



RESOURCES FOR MENTAL HEALTH

CRISIS

For EMERGENCY assistance DIAL 911 available 24/7 (state that "this is a mental health emergency" for appropriate resource deployment)

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: 988 available 24/7*

VETERAN CRISIS LINE: 988 or 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

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 ENGLISH AND OTHER LANGUAGES

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| Spanish | Casa de la Familia (Fullerton): 714-667-5220, casadelafamilia.org
Catholic Charities (Garden Grove): 714-347-9625
Melinda Hoag Smith Center for Healthy Living (Newport Beach): 949-764-6542
Pepperdine University Community Counseling Center (Irvine): 949-223-2570
Straight Talk (Santa Ana, La Mirada): 714-828-2000, straighttalkcounseling.org |
| Korean | Hanmi Family Counseling Center (Stanton): 714-392-9910, hanmihope.org
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, southlandintegrated.org/bh.asp (for Asian/Pacific Islanders) |

*** Toll-free**

EDUCATION, ADVOCACY & SUPPORT

American Foundation for Suicide Prevention – www.afsp.org

Council on Aging ReConnect program for older adults 714-479-0107,
coasc.org/programs/reconnect

Depression Bipolar OC Resource Center - St. Joseph's Hospital - 714-744-8521

Depression Bipolar Support Alliance - www.dbsalliance.org

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

Mental Health America (MHA) 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. mentalhealthamerica.net

Mental Health Association of Orange County is dedicated to improving the quality of life of OC residents impacted by mental illness. 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, www.ocps.org

Schizophrenia & Psychosis Action Alliance promotes hope and recovery for persons with schizophrenia, bipolar disorder and related brain illnesses through support groups, education and advocacy. 240-423-9432, www.sczaction.org

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

YOUTH MENTAL HEALTH RESOURCES

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

The Child Mind Institute is an independent nonprofit that provides care, education, and research in children's mental health and learning disorders. childmind.org

RESET Toolbox - no-cost trainings and resources for OC families, educators, K-12 students, and youth-serving organizations on topics such as cyber-safety, building resilience, conflict resolution, family communications, bullying prevention. www.resettoolbox.com

StopBullying.gov - federal government website managed by the US Dept. of Health & Human Services, includes cyberbullying education and resources.

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

VETERANS/MILITARY MENTAL HEALTH SERVICES

Long Beach VA Hospital Mental Health Treatment Center - contact triage nurse at 562-826-5737

Soldier's Project - 818-761-7438, www.thesoldiersproject.org/about/

Strength in Support – 949-505-5015 x 106/102

ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS - Diocese of Orange Chapter

For information about upcoming local events or how to get involved in mental health ministry, visit catholicmhm.org/orange