

**Step 4: What I need from others**

People whom I can ask for help:

1. Name Michael Todd

Phone \_\_\_\_\_

2. Name Marcos Garcia

Phone \_\_\_\_\_

3. Name Joseph Prince

Phone \_\_\_\_\_

**Step 5: Professional Help**

1. Shepherds Staff Counseling Services

- The MOD is available Monday through Friday from 9:00am - 11:30am and 2:30pm - 3:30pm. For after hours emergencies there is a Pastoral Crisis Hotline. 909-463-0103, Option 3

2. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

3. San Bernardino County Health Crisis line 909-386-8256  
<http://wp.sbcounty.gov/dbh/>

4. Local Urgent Care Services:

- St. Bernadine's Hospital  
Address - 2101 N Waterman Ave, San Bernardino, CA 92404  
Phone - (909) 883-8711
- San Bernardino Community Hospital  
Address - 1805 Medical Center Dr, San Bernardino, CA 92411

- ***The one thing that is most important to me and worth living for is:***

My family

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\_\_\_\_\_  
\_\_\_\_\_

Counsel Signature & Date:

DC S/T 02/19/2022