

Resources for Mental Health

Crisis Resources

Centralized Assessment Team - a program of the Orange County Health Care Agency – Behavioral Health Services. CAT provides emergency psychiatric evaluation services to the community. If an individual is assessed with a serious mental health condition, the CAT can facilitate a 72 hour psychiatric evaluation (5150) at a nearby hospital. (866) 830-6011 or (714) 517-6353 (available 24/7)

Child Help USA – Crisis line helps both child and adult survivors of abuse including sexual abuse and provides treatment referrals – 1-800-4ACHILD (1-800-422-4453)

Didi Hirsch Suicide Prevention Hotline (24 hours per day – 365 Days/year) – 1 -877- 727 – 4747
Emergency - 911

National Suicide Prevention Hot Line (24 Hrs/day – 365 Days/year) – 1-800 – 273 – TALK

NAMI OC Warm Line – (714) 991-6412

New Hope Crisis Counseling Hotline— offers live counseling at www.newhopenow.org or (714) NEW Hope (714 – 639-4673)

Orange County Crisis Triage – Emergency Only – (866) 830 - 6011

Veteran's Crisis Line – 1-800-273-8255 – Press 1

Services

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

Children & Adolescent Mental Health Services – ssa.ocgov.com or (714)-834-5015 (8:00 a.m. – 5:00 p.m., M-F)

County Behavioral Health Information and Referral – Monday to Friday, 8:00 a.m. – 6:00 p.m. (855) 625-4657 or (714) 834-2332

NAMI – Orange County provides emotional support, education, and resources for families and those affected by mental health conditions. www.namio.org or (714) 991-6412

OCLinks - 1-855-OC-Links (625-4657) Information and referral service to help navigate the Behavioral Health Services System within the Health Care Agency in Orange County.

Orange County 211 (Dial 211–toll free)–Mental Health, Substance Abuse, Legal Assistance, Housing & more.

Orange County Psychiatric Society – Local chapter of the American Psychiatric Association. Represents psychiatrists and includes reference resources. (949) 250 - 3157

Orange County Mental Health Clinic – Provides mental health care on a walk in basis. Call for appointments, times and directions, (714) 834-4707 or www.ochealthcare.org

Education, Advocacy & Support

American Foundation for Suicide Prevention – www.afsp.org

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

Depression Bipolar Support Alliance – www.dbsalliance.org

Know The Signs – Education on recognizing the signs of suicidal thoughts .www.suicideispreventable.org

Mental Health America - 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.namiooc.org or (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 <http://www.nimh.nih.gov/index.shtml>

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

Veteran's Resources

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

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