

Help is available! Free and low cost resources in Orange County:

	Organization	Services	Contact	Hours
All of Orange County	OC Links	Behavioral health services and informational referral line	(855) OC-LINKS	M-F: 8 a.m. - 6 p.m.
	OC Crisis Hotline	Suicide/mental health hotline	(877) 7-CRISIS	24 hours a day, 7 days a week
	NAMI OC Warmline	Personal mental health hotline	(714) 991-6412	M-F: 9 a.m. - 3 p.m. Sat-Sun: 10 a.m. - 3 p.m.
	NAMI Orange County	Support, education and resources for families and those affected by mental illness	(714) 544-8488 1810 East 17th Street Santa Ana, CA 92705	M-F: 9 a.m. - 5 p.m.
	CalOptima	Outpatient mental health services	1-855-877-3885 Call for a screening and referral to the appropriate resource	M-F: 8 a.m. - 5:30 p.m.
	Suicide Survivor Bereavement Support Groups	Support for survivors after suicide	(714) 547-0885	24 hours a day, 7 days a week
	National Suicide Prevention Lifeline	National suicide/mental health hotline	English: (800) 273-8255 Español: (888) 628-9454	24 hours a day, 7 days a week
Trevor Lifeline (LGBTQ)	National 24 hour confidential suicide hotline	(866) 488-7386	24 hours a day, 7 days a week	
North Orange County	The Caregiver Resource Center	Support for family members caring for a loved one	(800) 543-8312, (714) 446-5030, caregiveroc.org 130 West Bastanchury Road Fullerton, CA 92835	M-F: 9 a.m. - 4:30 p.m.
	FACES	Mental health counseling	(714) 447-9024, facescal.org 2601 E. Chapman Ave., #114 Fullerton, CA 92831	M-F: 9 a.m. - 5 p.m. (By appointment after)
	Friends of Family Health Center	Mental health services	(562) 690-0400, fofhealthcenter.org 501 South Idaho Street, Ste. 270, La Habra	M-F: 8 a.m. - 5 p.m. Sat: 8 a.m. - 4:30 p.m.
	Korean Community Services	Support, treatment and prevention programs for substance abuse and family violence	(714) 449-1339, kcservices.org 1060 South Brookhurst Road, Fullerton, CA 92833	M-F: 9 a.m. - 6:30 p.m.
	La Habra Family Resource Center	Individual, couples and family counseling	(714) 447-3460, factoc.org/lahabra 501 South Idaho St., Suite 300, La Habra, CA 90631	M - F: 9 a.m. - 6 p.m.
	St. Jude Medical Center Senior Services	Bereavement group; Late life depression support	(714) 446-7035, stjudemedicalcenter.org 130 West Bastanchury Road, Fullerton, CA 92835	M-F: 8 a.m. - 5 p.m. (By appointment after)
	VCC: The Gary Center	Mental health services	(562) 264-6000, vistacommunityclinic.org 201 South Harbor Boulevard, La Habra, CA 90631	M, W, Th, F: 8 a.m. - 5 p.m. Tu: 10 a.m. - 7 p.m.
Western Youth Services Anaheim	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	M-Th.: 8 a.m. - 7 p.m. F: 8 a.m. - 5 p.m.	

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Central Orange County	Didi Hirsch Mental Health Services	Survivors after suicide bereavement groups	(714) 547-0885 2000 East 4th Street, Suite 110, Santa Ana, CA 92705	M-F: 9 a.m. - 5 p.m.
	Mentally Ill Multi-Service Center	Support services, housing and SSI benefits assistance, and substance abuse counseling	(714) 668-1530 2416 S. Main St., Santa Ana, CA 92707	Daily: 6 a.m. - 6 p.m.
	Orange County Asian and Pacific Islander Community Alliance (OCAPICA)	Mental Health Services	(714) 636-9095 12912 Brookhurst St, Suite 410, Garden Grove, CA 92840	M-F: 8 a.m. - 5 p.m.
	Wellness Center Central (funded by OCHCA)	Services offered include housing, employment, and peer mentoring	(714) 361-4860 401 S. Tustin St., Orange, CA 92866	M-Th, Sat: 9 a.m. - 5 p.m. F: 9 a.m. - 8 p.m.
	Western Youth Services	Specialized services for youth and families to enrich mental health and wellness	(714) 871-5646 505 N. Euclid Ave. #300, Anaheim, CA 92801	M-Th: 8 a.m. - 7 p.m. F: 8 a.m. - 5 p.m.
South Orange County	South Orange County (SOC) Family Resource Center	Brief individual, couples, family counseling, and psychiatric services	(949) 364-0500 22481 Aspan St., Lake Forest, CA 92630	M-F: 8:30 a.m. - 5 p.m.
	Adult Mental Health Services - OC South Region	Mental health and addiction care services	(949) 454-3940 5 Mareblu, Aliso Viejo, CA 92656	M-Th: 8 a.m. - 6 p.m. F: 8 a.m. - 5 p.m.
	South Orange County Veterans Center	Specialized low cost services for veterans	(949) 348-6700 26431 Crown Valley Pkwy, #100, Mission Viejo, CA 92691	M-Th: 8 a.m. - 8 p.m. F: 8 a.m. - 4:30 p.m.
	Western Youth Services (2 locations): Mission Viejo and Laguna Beach	Specialized services for youth and families to enrich mental health and wellness (MediCal)	(949) 595-8610 26137 La Paz Rd, Ste 230, Mission Viejo, CA 92691 (949) 499-5346 21632 Wesley Drive, Laguna Beach, CA 92651	M-F: 8:30 a.m. - 5 p.m.
	Wellness & Prevention Center	Prevention education and mental health services for youth and adults	(949) 680-0516 700 Avenida Pico, San Clemente, CA 92673	M-F: 7:30 a.m. - 4 p.m.
	Camino Health Center (3 locations): San Juan Capistrano, San Clemente, Lake Forest	Brief mental health services, including psychiatry	(949) 240-2272 30300 Camino Capistrano, San Juan Capistrano 1031 Avenida Pico, Ste 104, San Clemente 22481 Aspan St., Ste A, Lake Forest	M-Th: 8 a.m. - 8 p.m. F: 8 a.m. - 6 p.m. Sat: 8 a.m. - 5 p.m.
	CHEC Family Resource Center	Brief individual couples, family counseling, and psychiatric services	(949) 489-7742 27412 Calle Arroyo, San Juan Capistrano, CA 92675	M-F: 8:30 a.m. - 5 p.m.
	San Clemente Child Guidance Center	Behavioral, mental health, and case management services for children and families (MediCal)	(949) 272-4444 3551 Camino Mira Costa, Ste T, San Clemente, CA 92672	M-F: 8 a.m. - 7 p.m.
	Seneca Family of Agencies	Mental health and counseling services to children and families (MediCal)	(949) 317-1010 22978 El Toro Rd., Lake Forest, CA 92630	M, W-Sat: 9 a.m. - 5 p.m.

Text PROMISE to 474747 to make a Promise to Talk today.

Learn more at www.PromiseToTalk.org