

AFTER HOURS MENTAL HEALTH RESOURCES

If you are currently having a mental health emergency, call 911 or have someone take you directly to UCI Medical Center E.D. at 101 The City Drive South, Orange, CA 92868, (714) 456-5705.

National Suicide Prevention Lifeline: (800) 273-8255 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.naminc.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.naminc.org (Above languages, Arabic, Korean) **L.A. Warmline:** (855) 952-9276

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.

MENTAL HEALTH PROFESSIONALS (You may ask what credentials your provider has.)

- **Psychiatrists** are licensed physicians (**M.D. or D.O.**) who have taken special training (residencies and internships) for mental illnesses after medical school. They can prescribe medications and may practice psychotherapy (talk therapy).
- **Psychologists (Psy. D., Ph.D. or Ed.D.)** have a Doctorate Degree and treat mental disorders, psychotherapy, conduct psychological testing and complete psychological evaluations. They cannot prescribe medications.
- **Licensed Clinical Social Workers (L.C.S.W.)** have a Master's Degree in Social Work and have passed a licensing exam to practice independently. They provide psychotherapy and referrals aimed at helping people achieve more adequate, satisfying, and productive social adjustments. They cannot prescribe medications.
- **Licensed Marriage and Family Therapists (L.M.F.T.)** have a Master's Degree and a license to practice psychotherapy with families, children, and couples in intimate relationships to nurture development. They cannot prescribe medications.
- **Interns** are unlicensed graduates getting professional experience towards their license. They may practice with supervision under the license of their supervisor and their scope of practice is that of their supervisor's license.

TO ACCESS PROFESSIONAL MENTAL HEALTH CARE SERVICES

1. If you have **private medical insurance**, you may access mental health care through your insurance provider.
 - If you have an HMO or a POS plan, ask your primary care physician for a referral to a mental health provider in your plan.
 - If you have a PPO plan, look at the phone numbers on the back of your insurance card, there will be a customer service phone number or a Mental Health or Behavioral Health phone number to call. You may also go to the plan's website to find mental health providers that take your insurance.
 - You may also go online to www.psychologytoday.com/us/therapists to find therapists.
 - You should ask them if they accept your health plan, or if they will give you an invoice after each visit for you to submit reimbursement claims to your insurance company to reimburse you directly.
2. 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.
3. 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.

If you currently have regular 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; some take Medi-Cal and other insurance. 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 Alta Med patient. Other locations 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.
Dr. Jeff Huang- Priority Care Medical Group 18663 Brookhurst St., Fountain Valley, CA 92708 (714) 887-9800		✓		
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	✓ ✓	✓ ✓	✓	MediCal, Medicare, and patients with no insurance welcome. 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. Must have emergency MediCal or CalOptima.
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; call to register. 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/	✓			Second location in Laguna Hills.
LGBTQ Center Orange County 1605 N. Spurgeon St. Santa Ana, CA 92701 (714) 953-5428 www.lgbtqcenteroc.org	✓			Provides individual therapy for sliding scale fee. Offers group therapy, referrals to LGBTQ+ affirming doctors and therapists.
Mariposa Women & Family Center 200 E. Katella Ave. Orange, CA 92867 (714) 547-6494 www.mariposacenter.org	✓			Sliding scale; does not take insurance. Second location in San Juan Capistrano. FREE childcare during session with request.
Agency	Talk therapy	Primary care (meds)	Psychiatry (specialty psych meds)	Comments

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	✓	✓	✓	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.
OCHCA Community Counseling & Support Services 4000 W. Metropolitan Dr., Ste. 405 Orange, CA 92868 (714) 645-8000 www.ochealthinfo.com/bhs/about/pi/early/ccss	✓		✓	Has psychiatrist on duty. Treats mild-moderate, short-term, 3-6 months. Does not take insurance. Some services are free, if qualified.
Pepperdine University Community Counseling Center 18111 Von Karman Ave., Ste. 401 Irvine, CA 92612 (949) 223-2570 gsep.pepperdine.edu/about/clinics/irvine	✓			Cash/checks only; Sliding scale; does not take insurance. Offers couples therapy if requested. Closed month of August.
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.)
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
UCI Department of Psychiatry 101 The City Dr., Bldg. 3 Orange, CA 92868 (714) 456-5902	✓		✓	Takes private insurance and cash, does not take Medi-Cal.
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.

L.A County

Agency	Talk therapy	Primary care	Psychiatry (specialty)	Comments
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		(meds)	psych meds)	
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.

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>

Adult & Older Adult Behavioral Health (AOABH)

AOABH is a County division that provides behavioral health services in Outpatient Clinics. These serve as a safety net for individuals who would not otherwise have access to treatment due to cultural, language, socioeconomic barriers, and difficulty navigating the system of care. The service offerings include assessment, evaluation, crisis intervention, case management, individual and group therapy, medication management and support, educational and support groups, rehabilitation, linkage, benefits acquisition, placement, clubhouse, substance use disorder treatment, substance abuse groups, and specialized residential services. The **Outpatient Clinics** are listed below. Services also may be provided at client's home or local community mental health clinic for ages 60+. Call (714) 972-3700 for more information; TDD (714) 850-8461.

Adult Outpatient Clinics

<p>North Region (Serving: Anaheim, Atwood, Brea, Buena Park, Fullerton, Garden Grove, La Habra, La Palma, Placentia and Yorba Linda)</p> <p>2035 E. Ball Rd., Ste. 200, Anaheim, CA 92806 (714) 517-6300</p> <p>Dual Diagnosis services available, takes patients with or without insurance</p>	<p>South Region (Serving: Aliso Viejo, Balboa, Capistrano Beach, Corona del Mar, Dana Point, Laguna Beach, Laguna Hills, Laguna Niguel, Lake Forest, Mission Viejo, Newport Beach, Rancho Santa Margarita, San Clemente and San Juan Capistrano)</p> <p>5 Mareblu, Aliso Viejo, CA 92656 (949) 643-6901</p>
<p>East Region (Serving: Costa Mesa, Irvine, Newport Beach, Orange, Santa Ana, Tustin and Villa Park)</p> <p>1200 N. Main St., Ste. 200, Santa Ana, CA 92701 (714) 480-6767</p> <p>Takes patients without insurance, accepts MediCal</p>	<p>West Region (Serving: Cypress, Fountain Valley, Huntington Beach, Los Alamitos, Midway City, Seal Beach, Stanton, Sunset Beach and Westminster)</p> <p>14140 Beach Blvd., Ste. 223, Westminster, CA 92683 (714) 896-7566</p> <p>Perinatal services available, takes MediCal and Medicare</p>

Website: www.ochealthinfo.com/bhs/about/aoabh

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" access to your location, and you can instantly find services near you: shelter, food, laundry/clothing, personal hygiene, medical, and substance abuse. The site notes whether the service is currently opened or closed.

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

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.

I-Drive, Handouts, MH Resource Packet 5.12.21 -DR