

# 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](http://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](http://www.aacap.org)**

**Children & Adolescent Mental Health Services – [ssa.ocgov.com](http://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](http://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](http://www.ochealthcare.org)

## Education, Advocacy & Support

**American Foundation for Suicide Prevention** – [www.afsp.org](http://www.afsp.org)

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

**Depression Bipolar Support Alliance** – [www.dbsalliance.org](http://www.dbsalliance.org)

**Know The Signs** – Education on recognizing the signs of suicidal thoughts .[www.suicideispreventable.org](http://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](http://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](http://www.mhaoc.org)

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

**Substance Abuse and Mental Health Services Administration (SAMHSA)** – Federal agency with education and resources - [www.samhsa.gov](http://www.samhsa.gov)

**Suicide Prevention Resources Center** - [www.sprc.org](http://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](http://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](http://www.StrengthinSupport.org)

