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

TREATMENT

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

WYS Outreach and Engagement: For any OC resident not yet receiving care, provides individual support, case management, free mental health counseling (short term, 3 months, English or Spanish). North OC: 714-517-7107, 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
Open Door Center (Santa Ana): 714-332-1200, www.theopendoorcenter.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
EDUCATION, ADVOCACY & SUPPORT

American Foundation for Suicide Prevention – www.afsp.org
American Academy of Child and Adolescent Psychiatry - www.aacap.org
Orange County Psychiatric Society - 949-250-3157
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 the signs of suicidal thoughts www.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 - The 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. www.namioc.org. NAMI OC Warm Line—714-991-6412
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 nimb.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 (x 5308)
Women’s Mental Health Center - 562-826-8000 (x4919)

Other
Soldier’s Project - Connects post 9/11 combat veterans with mental health services - 818-761-7438