

Local Counseling Resources

● If you have insurance, begin by calling your insurance provider. Usually, you can get in more quickly than many of the resources provided below:

- Call 211 or search 211sb.org
- Christian Counseling Services – (909) 793-1078, For school based services, see your child’s counselor.
- Clearview Behavioral Sciences – (909) 798-6200
- IEHP Insurance: <https://ww3.iehp.org/en/providers/behavioral-health/>
- Loma Linda University Health, Children’s Mental Health Programs. Includes programs such as child therapy groups, parent education group, multi-family group, play and art therapy, cooperative skills group, and many more. To make an appointment, please call the intake coordinator at (909) 443-2237.
- Loma Linda Behavioral Health Institute, (909) 558-9113
- Loma Linda MEND Program referrals-for students dealing with chronic illness. The MEND program works with the entire family and most insurance is accepted (all except Molina). Call Janae Cox, RN, (909) 651-4954.
- Play Therapist – Mona Smith – (909) 480-1027
- Restoration Counseling Service – (909) 255-1250
- South Coast Counseling Services – (877) 527-7227
- Spring to Autumn Family Counseling Inc. They provide counseling for all ages and free workshops for teens. They take many insurances. They are located at 1740 Plum Lane, Suite B Redlands, CA 92374 (near Target).

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