

# SUICIDE PREVENTION RESOURCES

## At Inland Hills Church:

### **Suicide Prevention Lifeline**

1-800-273-talk (8255)  
suicidepreventionlifeline.org

### **Mental Health Caregiver Support**

Support, Skills and Education in a faith-based environment for people who care for and love someone with a mental illness.

**3rd Tuesday of Every Month**  
**6:45pm | Zoom**  
**inlandhills.com/care**

### **Anxiety & Depression Peer Support**

Peer-led group for anyone experiencing depression or anxiety. The group offers space to process together while providing relevant information and helpful support.

**1st Tuesday of Every Month**  
**7pm | Zoom**  
**inlandhills.com/care**

### **Jim Lewis, Care Pastor at IHC**

909.993.3035  
jim@inlandhillschurch.com

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## In Our Community

### **Embracing The Unexpected**

Maree Dee - Writer | Speaker | Mental Health Advocate | Ministry Leader

**embracingtheunexpected.com**

### **Canyon Ridge Hospital**

Licensed mental health professionals are available 24 hours a day, 7 days a week to assist individuals or loved ones. Inpatient or outpatient services available.

**909.590.3700**

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## National Resources

### **NAMI (National Alliance on Mental Illness)**

Provides advocacy, education, support and public awareness for individuals and families affected by mental illness.

**nami.org**

### **American Foundation for Suicide Prevention**

A volunteer health organization that provides research funding, education, advocacy for suicide prevention and support for survivors of suicide and those affected by suicide.

**afsp.org**