

## IRVINE REGIONAL CAMPUS

2855 Michelle Drive Suite 250, Irvine, CA 92606

*Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a provider to utilize.*

### 24-HOURS HOTLINE CRISIS NUMBERS

#### **Suicide Prevention Lifeline**

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

**Contact:** 800-273-8255

#### **National Domestic Violence Hotline**

Everyone deserves relationships free from domestic violence. When you are ready, they are here to listen with confidential support.

**Contact:** 800-273-8255

#### **National Sexual Assault 24-Hour Hotline**

The National Sexual Assault Hotline is a safe, confidential service. A trained staff member will provide support through listening and sharing resources.

**Contact:** 800-273-8255

#### **SAMHSA's National Helpline**

The helpline provides 24-hour free and confidential treatment, referrals and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**Contact:** 1-800-662-4357

#### **Crisis Text Line**

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

**Contact:** 1-800-662-4357

#### **Veterans Crisis Line**

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

**Contact:** 1-800-273-8255 Press 1

#### **Vets4Warriors**

Vets4Warriors provides confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

**Contact:** 1-855-838-8255

#### **Trans Lifeline**

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

**Contact:** 877-565-8860

## MENTAL HEALTH SERVICES

### Orange County Health and Psychology- <https://ochpa.com/>

The Orange County Health and Psychology's mission is to help adolescents and adults struggling with mood disorders, eating disorders, and dual diagnosis find their way to hope and long-term successful recovery.

**Contact:** (949) 551-4272

**Location:** 62 Discovery, Suite #100, Irvine 92618

**Rates/Insurance:** Please see their website for a list of in-network insurances

### OC Social Services Agency- <https://www.ssa.ocgov.com/>

The OC Social Services Agency (SSA) provides services regarding health, safety and well-being of children, adults with disabilities, seniors and families. The SSA works with children, adults and families to support their efforts for achieving self-sufficiency.

**Specialty:** Homeless assistance, CalWorks and cash assistance, mental health resources, public health clinic and free & low cost clinics, substance use resources, and domestic abuse services.

**Rates/Insurance:** Varies per program.

### OC Links Information and Referral Line- <https://www.ochealthinfo.com/bhs/about/nit/oclinks/>

The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services.

**Contact:** 855-625-4657

**Rates/Insurance:** Varies per program

### NAMI Orange County- <https://www.namioc.org/>

The mission of NAMI Orange County is to provide emotional support, education and resources for families, and those affected by mental illness. NAMI Orange County conducts educational programs, meetings and support groups throughout Orange County addressing every aspect of mental health at no cost to the community.

**Contact:** (714) 544-8488

**Location:** 1810 East 17<sup>th</sup> Street, Santa Ana 92705

**Rates/Insurance:** Free

### Human Options- <https://humanoptions.org/>

Human Options leads the way at the center of a collective countywide response in service of those threatened by abuse in Orange County. They have several family resource centers throughout the county, along with legal services.

**Contact:** 877-854-3594 (24/7 bilingual hotline)/ (949) 737-5242

**Specialty:** 24 hours hotline, emergency shelter, transitional housing, counseling and supportive services, Safe Options for Seniors, services for military and families, prevention and education and legal advocacy services.

**Location:** 5540 Trabuco Rd Ste 100, Irvine 92620

**Rates/Insurance:** Please call to verify

### Santa Ana Community Counseling- [www.santaanacommunitycounseling.com](http://www.santaanacommunitycounseling.com)

Santa Ana Community Counseling offers a range of counseling and therapy services to the diverse and eclectic people, who live, go to school and/or work in the City of Santa Ana and surrounding communities, such as Orange, Tustin, Garden Grove and Anaheim.

**Contact:** 714-709-4708

**Location:** 980 West Seventeenth Street #C Santa Ana, CA 92706

**Specialties:** Individuals and couples, children, teens & families, relationship Issues, grief and loss, depression and anxiety, life transitions, work or academic Issues, parenting and adoption, addiction & stress management.

**Rates/Insurance:** Reduced fee services are available on a limited basis.

**Didi Hirsch Mental Health Services-** [www.didihirsch.org](http://www.didihirsch.org)

Didi Hirsch Mental Health Services has provided free mental health, substance use disorder and suicide prevention services since 1942. Dedicated to serving communities where stigma or poverty limits access, Didi Hirsch helps more than 150,000 children and adults from 10 locations and 100 schools throughout Los Angeles and Orange counties each year.

**Contact:** 714-547-0885

**Location:** 2000 E 4th St #201, Santa Ana, CA 92705

**Specialties:** Individual, group and family therapy, as well as medication management, healthcare and other case management services.

**Rates/Insurance:** Please call to get information on specific rates. Rates are often based on financial need and income limits.

**Straight Talk Counseling-** [www.straighttalkcounseling.org](http://www.straighttalkcounseling.org)

Straight Talk Counseling offers affordable, high-quality counseling and prevention services.

**Contact:** 714-828-2000

**Location:** 3785 South Plaza Drive, Santa Ana, CA 92704

**Specialties:** Counseling for families, couples, individuals, and groups. Counseling services cover a wide array of mental health needs, including anxiety and stress reduction, psychological testing, relationship coaching, and group therapy, such as anger management and adolescent sex education.

**Rates/Insurance:** Sliding scale based on income.

**Hurtt Family Health Clinic-** [www.hurttclinic.org](http://www.hurttclinic.org)

Hurtt Family Health Clinic provides highly accessible, preventative, primary and specialized healthcare to homeless and underserved families including mental health treatment.

**Contact:** 714-247-0300

**Location:** 1100 N Tustin Ave, Ste A, Santa Ana, CA 92705

**Rates/Insurance:** Sliding scale based on income.

**Affirming Therapy of Orange Country-** <https://www.affirmingtherapyoc.com/>

Affirming Therapy of Orange County provides mental health services to individuals, couples and groups.

**Contact:** 657-203-3228

**Location:** 17822 Beach Boulevard, Huntington Beach CA 92647

**Specialties:** Sexuality, gender identity, chronic illness, grief & the enormous task of life.

**Rates/Insurance:** On occasion, they offer fees based on a sliding scale starting at \$70 per 50-minute session (or \$60 if paid on or before the day of the session). These fees apply to therapy provided in office, via telephone, or Skype.

## DOMESTIC VIOLENCE & SEXUAL ASSAULT

### Interval House- <http://www.intervalhouse.org/>

Interval House ensures health, safety and self-sufficiency for victims of domestic violence and individuals at risk for abuse and homelessness.

**Contact:** (714) 891-8121

**Specialties:** 24-hour crisis hotlines, emergency response teams, community service centers, housing programs, counseling, legal assistance, health and wellness, and financial empowerment.

**Rates/Insurance:** Please call to confirm

### Laura's House- <https://www.laurashouse.org/>

Laura's House provides unduplicated domestic violence-related services to Orange County residents. Laura's House has provided shelter and supportive services to abused women, men, and children and counseling, life skills education and legal advocacy to over 55,000 persons.

**Contact:** (866) 498-1511 (24-hour toll free hotline)

(949) 484-8440 (Text "HEART" to chat with an advocate on-line)

(949) 361-3775 (Counseling and Resource Center)

(714) 450-6131 (Domestic Violence Advocacy Center)

**Location:** 33 Journey Ste 150, Aliso Viejo 92656 (Counseling and Resource Center)

12453 Lewis Street, Ste 201, Garden Grove 92840 (Domestic Violence Advocacy Center)

**Specialties:** Emergency shelter, transitional housing, counseling, therapeutic groups & workshops, legal advocacy, outreach education and prevention

**Rates/Insurance:** Please call to confirm

### Women's Transitional Living Center, Inc. (WTLC)- <https://wtlc.org/>

WTLC strives to end the cycle of violence by working with survivors of domestic violence and human trafficking, their families and the community by providing multiple intervention and prevention services on a continuum.

**Contact:** (877) 531-5522 (24-hour bilingual hotline)

**Specialties:** Bridge housing and supportive services (counseling, educational and skill building, family engagement, legal, peer support groups, holistic, and resources and referrals).

**Rates/Insurance:** Please call to verify

### Domestic Violence Assistance Program-

<https://www.ocgov.com/gov/sheriff/about/info/referral/default.asp>

The Domestic Violence Assistance Program offers temporary restraining order assistance and referral counseling.

**Contact:** (714) 935-7956

**Rates/Insurance:** Please call to verify

## RESOURCES FOR VETERANS

### Strong Families, Strong Children- <https://www.ocstrongfamilies.org/pages/about-strong-families-strong-children>

The Strong Families, Strong Children (SFSC) program, made up of five nonprofit partners, brings together a coordinated, community-based approach to serve Orange County veteran and military-connected families. It is an innovative collaboration of agencies specializing in mental health (Child Guidance

Center), domestic violence (Human Options), housing support and basic needs (Families Forward), veteran legal services (Veterans Legal Institute), and program evaluation (Children and Family Futures). SFSC is staffed with Case Managers and Peer Navigators, each with lived-military experience, who strive to help each family access specialty services that meet their unique needs. The mission of SFSC is to improve the health and well-being of veterans, military families, and children throughout Orange County by engaging the community, building resiliency, and creating safer, more stable home environments.

**Contact:** (714) 953-4455 ext. 661

**Rates/Insurance:** Free

**Veterans Legal Institute-** <https://www.vetslegal.com/>

Veterans Legal Institute provides pro bono legal assistance to homeless, at risk, disabled and low income current and former service members to eradicate barriers to housing, healthcare, education, and employment and foster self-sufficiency.

**Contact:** (714) 852-3492

**Location:** 1231 Warner Ave, Tustin 92780

**Rates/Insurance:** Please call to verify

**The Tierney Center for Veteran Services in Tustin-** <https://www.ocgoodwill.org/tierney-center/>

Goodwill of Orange County's Tierney Center for Veteran Services is a comprehensive resource serving veterans and their families. Regardless of when you served, how you were discharged, whether you were active duty, National Guard or reserves, you served our country and now they want to serve you.

**Contact:** 855-998-3837

**Location:** 1231 Warner Ave., Tustin 92780

**Specialties:** Employment and career counseling, education services, housing assistance, healthcare and benefits, legal services, financial counseling, & women veterans services.

**Rates/Insurance:** Please call to verify

**Easter Seals: The Bob Hope Veterans Support Program-** <https://www.easterseals.com/southernca/our-programs/military-veterans-services/>

Helping veterans & their families successfully integrate back into communities & pursue healthy, productive lives through one-on-one employment support services & referrals to assist veterans transitioning out of the military into a civilian job or starting their own small business. Services provided to spouses/registered domestic partners of veterans only if their veteran has a disability and cannot work.

**Contact:** (760) 737-3990, option 6

**Location:** 1570 E. 17<sup>th</sup> St., Santa Ana 92705

**Rates/Insurance:** Please call to verify

**Armed Force to Work Force-** <http://armedforce2workforce.org/>

Assists young veterans in their search for rewarding, career oriented employment in Southern California following their separation from the United States Military

**Contact:** (714) 671-8550

**Rates/Insurance:** Please call to verify

## LEGAL RESOURCES

**Catholic Charities: Refugee/Resettlement, Immigration and Citizen Center-**  
<https://ccoc.org/programs/human-services/immigration-citizenship-services>

Assists clients with multiple services including application for naturalization, adjustment of status, family petition, family unity, family reunification, student visa, fiancé visa, self-petition for domestic violence victim, removal of conditional residence, affidavit of support, green card for refugee, certificate of citizenship for children, consultation, information and referral. Free Citizenship Classes are held Monday and Tuesday at the center. **This is a faith-based organization.**

**Contact:** (714) 347-9664

**Location:** 1800 E. 17<sup>th</sup> St, Santa Ana 92705

**Rates/Insurance:** Please call to verify

**Fair Housing Council-** <https://www.fairhousingoc.org/>

The Fair Housing Council is a private nonprofit organization that provides fair housing enforcement and education, landlord/tenant counseling and HUD housing counseling which includes rental assistance

**Contact:** (714) 569-0823

**Location:** 201 S Broadway, Santa Ana 92701

**Rates/Insurance:** Please call to verify

**Legal Aid Society of Orange County-** <https://www.communitylegalsocal.org/>

The Legal Aid Society of Orange County offers a variety of free legal services to low income persons and seniors

**Contact:** (714) 571-5200

**Location:** 2120 N. Tustin Ave., Santa Ana 92705

**Rates/Insurance:** Please call to verify

**Office of the Family Law Facilitator-** <https://www.fairhousingoc.org/>

The Office of the Family Law Facilitator assists self-represented parties with information, forms, and procedures related to child support, spousal support, and health insurance issues.

**Contact:** (657) 622-5500

**Location:** 341 The City Drive, Room 705, Orange 92868

**Rates/Insurance:** Please call to verify

**The Public Law Center-** <https://www.publiclawcenter.org/>

The Public Law Center's 35 staff members work with over 1,500 Orange County lawyers, paralegals, law students and other volunteers annually to provide free civil legal services, including: counseling, individual representation, community education, and strategic litigation and advocacy to challenge societal injustices.

**Contact:** (714) 541-1010

**Location:** 601 W Civic Center Dr., Santa Ana 92701-4002

**Rates/Insurance:** Free

## HOUSING

**Mercy House-** <https://mercyhouse.net/>

Mercy House provides housing and comprehensive supportive service for a variety of homeless populations, which includes families, adult men and women, mothers and their children, person living

with HIV/AIDS, individuals overcoming substance addictions, and some who are physically and mentally disabled.

**Contact:** (714) 836-7188

**Rates/Insurance:** Please call to confirm

#### **Serving People in Need** - <https://www.spinoc.org/>

Serving People In Need helps families with children who are in crisis and are homeless with housing and support services. The demand for entry into our housing program is great and SPIN cannot guarantee placement.

**Contact:** (714) 751-1101

**Location:** 151 Kalmus Drive H-2, Costa Mesa 92626

**Rates/Insurance:** Please call to confirm

#### **American Family Housing** - <https://www.spinoc.org/>

American Family Housing provides transitional shelter & permanent supportive housing for people who are employed/employable, & transitional housing for unaccompanied adults who may be unable to work & need assistance with accessing mainstream benefits

**Contact:** (714) 897-3221

**Location:** 15161 Jackson St., Midway City, CA 92655

## **BASIC NEEDS**

#### **Families Forward**- <https://www.families-forward.org/>

Families Forward exists to help families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services. They offer a housing program for families experiencing unstable housing, food pantry, counseling, career coaching and financial and life skills education.

**Contact:** (949) 552-2727

**Location:** 8 Thomas, Irvine 92618

**Rates/Insurance:** Please call to confirm

#### **South County Outreach**- <https://www.sco-oc.org/>

South County Outreach is a leader in the fight to end hunger and homelessness in Orange County by providing the following services: food pantry, rapid rehousing, transitional housing and rental and utility assistance.

**Contact:** (949) 380-8144

**Location:** 7 Whatney Suite B, Irvine 92618

**Rates/Insurance:** Please call to confirm

#### **Catholic Charities of Orange County**- <https://www.family-assistance.org/>

Since 1976, Catholic Charities has fed the hungry, consoled the hurting, cared for the young, always providing help and creating hope for the people of Orange County, regardless of religion, ethnicity, culture or age. **This is a faith-based organization.**

**Contact:** (714) 347-9602/ 24/7 faith-based, telephone hotline 1-714-639-4673

**Specialties:** Cantlay Food Distribution Center, CalFresh Healthy Living program, rental assistance, mental health services.

**Rates/Insurance:** Please call to confirm

**Family Assistance Ministries-** <https://www.sco-oc.org/>

Family Assistance Ministries is a non-profit organization assisting those in need in Orange County with resources for food, shelter, and personalized supportive counsel and aid, helping clients bridge the gap from dependency to self-sufficiency. **This is a faith-based organization.**

**Contact:** (949) 492-8477

**Rates/Insurance:** Please call to confirm

**OC Food Help-** <https://ocfoodhelp.org/>

OC Food Help hopes to make getting access to food easier than ever before to Orange County residents. Their website has an interactive map to help locate local soup kitchens, food pantries, home-delivered meals, congregate meals and after-school meals.

## MEDICAL NEEDS

**Share Our Selves (SOS)-** <https://www.shareourselves.org/>

Share Our Selves emphasizes care of the whole person through their comprehensive services, including medical and dental care, social services, behavioral health and seasonal outreach programs. They offer case management, patient navigation, and solutions for social stressors for low-income and homeless individuals and families in Orange County.

**Contact:** (949) 270-2100

**Location:** 1550 Superior Ave, Costa Mesa 92627

**Rates/Insurance:** Please call to confirm

## SUBSTANCE ABUSE/CHEMICAL DEPENDENCY

**Alcoholics Anonymous-** <https://oc-aa.org/home.htm>

Alcoholics Anonymous is an international mutual aid fellowship with the stated purpose of enabling its members to "stay sober and help other alcoholics achieve sobriety." AA is nonprofessional, non-denominational, self-supporting, and apolitical. Its only membership requirement is a desire to stop drinking

**Contact and Location:** Orange County Central Office- 1526 Brookhollow Dr., Ste 75, Santa Ana, CA 92705/ (714) 556-4555

South Orange County Central Office- 30011 Ivy Glenn Drive Ste 104 Laguna Niguel 92677/ (949)-582-2697

North Orange County Central Office- 1661 E. Chapman Ave., Ste 1H Fullerton, CA. 92831/ (714) 773-4357

**Rates/Insurance:** Please call to confirm

**OC Links Information and Referral Line-** <https://www.ocalthinfo.com/bhs/about/nit/oclinks/>

The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services.

**Contact:** 855-625-4657

**Rates/Insurance:** Varies per program



**Ashland House-** <https://ashland-home.org/>

Ashland House is a county funded detox program for women.

**Contact:** (949) 460-0375

**Location:** 24566 Ashland Dr, Laguna Hills, CA 92653

**Rates/Insurance:** Please call to confirm

**Casa Elena Recovery Home-** <https://ashland-home.org/>

Ashland House is a county funded detox program for women.

**Contact:** (949) 460-0375

**Location:** 24566 Ashland Dr, Laguna Hills, CA 92653

**Rates/Insurance:** Please call to confirm

**Cornerstone of Southern California-** <https://www.cornerstonesocal.com/>

Cornerstone provides a full continuum of care including detox, primary rehab, extended care, outpatient treatment, alternative sentencing, recovery homes and sober living.

**Contact:** (714) 730-5399

**Location:** 13682 Yorba St, Tustin 92780

**Rates/Insurance:** Please call to confirm

**Roque Center**

Roque Center is a county funded detox residential treatment facility serving men and women in alcohol recovery.

**Contact:** (714) 839-0607

**Location:** 10936 Dale Ave., Stanton 90680

**Rates/Insurance:** Sliding scale fee based on ability to pay.

**Unidos Recovery Home**

Unidos Recovery Home is a county funded detox for men who are ready and willing to learn and live in recovery from alcoholism.

**Contact:** (714) 531-4624

**Location:** 9842 W 13<sup>th</sup> St #B, Garden Grove 92844

**Rates/Insurance:** Sliding scale fee available.

## MISCELLANEOUS

**Waymakers-** <https://waymakersoc.org/>

Wayfinders is a nonprofit resource building safe communities by helping people find their way. Whether redirecting youth offenders, helping sheltered children get back on track, unifying troubled families, resolving community conflicts or empowering victims of violence, Waymakers clears the path so clients can advance beyond crisis.

**Contact:** (949) 250-0488

**Location:** 1221 East Dyer Road Ste 120, Santa Ana 92705

**Specialties:** Victim assistance programs (victim assistance centers, rape crisis/sexual assault centers, gang victim services, domestic violence assistance, community crisis response team) and counseling programs (gang prevention and intervention, families first outpatient services, youth offender wraparound services, collaborative court full service partnership for juveniles)

**Rates/Insurance:** Please call to verify

**Families Forward Community Resource Guide-** <https://www.families-forward.org/wp-content/uploads/2018/05/2018-CRF-Guide-English-For-Web.pdf>

The Families Forward Community Resource Guide is a 20 page document consisting of resources regarding career and education, financial and legal, health and safety, housing, etc.

## **SELF HELP RESOURCES**

**Orange County Al-Anon and Alateen-** <https://www.ocalanon.org/meeting-directory/>

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.

**Rates/Insurance:** Free

**Orange County California Area of Narcotics Anonymous-** <https://orangecountyna.org/ocwp/meetings/>

Narcotics Anonymous (or NA) is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

**Rates/Insurance:** Free

**Locations:** Buena Park, La Habra, Brea, Fullerton, Los Alamitos, Cypress, Yorba Linda, Placentia, Anaheim, Stanton, Garden Grove, Westminster, Orange, Santa Ana, Fountain Valley, Huntington Beach, Tustin, Newport Beach, Costa Mesa, Irvine

**Mental Health America Support Groups Resources-** <https://mhanational.org/find-support-groups>

Mental Health America compiled a list of resources including specialized support groups.

**Grief.com-** <https://grief.com/>

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.