

CrossWalk's Mental Health Resources¹

Local Counseling Services:

Caritas Counseling Services – San Bernardino and Riverside Counties (909) 370-1293
Christian Counseling Centers (Riverside) (951) 427-9750
Christian Counseling Service – (Redlands) (909) 793-1078
Loma Linda University Marriage and Family Therapy Clinic – San Bernardino (909) 824-4934
Loma Linda University Psychological Services – Loma Linda (909) 558-8576

Other Mental Health Services:

Loma Linda University Behavioral Medicine Center is an 89-bed, faith-based psychiatric hospital located in the heart of Redlands, California. We have been providing excellent care by compassionate and caring staff for over 17 years in the areas of mental health and chemical dependency. Our specialty services include a dedicated unit for seniors, chronic pain and medication dependency, eating disorders, and children and adolescent services. We provide care for a variety of issues including: anxiety, depression, physical, sexual or emotional abuse issues, suicidal thoughts and self-harm, addiction, chronic pain management, eating disorders, and other emotional and behavioral health problems. For more information about our services and programs, please call 909-558-9275 or visit us at llubmc.org

How To Choose a Therapist:

1. Ask for recommendations/referrals from friends, family, your doctor, your pastor. It is helpful to find out who other people have liked and been helped by.
2. While it is important that the therapist is professionally trained and certified/registered/licensed, the particular degree is not so important for most types of treatment. The most important factor is how well you connect and feel comfortable with your therapist.
3. Consider your specific needs - would you feel more comfortable with a male or female therapist? How important is it that your therapist shares your values?
4. Contact a few different therapists by phone. Feel free to inquire about their fee, level of training and experience, and whether they have experience treating your particular issue. Some therapist will provide the first session free of charge to see whether you work well together. Most charge on a sliding scale based on income.
5. Be prepared to be flexible or wait – good therapists are often booked up and have few openings.
6. Trust your gut! If the therapist is not attentive, is rigid in their treatment plan regardless of the diagnosis, or makes you feel uncomfortable in any way - find another therapist.

¹ Special Thanks to CrossWalk's Dr. Jana Boyd for helping us compile this list of mental health resources.

Diagnostic Criteria for most common Mental Illnesses:

Depression (at least 5 symptoms for a period of at least 2 weeks)

1. Depressed mood (feel sad or empty, tearful) nearly every day.
2. Markedly diminished interest or pleasure in all or most activities nearly every day.
3. Significant weight loss without dieting, or significant weight gain, or significant change in appetite.
4. Insomnia or hypersomnia nearly every day.
5. Psychomotor agitation or retardation nearly every day.
6. Fatigue or loss of energy nearly every day.
7. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
8. Decreased ability to think or concentrate, or indecisiveness nearly every day.
9. Recurrent thoughts of death/suicide.
10. Symptoms significantly impair ability to function in important areas such as work, school, relationships.
11. Symptoms not due to other medical condition.

Generalized Anxiety Disorder (symptoms present for at least 6 months):

1. Excessive anxiety and worry about a number of events or activities (such as work or school performance)
2. Difficulty controlling worry.
3. Feeling restless, fidgety, jittery, on edge.
4. Tire easily
5. Difficulty concentrating
6. Irritability
7. Muscle tension, aches, soreness
8. Difficulty falling asleep or staying asleep
9. Anxiety causes significant impairment in ability to function in important areas such as work, school, relationships.