



NOW OFFERING: Virtual Care Services.

APART ^{BUT} NOT ALONE

The COVID-19 pandemic has changed day to day life for us all and has brought on many stressful challenges. Chances are, you or someone you know may be suffering from anxiety, depression, addiction or an eating disorder.

We are here to remind you that **you are not alone**.

Loma Linda University Behavioral Health aims to raise the awareness of mental health issues and wants to let people know it's okay to seek help. **We've adjusted our services and now offer video visits to provide you with the support and care you deserve.** No matter what you are going through, we are here to help.

Our center offers the full spectrum of behavioral healthcare treatment and services to fit your needs, with a variety of programs in both Redlands and Murrieta. Call us to learn more about our various programs or visit llubmc.org.

- **Substance Use Recovery Program** - 909-558-9277
- **MEND Program** - 909-558-9556
- **Eating Disorders Program** - 909-558-9366
- **Adult Programs** - *Redlands:* 909-558-9112, *Murrieta:* 951-290-6530
- **Youth Programs** - *Redlands:* 909-558-9113, *Murrieta:* 951-290-6530
- **Outpatient Therapy Services** - 909-558-9500



LOMA LINDA UNIVERSITY
BEHAVIORAL HEALTH

Many Strengths.
One Mission.