

Community and Mental Health Resources

General Hotlines/Helpines			
National Suicide Prevention Lifeline English: 1-800-273-TALK (8255) Spanish: 1-800-628-9454	Child Protective Services-OC 1-714-940-1000 or 1-800-207-4464	Elder/Disabled Adult Protective Services-OC 1-800-451-5155	Maternal Outreach Management System <i>(Services for Pregnant Women)</i> 1-800-787-5858
White House VA Hotline: 1-855-948-231	Didi Hirsch Suicide Crisis Helpline-LA 1-877-727-4747	Community Legal Aid SoCal 1-800-834-5001	Rape Crisis/Sexual Assault Hotline 1-949-831-9110
Crisis Text Line Text HOME to 741741	OC Links (Referrals) Helpline 1-855-625-4657	Disaster Distress Helpline 1-800-985-5990	National Domestic Violence Hotline 1-800-799-SAFE (7233)
Trevor Line – Crisis Hotline for Youth 1-866-488-7386	CA Resource Line 211	Narcotics Anonymous OC 1-714-590-2388	Laura’s House – Domestic Violence Hotline 1-866-498-1511
Evaluation & Treatment Services (ETS) [Emergency Psychiatric Evaluation] 1-714-834-6900	Centralized Assessment Team (CAT) [18 yr. and under] 1-866-830-6011	Housing: OC Rescue Mission <i>(Faith Based)</i> 1-714-247-4300 or 1-800-663-3074	Interval House – Domestic Violence Hotline 1-800-978-3600 OC: 1-714-891-8121 or LA: 1-562-594-4555
Trauma Intervention Programs 1-714-314-0744	Alcohol & Drug Helpline 1-800-821-4357	Alcoholics Anonymous OC 1-714-556-4555	Human Options – Domestic Violence Hotline 1-877-854-3594
Drug and Alcohol Referrals			
Shanti OC 23461 South Pointe Dr., Ste. 100, Laguna Hills, 92653 1-949-452-0888	Phoenix House 1207 E. Fruit St., Santa Ana, 92701 1-714-953-9373	Reflections Recovery Center 17165 Newhope St., Fountain Valley, 92708 1-866-819-3923	Cornerstone of Southern California 1950 E. 17th St., Ste. 150, Santa Ana, 92705 1-800-385-9889
Domestic Violence, Human Trafficking Resources, Victim Assistance			
Orange County Human Trafficking Task Force (OCHTTF) 1-888-373-7888	Waymakers (formerly Community Service Programs, Inc.) 1-714-250-0488	Human Options 5540 Trabuco Rd., Ste. 100, Irvine, 92620 1-949-757-3635	Laura’s House 999 Corporate Dr., Ste. 225, Ladera Ranch, 926494 1-949-361-3775
LGBTQIA+ Resources			
CHOC GPS Program 1120 W. La Veta Ave., Ste. 125, Orange, 92868 1-888-770-2462	The LGBTQ Center OC 1605 N. Spurgeon St., Santa Ana, 92701 1-714-953-LGBT (5428)	OC Accept 2035 E. Ball Rd., Ste. 100-C, Anaheim, 92843 1-714-517-6100	UCI Pediatric Gender Diversity Program 1 Medical Plaza Dr., Irvine, 92697 1-714-456-6025
Housing			
Families Forward 1-949-552-2727	Illumination Foundation 1-949-273-0555	Serving People In Need (SPIN) 1-714-751-1101	Shelter Listings
Veterans/Military Services			
Strong Families, Strong Children 1-714-953-4455	National Veterans Foundation 1-888-777-4443	U.S. Department of Veterans Affairs 1-844-698-231	CalVet 1-800-952-5626
Women, Infants & Children Assistance			
Women, Infants & Children (WIC) Program 1-888-YOUR-WIC (9687-942)	CalFresh Food Program (CalFresh) 1-877-847-3663	CA Healthy Families (SCHIP) 1-800-880-5305	CalWORKs 1-323-420-2918
Resource Centers			
South Orange County Family Resource Center 22481 Aspan Street, Lake Forest 92630 1-949-364-0500	El Modena Family Resource Center 18672 E. Center Ave., Orange, 92869 1-714-532-3595	Community Health Enrichment Collaborative Family Resource Center 27412 Calle Arroyo, San Juan Capistrano, 92675 1-949-489-7742	Frances Smith Center for Individual & Family Therapy 501 W. Palm Ave., Orange, 92868 1-714-997-6746

Orange County Mental Health Resources

<p><u>South Orange County Family Resource Center</u> 22481 Aspan St, Ste. B, Lake Forest, 92630 1-949-364-0500</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Psychiatric Services, Individual, Family, Group & Crisis</p> <p>Available languages: English & Spanish</p>	<p><u>Alliance Psychiatric Group*</u> 17601 17th St., #120, Tustin, 92780 1-714-769-6090</p> <p>Cost: Beacon insurance</p> <p>Types of Service: Psychiatric Services, Individual, Family, Couples Counseling, Addiction treatment</p> <p>Available languages: English</p>	<p><u>Western Youth Services Outpatient Clinic*</u> 200 W. Santa Ana Blvd., Ste. 80 Santa Ana, 92701 1-714-704-5900</p> <p>Cost: Medi-Cal only insurance accepted</p> <p>Types of Service: Telehealth, Ages 20 and Younger Psychiatric Services & Testing</p> <p>Available languages: English</p>	<p><u>Pepperdine University Counseling Center*</u> 18111 Von Karman Ste. 401 , Irvine, 92612 1-949-223-2570</p> <p>Cost: Sliding Scale (\$10-\$99)</p> <p>Types of Service: Counseling, Crisis counseling, and Psychiatric Services</p> <p>Available languages: English</p>
<p><u>OMID Institute*</u> 2101 Business Center Dr., #150, Irvine, 92612 1-949-502-4721</p> <p>Cost: Sliding Scale. Insurances accepted: Medi-Cal/Cal Optima</p> <p>Types of Service: Individual, couple, and group counseling; Comprehensive mental health services, such as for depression and anxiety</p> <p>Available languages: Arabic, Farsi, Mandarin, Vietnamese & English</p>	<p><u>Hurtt Family Health Clinic*</u> 1 Hope Dr., #0221, Tustin, 92782 1-714-247-0300 (Faith based)</p> <p>Cost: Sliding Scale. Medi-Cal only insurance accepted</p> <p>Insurance: Behavioral Health & Counseling, Primary Care Services</p> <p>Available languages: English</p>	<p><u>OC Health Care Agency Outpatient Clinic*</u> 1200 N. Main St. Ste. 200, Santa Ana, 92701 1-714-480-6767</p> <p>Cost: Sliding Scale (No Private Insurance Medi-Cal is accepted)</p> <p>Types of Service: Psychiatric Services, Therapy, Substance abuse assessment and crisis intervention</p> <p>Available languages: English</p>	<p><u>OC Health Care Agency Outpatient Clinic</u> 5 Mareblu, Aliso Viejo, 92656 1-949-643-6901</p> <p>Cost: Sliding Scale. Medi-Cal is the only insurance accepted</p> <p>Types of Service: Psychiatric Services</p> <p>Available Languages: English</p>
<p><u>OCAPICA*</u> 12912 Brookhurst St., Ste. 410, Garden Grove, 92840 1-714-636-9095</p> <p>Cost: Free</p> <p>Types of Service: Educational and life skills workshops, Support Groups, Referrals and linkages to resources, Case management services, and Short-term individual/group counseling</p> <p>Available languages: English</p>	<p><u>Camino Health Center*</u> 22481 Aspan St., Ste. A, Lake Forest, CA 92639 1-949-240-2272</p> <p>Cost: Have to have insurance with them</p> <p>Types of Service: Psychiatric Services *Mainly Primary Care Services, Resources and Referrals</p> <p>Available languages: English</p>	<p><u>Mariposa Women & Family Center</u> 200 E. Katella Ave., Orange, 92687 1-714-547-6494</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Telehealth, Individual Counseling, Couples, Family, Group Therapy, Substance Abuse, Equine Assisted Therapy</p> <p>Available languages: English & Spanish</p>	<p><u>Share Our Selves (SOS) Community Health Center</u> 1 Purpose Drive, Lake Forest, 92639 1-949-270-2100</p> <p>Cost: Sliding Scale. Most insurances accepted</p> <p>Insurance: Counseling services include individual, family, and group therapy, Spanish-language services, Community resource referrals</p> <p>Available languages: English, Spanish</p>
<p><u>BBK Psychotherapeutic Services</u> 23461 South Pointe Dr., Ste. 175, Laguna Hills, 92653 1-949-269-7220</p> <p>Cost: Sliding Scale. Blue Cross and PPO insurances accepted</p>	<p><u>Norooz Clinic Foundation*</u> 1901 Newport Blvd., Ste. 350, Costa Mesa, 92627 1-949-242-9720</p> <p>Cost: Sliding Scale</p>	<p><u>UC Irvine Health Psychiatry Services</u> 101 The City Dr. S., Bldg. 3 , Orange, 92868 1-714-456-5902</p> <p>Cost: Evaluation \$150, follow-up \$100-\$130</p>	<p><u>California Family Institute*</u> 2900 Bristol St., Ste. C-208, Costa Mesa, 92626 1-949-381-1510</p> <p>Cost: Sliding Scale</p>

<p>Types of Service: Individual, Family, Teen, Couples Therapy,</p> <p>Available Languages: English</p>	<p>Types of Service: Couples Counseling, individual counseling, Psychological testing, Family Counseling, PTSD counseling</p> <p>Available Languages: English, Spanish & Farsi</p>	<p>Types of Service: Psychiatric Services for youth age only 3-17 years old.</p> <p>Available Languages:</p>	<p>Types of Service: Psychiatric Services, Individual Counseling, Telehealth</p> <p>Available Languages: English</p>
<p>Logical Behavioral Health 4000 MacArthur Blvd., Ste. 600, East Tower Newport Beach, 92660 1-949-432-9173</p> <p>Cost: Several insurances accepted (Anthem Blue Cross, Medicare, etc.) \$150 for PD level provider/\$125 Master level.</p> <p>Types of Service: Telehealth, Individual Counseling, Couples, CBT, Trauma Focused, Neurological Testing, Parent Management Training</p> <p>Available Languages: Spanish, Vietnamese & Mandarin</p>	<p>St. Joseph Behavioral Health 1100 W. Stewart Dr., Orange, 92868 1-714-771-8085</p> <p>Cost: Insurance Only</p> <p>Types of Service: Psychiatric Services, Coping Skills,</p> <p>Available Languages: English</p>	<p>Turning Point Center for Families* 3151 Airway Ave., F-206A, Costa Mesa, 92626 1-714-547-8111</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Telehealth, Group classes, court approved programs, Family counseling, Couples Counseling, individual counseling</p> <p>Available Languages: English & Spanish</p>	<p>Hoag Mental Health Center 307 Placentia Ave., Ste. 100b , Newport Beach, 92663 1-949-764-6542</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Psychotherapy, Psychoeducational Services, Case Management, Family counseling, Couples counseling</p> <p>Available Languages: English, Spanish & Farsi</p>

Los Angeles County Mental Health Resources

<p><u>Southern California Counseling Center*</u> 5615 W Pico Blvd Los Angeles, CA 90019 323-937-1344</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Psychiatric Services, Individual Counseling, Telehealth, phone</p> <p>Available languages: English, Spanish</p>	<p><u>Asian Pacific Counseling and Treatment Centers*</u> 15400 Sherman Way, Suite 220 Van Nuys, CA 91406 818-267-1100</p> <p>Cost: Sliding Scale</p> <p>Types of Service: Psychiatric Services, Individual Counseling, Telehealth, Phone, Zoom</p> <p>Available Languages: English, Spanish, Cambodian, Chinese (Cantonese, Mandarin & Taiwanese), Japanese, Korean, Laotian, Filipino (Tagalog), Thai and Vietnamese</p>	<p><u>Pacific Coast Psychiatric Associates (PCPA)*</u> 6200 Wilshire Blvd Suites 801, 1010 & 1410 Los Angeles 90048 424- 284-2440 925- 282-1778 (intake dept)</p> <p>Cost: Accepts all major insurance providers: aetna, anthem blue cross, shield, cigna, Kaiser, MHN, Optum, Sutter Select, Magellan, and United Behavioral Health.</p> <p>Types of Service: telehealth with psychiatrist or therapists, psychiatry, couples and individual therapy</p> <p>Available languages: English, Spanish, French</p>	<p><u>Rio Hondo Community Mental Health Center*</u> 17707 South Studebaker Rd. Cerritos Ca 90703 562- 402-0688</p> <p>Cost: Medi-cal and uninsured depend on individual earnings through annual liability only</p> <p>Types of Service: Individual, group, licensed therapist and psychiatrist.</p> <p>Available languages: Cantonese, English, Greek, Hindi, Korean, Mandarin, Mien, Punjabi, Spanish, Taiwanese, Urdu, Vietnamese, Tagalog, American Indian/Alaskan Native (AI/AN)</p>	<p><u>Fuller Psychological and Family Services*</u> 180 North Oakland Avenue Pasadena, CA 91101 626-584-5555</p> <p>Cost: therapy fee will vary by the expertise, education, and experience of your therapist</p> <p>Types of Service: Faith Based, Individual, Family & Couples Therapy; Neuropsychological Assessment, Telehealth in CA only right now,</p> <p>Available languages: English, Spanish</p>
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