivy League class, see a Broadway show or take a cooking class from a famous chef. You can play word games with friends, virtually visit a zoo or aquarium or even tour a NASA facility. You can enjoy art, music, yoga and other classes for free.

Eligibility

Anyone with internet access

Website

[TINYURL.COM/ACTIVEBRAINS](https://tinyurl.com/activebrains)

PURPLE CITY ALLIANCE OF RIVERSIDE

About

If you or a loved one is living with Alzheimer's or Dementia, you can find support groups near you. Visit the Riverside City website for various program dates, times, locations and sign up instructions in your area.

Eligibility

All Riverside and Corona City residents

Website

[TINYURL.COM/RIVERSIDESUPPORT](https://tinyurl.com/riversidesupport)

IT'S UP TO US

About

If you have a disability or need access to free mental health services, call the Senior HelpLink to connect you with assistance, referrals, education, and advocacy. You can also get access to other mental health resources throughout Riverside County by visiting the website.

Eligibility

All Riverside County residents

Website

[TINYURL.COM/RCHELPLINK](https://tinyurl.com/rcHELPLINK)

Phone

(800) 510-2020

Phone Line Open

Monday-Friday, 8:00am-5:00pm

SECTION 4 HOUSING

MORTGAGE RELIEF

About

If you need more time to pay your mortgage, it was announced in March that many banks agreed to a grace period without penalties. Visit the website to find out if your financial institution has agreed to provide mortgage relief, and if you qualify to request more time. Call this state office for more guidance on the next steps to take.

Eligibility

California mortgage holders with participating institutions

Website

[TINYURL.COM/COVIDMORTGAGERELIEF](https://tinyurl.com/COVIDMORTGAGERELIEF)

Consumer Services Office Line

(866) 275-2677

Phone Line Open

Monday-Friday, 8:00am-5:00pm

HOUSING IS KEY – TENANT PROTECTIONS

About

Due to COVID-19, California passed a law on Sept. 1, 2020 to protect some tenants from eviction until Feb. 1, 2021. Beginning Sept. 1, if you pay at least 25% of your rent by Jan. 31, you may be protected from eviction. If you need more time to pay rent, or are being threatened with eviction, you can find information on your rights, and tenant legal advisors, at this website. Check your county and city websites to see if there are other tenant protections in place, or call the California Department of Real Estate Public Information Line.

Eligibility

All California residents

Website

[TINYURL.COM/TENANTFACTSHEET](https://tinyurl.com/TENANTFACTSHEET)

California Department of Real Estate – Info Line

(877) 373-4542

Phone Line Open

Monday-Friday, 8:00am-5:00pm

UTILITY ASSISTANCE

About

Some utility assistance programs offer you cash assistance to offset the costs of heating and cooling your home. Some plans can also help you manage your energy bills.

Eligibility

California residents can call for eligibility

Website

TINYURL.COM/UTILITYAID

Phone Number

Call the number provided on your utility bill or look it up on this website

SENIOR ADVOCATES OF THE DESERT

About

You can get help by receiving livable income, food, healthcare benefits and in-home help. If you are also low-income, you may be eligible for emergency financial assistance. Call for information and how to apply.

Eligibility

All Coachella Valley residents, age 60 and older with financial need

Website

SAOTD.ORG

Phone Number

(760) 202-1024

Phone Line Open

Monday-Friday, 9:00am-5:00pm

SENIOR HOME REHABILITATION GRANT PROGRAM OF RIVERSIDE

About

If you are a low-income older adult or disabled, and you own your own home, you may qualify for the SHRP grant to receive up to \$25,000. This money will go toward correcting health and safety hazards—or improve your quality of life—in your home. Call to see if you are located in an eligible area.

Eligibility

All Riverside County residents, 62 and older, who must meet income requirements

Website

[TINYURL.COM/RCGRANT](https://tinyurl.com/rcgrant)

Phone Number

(909) 988-5979

Phone Line Open

Monday-Friday, 8:00am-5:00pm

COMMUNITY ACTION PARTNERSHIP RIVERSIDE

About

You can get one-time assistance with your utility payments, energy crisis intervention, alternate energy rates or weatherization assistance to make your home more energy efficient. Applications must be submitted by mail or online.

Eligibility

All Riverside County residents, who must meet income requirements

Website

[TINYURL.COM/RCUTILITYAPP](https://tinyurl.com/rcutilityapp)

Phone Number

(951) 955-4900

Phone Line Open

Monday-Friday, 8:00am-5:00pm

Email

[INFO@CAPRIVERSIDE.ORG](mailto:info@capriverside.org)

MARTHA'S VILLAGE AND KITCHEN

About

You can receive emergency housing, free meals, a cooling center during the summer, public showers, case management and healthcare.

Eligibility

All Coachella Valley residents

Website

MARTHASVILLAGE.ORG/PROGRAMS

Address

83791 Date Ave.
Indio, CA 92201

Phone Number

Main Line: (760) 347-4741
Healthcare: (760) 391-6000

Phone Lines Open

Main Line: 24/7
Healthcare: Monday-Friday, 9:00am-5:00pm

PATH OF LIFE MINISTRIES

About

If you are homeless or at risk of becoming homeless, you can call to find resources, such as shelter or emergency housing, short-term financial assistance, housing crisis prevention and, if you qualify, subsidized housing.

Eligibility

All Riverside County residents

Website

TINYURL.COM/CVHOUSING

Phone Number

(760) 601-5424

Phone Line Open

24/7

COACHELLA VALLEY RESCUE MISSION

About

If you are homeless, at risk of being homeless or in need of immediate shelter, you can visit the Coachella Valley Rescue Mission where you can also get emergency food resources or pick up food boxes full of grocery essentials.

Eligibility

All Riverside County residents

Website

[TINYURL.COM/CVRMSHELTER](https://tinyurl.com/cvrmsHELTER)

Phone Number

(760) 851-2160

Phone Line Open

Daily, 7:30am-4:40pm

SECTION 5 SAFETY (ABUSE AND NEGLECT)

ADULT PROTECTIVE SERVICES

About

You can get information here about physical, emotional and financial abuse. If you are concerned that any older adult may be a victim of abuse, neglect or exploitation, you can make an anonymous report. You can also make a report about any dependent adult who is disabled.

Eligibility

California adults, age 65 and older

California dependent adults with disabilities, ages 18–64

Website

[TINYURL.COM/APSCALIFORNIA](https://tinyurl.com/apscalifornia)

Phone Number

(833) 401-0832

Phone Line Open

24/7

AARP FRAUD WATCH HELPLINE

About

This free service can help you report a fraud or scam, get alerts about scams in your area and learn how to spot a scam.

Eligibility

AARP members and nonmembers

Website

[AARP.ORG/MONEY/SCAMS-FRAUD](https://aarp.org/money/scams-fraud)

Phone Number

(877) 908-3360

Phone Line Open

Monday-Friday, 10:00am-8:00pm

C.A.R.E. PROGRAM

About

If you are a victim of elder abuse or other business scams, you can receive assistance and advocacy by calling the toll-free number. Staff members of this program work in the sheriff's stations at 5 districts throughout Riverside County.

Eligibility

All Riverside County residents, age 65 and older

Website

[TINYURL.COM/RIVERSIDECARE](https://tinyurl.com/riversidecare)

Phone Number

(800) 491-7123

Phone Line Open

24/7

FREQUENTLY ASKED QUESTIONS

WORKER ISSUES

How can I get unemployment benefits?

Support is available for people who have lost their jobs or had their hours reduced by COVID-19. You can get information on benefits and more at [COVID19.CA.GOV](https://www.covid19.ca.gov). Click on the orange “menu” box at the top right. Then, under “Get Help,” select “Workers.” This state website includes a guide to applying for unemployment insurance, and information for independent contractors and the self-employed.

Do I qualify for the Lost Wages Assistance Program?

In August, the federal government authorized additional payments of \$300 for a range of 3 to 6 weeks to supplement unemployment benefits for certain workers impacted by COVID-19. You may be eligible to receive up to \$1,800. The state of California is a participant in the program and passes along the federal relief to eligible Californians. This website has information on eligibility for this supplemental income:

[TINYURL.COM/LOSTWAGESPROGRAM](https://tinyurl.com/lostwagesprogram)

How can I be safe if I have to go back to work?

The state of California has issued guidance for worker safety in a variety of workplaces. You can find that guidance for your workplace at this website: [TINYURL.COM/SAFEJOBS](https://tinyurl.com/safejobs)

BUSINESS ISSUES

How can I find help for my small business?

A wide variety of state and federal programs are available to small businesses and employers. You can find information on tax relief, loans and other resources at [COVID19.CA.GOV](https://www.covid19.ca.gov). Click on the orange “menu” box at the top right. Then, under “Get Help,” select “Businesses and Employers.”

How can I open my business safely?

This website has state guidance on COVID-19 risk reduction when opening a business or facility. You will find general information for all businesses and guidance specific to many industries: [TINYURL.COM/COVIDOPENBUSINESS](https://tinyurl.com/covidopenbusiness)

MEAL DELIVERY PROGRAM

How can I learn more about the free meal delivery service for older adults that the governor announced?

In April, Governor Gavin Newsom announced the launch of a first-in-the-nation “Great Plates Delivered” program, a meal delivery service for California’s older adults. Its dual purposes are to bring meals to older adults who are not currently receiving food assistance and to provide economic stimulus for the local restaurant industry. It is not a state program. It is run by local counties who choose to participate. To find out if there is a program near you, and if you are eligible, go to: [TINYURL.COM/GREATPLATES](https://tinyurl.com/greatplates).