

# OC Low Cost Mental Health Resources

Organization	Services	Phone/Web	Address	Hours of Operation
<b>CalOptima Behavioral Health</b>	Outpatient mental health services	1-855-877-3885	Call for a screening and referred to the appropriate resource	Monday – Friday: 8 a.m. - 5:30 p.m.
<b>The Caregiver Resource Center</b>	Support for family members caring for a loved one	(800) 543-8312 (714) 446-5030 caregiveroc.org	130 West Bastanchury Road Fullerton, CA 92835	Monday – Friday: 9 a.m. - 4:30 p.m.
<b>FACES</b>	Mental health counseling	(714) 447-9024 facescal.org	2601 E. Chapman Ave., #114 Fullerton, CA 92831	Monday – Friday: 9 a.m. - 5 p.m. (By appointment after 5 p.m.)
<b>Friends of Family Health Center</b>	Mental health services	(562) 690-0400 fofhealthcenter.org	501 South Idaho Street La Habra, CA 90631	Monday – Friday: 8 a.m. - 5 p.m. Saturday: 8 a.m. - 4:30 p.m.
<b>Korean Community Services</b>	Support, treatment and prevention programs for substance abuse and family violence	(714) 449-1339 kcservices.org	1060 South Brookhurst Road Fullerton, CA 92833	Monday – Friday: 9 a.m. - 7 p.m.
<b>La Habra Family Resource Center</b>	Individual, couples and family counseling	(714) 447-3460 factoc.org/lahabra	501 South Idaho St., Suite 300 La Habra, CA 90631	Monday, Wednesday, Friday: 9 a.m. - 6 p.m.; Tuesday and Thursday: 9 a.m. - 8 p.m.
<b>NAMI Orange County</b>	Support, education and resources for families and those affected by mental illness	(714) 544-8488 namioc.org	1810 East 17th Street Santa Ana, CA 92705	Monday – Friday: 9 a.m. - 5 p.m.
<b>St. Jude Medical Center Senior Services</b>	Bereavement group; Late life depression support	(714) 446-7035 stjudemedicalcenter.org	130 West Bastanchury Road Fullerton, CA 92835	Monday – Friday: 8 a.m. - 5 p.m. (Call to request after-hours appts.)
<b>VCC: The Gary Center</b>	Mental health services	(562) 264-6000 vistacommunityclinic.org	201 South Harbor Boulevard La Habra, CA 90631	Monday: 11 a.m. - 8 p.m. Tuesday: 10:30 a.m. - 8 p.m. Wednesday: 8 a.m. - 2 p.m. Thursday: 9 a.m. - 8 p.m. Friday: 9 a.m. - 5:30 p.m.
<b>Western Youth Services Anaheim</b>	Specialized services for youth and families to enrich mental health and wellness	(714) 871-5646 westernyouthservices.org	505 North Euclid Avenue, #300 Anaheim, CA 92801	Monday – Thursday: 8 a.m. - 7 p.m. Friday: 8 a.m. - 5 p.m.

## Orange County Mental Health Hotlines

### Hotline Services

<b>OC Links</b>	Behavioral health services and information referral line	855-OC LINKS (855) 625-4657	Monday – Friday: 8 a.m. – 6 p.m.
<b>NAMI OC Warmline</b>	Personal mental health hotline	(714) 991-6412	Monday – Friday: 9 a.m. – 3 p.m. Saturday – Sunday: 10 a.m. – 3 p.m.
<b>Trevor Line (LGBTQ)</b>	National 24 hour confidential suicide hotline	(866) 488-7386 thetrevorproject.org	24 hours a day, 7 days a week
<b>Suicide Survivor Bereavement Support Groups</b>	Support for survivors after suicide	(714) 547-0885 suicidepreventionlifeline.org	24 hours a day, 7 days a week
<b>National Suicide Prevention Lifeline</b>	National suicide/mental health hotline	English: (800) 273-8255 Español: (888) 628-9454	24 hours a day, 7 days a week

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 **Each Mind MATTERS**  
California's Mental Health Movement

Activated locally by

**St. Joseph Health**   
**St. Jude Medical Center**

# Recursos de Salud Mental a Bajo Costo en el Condado de Orange

Organización	Servicios	Teléfono/Web	Domicilio	Horas de operación
<b>CalOptima Behavioral Health</b>	Servicios de salud mental	1-855-877-3885	Llame para obtener una evaluación y ser referido al recurso adecuado	Lunes – viernes: 8 a.m. - 5:30 p.m.
<b>The Caregiver Resource Center</b>	Servicios de apoyo para familias que cuidan a un ser querido	(800) 543-8312 (714) 446-5030 caregiveroc.org	130 W. Bastanchury Rd. Fullerton, CA 92835	Lunes – viernes: 9 a.m. - 4:30 p.m.
<b>FACES</b>	Consejería de salud mental	(714) 447-9024 facescal.org	2601 E. Chapman Ave., #114 Fullerton, CA 92831	Lunes – viernes: 9 a.m. - 5 p.m. (Solo con cita después de las 5 p.m.)
<b>Friends of Family Health Center</b>	Servicios de salud mental	(562) 690-0400 fofhealthcenter.org	501 S. Idaho St. La Habra, CA 90631	Lunes – viernes: 8 a.m. - 5 p.m. Sabado: 8 a.m. -4:30 p.m.
<b>Korean Community Services</b>	Programas de apoyo, tratamiento y prevención para el abuso de sustancias y la violencia familiar	(714) 449-1339 kcservices.org	1060 S. Brookhurst Rd. Fullerton, CA 92833	Lunes – viernes: 9 a.m. - 7 p.m.
<b>La Habra Family Resource Center</b>	Consejería individual, para parejas y familia	(714) 447-3460 factoc.org/lahabra	501 S. Idaho St., Suite 300 La Habra, CA 90631	Lunes, miércoles, viernes: 9 a.m. - 6 p.m.; martes y jueves: 9 a.m. - 5 p.m.
<b>NAMI Orange County</b>	Servicios de apoyo, educación y recursos para familias y personas afectadas por enfermedades mentales	(714) 544-8488 namioc.org	1810 E. 17th St. Santa Ana, CA 92705	Lunes – viernes: 9 a.m. - 5 p.m.
<b>St. Jude Medical Center Senior Services</b>	Grupos de apoyo para la depresión en los adultos mayores	(714) 446-7035 stjudemedicalcenter.org	130 W. Bastanchury Rd. Fullerton, CA 92835	Lunes – viernes: 8 a.m. - 5 p.m. (Llame para citas fuera de horario)
<b>VCC: The Gary Center</b>	Servicios de salud mental	(562) 264-6000 vistacommunityclinic.org	201 S. Harbor Blvd. La Habra, CA 90631	Lunes: 11 a.m. - 8 p.m. martes: 10:30 a.m. - 8 p.m. miércoles: 8 a.m. - 2 p.m. jueves: 9 a.m. - 8 p.m. viernes: 9 a.m. - 5:30 p.m.
<b>Western Youth Services Anaheim</b>	Servicios especializados para jóvenes y familias para el enriquecimiento y bienestar mental	(714) 871-5646 westernyouthservices.org	505 N. Euclid Ave., #300 Anaheim, CA 92801	Lunes – jueves: 8 a.m. - 7 p.m. viernes: 8 a.m. - 5 p.m.

## Líneas Telefónicas de Ayuda para la Salud Mental en el Condado de Orange

### Servicios de línea directa

<b>OC Links</b>	Línea de referencia/información para servicios de salud del comportamiento	855-OC LINKS (855) 625-4657	Lunes – viernes: 8 a.m. - 6 p.m.
<b>NAMI OC Warmline</b>	Línea de asistencia para la salud mental	(714) 991-6412	Lunes -viernes: 9 a.m. -3 p.m. sábado y domingo: 10 a.m. -3 p.m.
<b>Suicide Survivor Bereavement Support Groups</b>	Línea de apoyo para personas que han sufrido la muerte de un ser querido por causa del suicidio	(714) 547-0885 suicidepreventionlifeline.org	24 horas al día, 7 días de la semana
<b>National Suicide Prevention Lifeline</b>	Línea de ayuda a nivel nacional para la salud mental y prevención del suicidio	Inglés: (800) 273-8255 Español: (888) 628-9454	24 horas al día, 7 días de la semana

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**St. Joseph Health**   
**St. Jude Medical Center**