



Free Resources Near You!

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Greater Orange County

<p>OC Navigator Online mental health and wellness resource guide for Orange County www.ocnavigator.org</p>	<p>OC Links Behavioral health services and informational referral line (855) OC-LINKS, (855) 625-4657 www.ochealthinfo.com/services-programs/mental-health-crisis-recovery/navigation-help-resources/oc-links M-F: 8 a.m. – 6 p.m.</p>
<p>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 www.namioc.org M-F: 9 a.m. – 5 p.m.</p>	<p>NAMI OC Warmline Personal mental health hotline (714) 991-6412 www.namioc.org/oc-warmline Call, text, or chat anytime</p>
<p>CalOptima Outpatient mental health services 1-855-877-3885 Call for a screening and referral to the appropriate resource www.caloptima.org/en/HealthAndWellness/MentalHealth M-F: 8 a.m. – 5:30 p.m.</p>	<p>National Suicide Prevention Lifeline English: (800) 273-8255 Español: (888) 628-9454 www.988lifeline.org/chat/ 24 hours a day, 7 days a week</p>
<p>Trevor Lifeline (LGBTQ) National 24 hour confidential suicide hotline (866) 488-7386 www.thetrevorproject.org/get-help 24 hours a day, 7 days a week</p>	<p>Didi Hirsch Orange County Outpatient therapy for teens, adults, and family, suicide support groups (714) 547-0885 2000 East 4th Street Ste 201 Santa Ana, CA 92705 www.didihirsch.org/services/suicide-prevention/ M-F: 9 a.m. – 5 p.m.</p>

North Orange County

<p>The Caregiver Resource Center Support for family members caring for a loved one (800) 543-8312 , (714) 446-5030 130 West Bastanchury Road Fullerton, CA 92835 www.caregiveroc.org M-F: 9 a.m. – 4:30 p.m.</p>	<p>FACES Mental health counseling (714) 447-9024, contact@facescounseling.org 2030 E 4th St., Suite 122A Santa Ana, CA www.facescounseling.org M-F: 9 a.m. – 8 p.m., Sat-Sun: 9 a.m. – 6 p.m.</p>
<p>Friends of Family Health Center Mental health services (714) 263-8600 13152 Newport Ave, Tustin, CA 92780 www.fofhealthcenter.org M-F: 8 a.m. – 5 p.m., Sat: 8 a.m. – 4p.m.</p>	<p>St. Jude Medical Center Senior Services Bereavement group; Late life depression support (714) 446-7035 130 West Bastanchury Road, Fullerton, CA 92835 www.providence.org/locations/socal/st-jude-medical-center/senior-services M-F: 8 a.m. – 5 p.m. (by appointment after)</p>
<p>VCC: The Gary Center Mental health services (844) 308-5003 201 South Harbor Boulevard, La Habra, CA 90631 www.vistacommunityclinic.org/health-services/ M, W, Th, F: 8 a.m. – 5 p.m., Tu: 10 a.m. – 7 p.m.</p>	<p>Western Youth Services Anaheim Specialized services for youth and families to enrich mental health and wellness (714) 871-5646 505 N. Euclid Ave. Suite 300, Anaheim, CA 92801 www.westernyouthservices.org M: 8 a.m. – 6 p.m., Tu-Fri: 8 a.m. – 5:30 p.m.</p>



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Central Orange County

<p>Didi Hirsch Mental Health Services Survivors after suicide bereavement groups (714) 547-0885 2000 East 4th Street, Suite 110, Santa Ana, CA 92705 www.didihirsch.org/services/suicide-prevention/ M-F: 9 a.m. – 5 p.m.</p>	<p>Mentally Ill Multi-Service Center Support services, housing and SSI benefits assistance, and substance abuse counseling (714) 547-7559 1971 East 4th Street, Suite 130A, Santa Ana, CA 92705 www.mhaoc.org/get-help/ Daily: 6 a.m. – 6 p.m.</p>
<p>Orange County Asian and Pacific Islander Community Alliance (OCAPICA) Mental Health Services (714) 636-6286 12912 Brookhurst St, Suite 410, Garden Grove, CA 92840 www.ocapica.org M-F: 9 a.m. – 5 p.m.</p>	<p>Wellness Center Central (funded by OCHCA) Services offered include housing, employment, and peer mentoring (714) 361-4860 401 S. Tustin St., Orange, CA 92866 www.wellnesscenteroc.com M-Th, Sat: 9 a.m. – 5 p.m., F: 9a.m. – 7 p.m.</p>
<p>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 www.westernyouthservices.org M-Th: 8 a.m. – 7 p.m., F: 8 a.m. – 5 p.m.</p>	

South Orange County

<p>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 www.factoc.org/frc/southorangecounty/ M/T/F: 8:30 a.m. - 5 p.m., W/Th: 11a.m. - 8 p.m.</p>	<p>South Orange County Veterans Center Specialized low cost services for veterans (949) 348-6700 26431 Crown Valley Pkwy, #100, Mission Viejo, CA 92691 www.va.gov/south-orange-county-vet-center/ M-Th: 8 a.m. - 8 p.m., F: 8 a.m. - 4:30 p.m.</p>
<p>Wellness & Prevention Center Prevention education and mental health services for youth and adults (949) 680-0516 700 Avenida Pico, San Clemente, CA 92673 www.wpc-oc.org M-F: 7:30 a.m. - 4 p.m.</p>	<p>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 www.senecafoa.org M-F: 9 a.m. - 7 p.m.</p>
<p>CHEC Family Resource Center Brief individual couples, family counseling, and psychiatric services (949) 489-7742 27412 Calle Arroyo, San Juan Capistrano, CA 92675 www.factoc.org/frc/chec/ M/Th/F: 8:30 a.m. - 5 p.m., T/W: 11 a.m. - 8 p.m.</p>	<p>San Clemente Child Guidance Center (MediCal) Behavioral, mental health, and case management services for children and families (714)-953-4455 525 Cabrillo Park Drive, Suite 300 Santa Ana, CA 92701 www.childguidancecenteroc.org M-F: 8 a.m. - 7 p.m.</p>
<p>Camino Health Center (3 locations) 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 www.caminohealthcenter.org San Juan M-F: 8 a.m. - 5 p.m. San Clemente M/Th/F: 8:30 a.m. - 4:30 p.m. Lake Forest M-F: 8 a.m. - 5 p.m.</p>	<p>Western Youth Services (2 locations, MediCal) Specialized services for youth and families to enrich mental health and wellness (949) 595-8610: 26137 La Paz Rd, Ste 230, Mission Viejo, CA 92691 (949) 855-1556: 23461 S Pointe Dr #220, Laguna Hills, CA 92653 www.westernyouthservices.org Mission Viejo M-F: 8:30 a.m. - 5 p.m., Laguna M-F: 8 a.m. - 5 p.m.</p>