

RESOURCES FOR MENTAL HEALTH

CRISIS

For EMERGENCY assistance DIAL 911 available 24/7

For CRISIS ASSESSMENT: DIAL 1-866-830-6011 AVAILABLE 24/7*

For SUICIDE PREVENTION: DIAL 1-877-727-4747 available 24/7*

New Hope CRISIS COUNSELING: 1-714-639-4673 available 24/7*

National SUICIDE PREVENTION Hotline: 1-800-273-8255 available 24/7*

VETERAN CRISIS LINE: 1-800-273-8255 (press 1) available 24/7*

CRISIS TEXT LINE: Text HELLO to 741741

INFORMATION & REFERRAL

OCLINKS: 1-855-625-4657* - Information and referral for Orange County Behavioral Health Services. (Calls taken in English, Spanish, Vietnamese, Farsi, Arabic, and Korean)

OC211: Dial 211* for comprehensive listing of Health and Human Services in Orange County, including low-cost therapy services, which can also be found at www.211oc.org/mental-health

Outreach and Engagement: While assisting participants in building skills, the program provides support and referrals/linkages to appropriate community resources. For any OC resident not yet receiving care and experiencing mild to moderate behavioral health conditions. No age, insurance or income restrictions. All services are provided at no cost and are available in English, Spanish, Vietnamese, Korean, Arabic and Farsi.

North OC: **714-517-7107**, Mid-OC: **888-955-6570***, South OC: **844-243-0048***

Low-cost counseling services in languages in addition to English

Spanish Casa de la Familia (Fullerton): 714-667-5220, casadelafamilia.org
Catholic Charities (Santa Ana): 714-347-9625
Melinda Hoag Smith Center for Healthy Living (Newport Beach): 949-764-6542
Straight Talk (Santa Ana): 714-828-2000, www.straighttalkcounseling.org

Korean Korean Community Services (Buena Park): 714-503-6550

Multiple Living Success Center (Costa Mesa, Laguna Hills): 949-645-4723,
livingsuccesscenter.org
Southland Integrated Services, Inc. (Garden Grove) – 714-620-7001,
www.southlandintegrated.org/bh.asp (for Asian/Pacific Islanders)

* Toll-free



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EDUCATION, ADVOCACY & SUPPORT

American Foundation for Suicide Prevention – www.afsp.org

American Academy of Child and Adolescent Psychiatry - www.aacap.org

Council on Aging Southern California - Early intervention services for older adults. 714-479-0107, www.coaoc.org

Depression Bipolar Resource Center - St. Joseph's Hospital - 714-744-8718

Depression Bipolar Support Alliance - www.dbsalliance.org

Know The Signs - Learn how to recognize signs of suicidal thoughts. suicideispreventable.org

Mental Health America (MHA) - founded in 1909 - is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Advocacy, education, activism, grass roots action.

www.mentalhealthamerica.net

Mental Health Association of Orange County is dedicated to improving the quality of life of Orange County residents impacted by mental illness through direct service, advocacy, education and information dissemination. 714-668-1530, www.mhaoc.org

NAMI-Orange County provides emotional support, education, and resources for families and those affected by mental health conditions. namioc.org. **NAMI OC Warm Line: 714-991-6412**

Orange County Psychiatric Society - 949-250-3157

Substance Abuse and Mental Health Services Administration (SAMHSA) - Federal agency with education and resources - www.samhsa.gov

Suicide Prevention Resources Center - www.sprc.org

The National Institutes of Mental Health supports research on anxiety disorders, Attention Deficit Disorder (ADD), Autism Spectrum Disorders, Bipolar Disorder, Borderline Personality Disorders, Depression, Eating Disorders, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, Post Traumatic Stress Disorder, Schizophrenia, Social Phobias, and Suicide Prevention. Information on mental health can be found at nimh.nih.gov

Walk in Our Shoes - Lived experience and resources for youth - www.walkinourshoes.org

VETERANS

Long Beach Veteran's Administration Hospital

Mental Health Treatment Center - Gateway for mental health treatment - contact triage nurse at 562-826-5737

Outpatient Psychiatry Program - 562-826-5603

Substance Abuse Treatment Center - 562-826-5610

The Program for Traumatic Stress - 562-826-8000 (x5308)

Other

Soldier's Project - Connects combat veterans with mental health services - 818-761-7438

Strength in Support – Provides confidential mental health services to military and veterans. 949-505-5015 x 106/102, www.StrengthinSupport.org



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