



ROMAN CATHOLIC
DIOCESE of ORANGE



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)

National SUICIDE PREVENTION Hotline: 988 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*

VETERAN CRISIS LINE: 988 or 1-800-273-8255 (press 1) available 24/7*

CRISIS TEXT LINE: Text HELLO to 741741

New Hope Peer-to-Peer Support Line: 714-639-4673 available M-F, 7:30am-9:30pm & Sat-Sun, 9am-6pm

INFORMATION & REFERRAL

OCLINKS: 1-855-625-4657* www.ochealthinfo.com/oclinks - Information and referral for Orange County Behavioral Health Services. (available 24/7 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

Western Youth Services Mental Health Clinics: outpatient mental health services for OC Medi-Cal eligible clients under 21 years old. Family Oasis Resource Center, Anaheim: **714-871-5646**; Metro East-Santa Ana: **657-356-6490**; Santa Ana: **714-704-5900**, Fountain Valley: **714-378-2620**, Mission Viejo: **949-595-8610**

Community Care Coordination for Orange County residents to connect to medical and mental health services. ecmreferrals@westernyouthservices.org

One Door Any Door Mental Health Support & Resources for Children, Youth, & Families of All Ages in Orange County. **888-312-0406** gethelp@westernyouthservices.org

Be Well Orange County: **949-749-2500** bewelloc.org -The Be Well Campus care navigation team will work with you to determine the appropriate services and care plan for you or your loved one. Services for OC residents regardless of insurance or ability to pay. (call first, no walk-in's)

LOW-COST COUNSELING SERVICES IN ENGLISH AND OTHER LANGUAGES

Spanish Casa de la Familia (Fullerton): 714-667-5220, casadelafamilia.org
Catholic Charities of Orange County (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: 714-828-2000 (Santa Ana), 562-943-0195 (La Mirada)

straighttalkcounseling.org

Korean Hanmi Family Counseling Center (Stanton): 714-892-9910, (714)873-5688 cell
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

Behavioral Health Training Collaborative- Training@westernyouthservices.org

Crisis Intervention Training (CIT)- cit@westernyouthservices.org

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

Depression Bipolar OC Resource Center (DBSA OC)- St. Joseph's Hospital, Sister Elizabeth Building 714-744-8534 <https://www.dbsaoc.org/>

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

Wellness Center West (Garden Grove) Groups facilitated by peer mentors as a way to show recovery is possible. No clinical services, not group therapy. (657) 667-6455 <https://wellnesscenterwest.org/>

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.

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/

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 or rcbo.org/mental-health