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www.goldenwestcollege.edu/student-health-center/

Mental Health Resources

If you are currently having a mental health emergency, call 911 or have someone take you to the nearest Emergency Room

National Suicide Prevention Lifeline: Call 988 or (800) 273-TALK, suicidepreventionlifeline.org. The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Veterans Crisis Line: 1-800-273-8255, press 1. **TTY:** dial 711, then 1-800-273-8255. **Spanish:** 1-888-628-9454.

Crisis Text Line: Provides free 24/7 crisis support and information via texting with live unlicensed but trained workers. They cannot give professional therapy or medical advice but try to “move you from a hot moment to a cool moment.” Licensed supervisors oversee the workers. Text **741741**. For more info, visit their website: www.crisistextline.org

National Alliance on Mental Illness (NAMI): (714) 544-8488, or www.namioc.org NAMI provides phone-based, non-crisis support with unlicensed but trained workers to anyone struggling with mental health and/or substance abuse issues.

Workers have access to a licensed therapist. This is not a substitute for professional therapy. **NAMI OC Warm line:** Call or text: (714) 991-6412 (English, Spanish, Farsi, Vietnamese), or live chat at www.namioc.org (Above languages, Arabic, Korean)

L.A. Warmline: (855) 952-9276. **NAMI Peer Connector Program:** Call (714) 544-8488 to be matched with a trained mentor for 12 weeks of one-on-one connection. For more info, visit: <https://namioc.squarespace.com/mentoring-services>

The Trevor Project: (866) 4U-TREVOR or (866) 488-7386, www.thetrevorproject.org offers a national 24-hr suicide prevention hotline aimed at LGBTQ youth.

To Access Professional Mental Health Care Services:

1. If you have **private medical insurance**, you may access mental health care through your insurance provider.
2. You may also go online to <https://www.psychologytoday.com/us/therapists> to find therapists.
3. If you live in **Orange County** and you have:
 - **Cal-Optima Medi-Cal**, call **Cal-Optima’s 24-hour/7-days-a-week Behavioral Health line** at (855) 877-3885 for screening by a licensed clinician and appropriate referrals. (TDD/TTY users call (800) 735-2929).
 - **Regular Medi-Cal**, please call **OC Mental Health Plan** at (800) 723-8641 for screening by a licensed clinician and appropriate referrals.
 - **No insurance**, call **OC Links** at (855) 625-4657 for an assessment and appropriate referrals to Orange County’s many agencies and providers.
4. If you **live in L.A. County**, call the **L.A. County Department of Mental Health Access Center:** Referrals 24hr/day (800) 854-7771. To find a provider visit: dmh.lacounty.gov under Quick Links click on “DMH Provider Directory” then enter your zip code or city.

Related Resources:

County Social Services Helpline: For a comprehensive list of all social services available in whatever county you call from, dial 211, or (888) 600-4357; TTY: (949) 764-1698 for Orange County, go online: www.211oc.org

RefugeLink: <https://refugelink.com/#/> Click “allow” to access your location, and you can instantly find services near you: shelter, food, laundry/clothing, personal hygiene, medical, and substance abuse.

SAMHSA’s National Helpline: [1-800-662-HELP \(4357\)](http://1-800-662-HELP(4357)), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 24/7 confidential referrals to local treatment facilities, support groups, and community-based organizations.

If you currently have Medi-Cal or have no insurance and wish to see a physician for non-urgent psychiatric medications or a psychotherapist for low-cost or free psychotherapy, you may try the resources on the following pages. These providers offer low-cost (in some cases no-cost) services. For more information/resources/locations, go to www.coccc.org/home/health-centers and search by “Behavioral Health.”

Orange County Locations

Agency	Talk therapy	Primary Care (meds)	Psychiatry (Specialty psych meds)	Comments
AltaMed Health Services 8041 Newman Ave. Huntington Beach, CA 92647 (855) 425-1777 (Behavioral Health) www.altamed.org	✓	✓		Must be an Alta Med patient. Other locations in Santa Ana & Garden Grove. Takes patients without insurance and has programs for cash patients.
Central City Community Health Center 12511 Brookhurst St., 2 nd Floor Garden Grove, CA 92840 (714) 643-7176 www.centralcityhealth.org		✓	✓	Takes Medi-Cal, Cal Optima with authorization, and no insurance on a sliding scale fee.
Hurt Family Health Clinic 1 Hope Drive, Tustin, CA 92782 1100 B N. Tustin Ave., Suite A Santa Ana, CA 92705 (714) 247-0300 www.hurtclinic.org	✓ ✓	✓ ✓	✓	Medi-Cal, Medicare, and patients with no insurance welcome on a sliding scale fee pending income. Accepts private insurance only if contracted and within network.
La Amistad Family Health Center 275 W. LaVeta Ave. #260 Orange, CA 92868 (714) 771-8006 www.stjudenhc.com	✓	✓	✓	Must go in to pick up packet to register. Residence limitations: Anaheim; Garden Grove; Huntington Beach-only 92647; Irvine; Orange; Santa Ana; Tustin; Westminster. No cost (must show proof of income, address, and ID)
Lestonnac Free Clinic 1215 E. Chapman Ave. Orange, CA 92866 (714) 633-4600 https://www.lestonnacfreeclinic.org/	✓	✓	✓	More locations in Garden Grove and L.A. County. All care is free except labs; must register and qualify; Takes emergency Medi-Cal or no insurance.
Living Success Center 445 E. 17th St., Suites D-E Costa Mesa, CA 92627 (949) 645-4723 https://www.livingsuccesscenter.org/	✓			Provides therapy for those without insurance on a sliding scale, based on income.
LGBTQ Center Orange County 1605 N. Spurgeon St. Santa Ana, CA 92701 (714) 953-5428 – option 3 for intake line www.lgbtqcenteroc.org	✓			Provides therapy on a sliding scale based on income. Offers group therapy, referrals to LGBTQ+ affirming doctors and therapists. *Patient does not have to identify as LGBTQ
Mariposa Women & Family Center 200 E. Katella Ave. Orange, CA 92867 (714) 547-6494 www.mariposacenter.org	✓			Provides individual, couples, or family therapy. Sliding scale dependent on income and household number; does not take insurance. Second location in San Juan Capistrano. FREE childcare during session with request.
Mental Health Center Hoag Hospital 307 Placentia Ave., Suite 100B Newport Beach, CA 92663 (949) 764-6542 www.hoag.org/mental-health	✓			Very comprehensive therapy modalities. Crises are referred out. Cash fees on sliding scale. *Now providing free telehealth services.
Nhan Hoa Comprehensive Health Care Clinic 7761 Garden Grove Blvd. Garden Grove, CA 92841 (714) 898-8888 www.nhanhoa.org	✓	✓	✓	Offers therapy on a sliding scale pending income. Their phone line is answered 24/7. Medical emergencies for their patients only. Also has dental and optometry services.
OC Asian and Pacific Islander Community Alliance 12912 Brookhurst St., Ste. 480 Garden Grove, CA 92840 (714) 636-9095 www.ocapica.org	✓			Several other programs if patient qualifies. Takes Medi-Cal and uninsured patients.

Agency	Talk Therapy	Primary Care (meds)	Psychiatry (specialty psych meds)	Comments
OCHCA Community Counseling & Support Services 4000 W. Metropolitan Dr., Ste. 405 Orange, CA 92868 (714) 645-8000 (714) 567-5192 Intake line www.ochealthinfo.com/bhs/about/pi/early/ccss	✓		✓	Provides therapy for the uninsured or those experiencing a barrier to care. Has psychiatrist on duty. Treats mild-moderate, short-term, 3-6 months. Does not take insurance. Some services are free, if qualified.
Share Our Selves (SOS) Community Health Center 1550 Superior Ave. Costa Mesa, CA 92627 (949) 270-2100 El Sol SOS Community Health Center 1014 N. Broadway Santa Ana, CA 92701 www.shareourselves.org/Services/behavioral-health	✓ ✓	✓ ✓	✓	Many other social services available. Takes Medi-Cal and uninsured patients. (Two additional clinics available in Newport Beach & Lake Forest.). Must call ahead to see if they are taking new patients
Southland Health Center 9862 Chapman Ave., Ste. B Garden Grove, CA 92841 (714) 418-2040 www.southlandintegrated.org	✓	✓	✓	Accepts most insurances including Medicare and Medi-Cal. Co-pay will depend on your insurance policy. Also offers sliding fee discount program.
UC Irvine Health Family Health Center 800 N. Main St. Santa Ana, CA 92701 (657) 282-6355 UC Irvine Health Family Health Center 300 Carl Karcher Way Anaheim, CA 92801 (657) 282-6356	✓ ✓	✓ ✓		Santa Ana provides mental health. Must see a UCI primary care physician for referral first.
Hoag Hospital 307 Placentia Ave., Suite 100B Newport Beach, CA 92663 (949) 764-6542 www.hoag.org/mental-health	✓	✓		Individual, couple, family, and group psychotherapy for low income uninsured or underinsured people. Client fees are based on a low sliding scale. Services in English, Spanish and Farsi. Office hours are Monday-Friday, 9 a.m. – 7 p.m.

L.A County

Agency	Talk Therapy	Primary Care (meds)	Psychiatry (Specialty psych meds)	Comments
Mental Health Urgent Care Center 6060 N. Paramount Blvd. Long Beach, CA 90805 (562) 790-1860			✓	Walk-in only; wait time may be hours. Must reside in L.A. County. Takes Medi-Cal, but no insurance. Psychiatric RNP on-duty; no psychiatrist.
Casa De La Familia 3350 Wilshire Blvd. Suite 670 Los Angeles, CA 90010 (213) 413-7777	✓			Accepts those with no insurance based on family income.

For more resources in Long Beach, go to www.longbeach.gov/health.

For more resources throughout LA County, please go to <http://dmh.lacounty.gov/wps/portal/dmh>

And www.communitylink.lacare.org

This information has been compiled by GWC Student Health Services. This does not necessarily constitute or imply its endorsement, recommendation, or favoring by the GWC Student Health Services. We do our best to keep the information updated, but accuracy cannot be guaranteed. Please call the agency or provider to verify information.