

## Services for LGBTQIA

### **The Center OC**

Services: Individual, group, and family therapy to Orange County residents.

Cost: Sliding scale fee

(714) 953-5428 | [www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)

### **Trevor Project**

Services: Crisis & suicide intervention through chat and text.

(866) 488-7386 | [www.thetrevorproject.org](http://www.thetrevorproject.org)

### **OC Accept**

Services: Free individual, family counseling, and support services.

(714) 517-6100 | [www.ochealthinfo.com/ocaccept](http://www.ochealthinfo.com/ocaccept)

## Culturally Centered Services

### **Orange County Asian Pacific Islander Community Alliance (OCAPICA)**

Services: Individual counseling and wraparound support in-home. Also offers services in all Asian languages. Available to all; do not need to be Asian heritage to receive services

(714) 636-9095 | [www.ocapica.org](http://www.ocapica.org)

### **Multi-Ethnic Collaborative of Community Agencies**

#### **(MECCA)**

Services: Counseling services, education, and outreach to address mental health needs of low-income families. MECCA includes:

Korean Community Services | (714) 527-6561

OMID (Farsi speaking) | (949) 502-4721

OC Chinese Community Services | (949) 375-4959

Vietnamese Community of OC | (714) 558-6009

(714) 202-4750 | [www.ocmecca.org/collaborative-member-agencies](http://www.ocmecca.org/collaborative-member-agencies)

### **Catholic Charities**

Services: Individual and group counseling to all.

Cost: \$25-\$50

(714) 347-9680 | [www.ccoc.org](http://www.ccoc.org)

## Parenting Resources

### **Children's Support and Parenting Program (CSPP)**

Services: Psychoeducation groups for parents and caregivers with school-aged children.

(714) 480-4678 | [www.ochealthinfo.com](http://www.ochealthinfo.com)

### **The Prevention Center**

Services: Parenting programs including parenting workshops, helping kids cope through divorce, and parenting resources.

(714) 543-4333 | [www.BrightFutures4Kids.org](http://www.BrightFutures4Kids.org)

## Shelters in Orange County

### **Community Service Programs (CSP) Teen Shelter**

Services: Short-term, crisis intervention to homeless, runaway, and at-risk youth in OC. Emergency shelter, 24 hour supervision, individual, group, and family counseling.

Laguna Beach: (949) 494-4311 | Huntington Beach: (714) 842-6600

[www.cspinc.org](http://www.cspinc.org)

### **Casa Youth Shelter**

Services: Short-term and long-term placement programs to provide basic needs for youth and individual, group, and family counseling.

(800) 914-CASA (800-914-2272) | [www.casayouthshelter.org](http://www.casayouthshelter.org)

### **Laurel House**

Services: Temporary housing and care for teen girls (12-17) who are runaways or at risk for homelessness because of volatile family situations. Need willingness and participation from both teen and parents. Need to call to initiate intake process to determine eligibility and suitability to program.

(714) 832-0207 | [www.laurelhouse.org](http://www.laurelhouse.org)

## Hotlines & Online Resources

### **Orange County Suicide Prevention/Crisis Line**

Confidential 24-hour telephone counseling to individuals contemplating, threatening, or attempting suicide.

877-7CRISIS (877-727-4747)

### **The OC Warm Line**

Non-crisis, caring support for anyone struggling with emotional/mental health challenges.

(877) 910-WARM (877-910-9276)

### **Sexual Assault/Rape Crisis**

24/7, 7 days a week

(714) 957-2737

### **211 & OC Links Information & Referral Service**

Free 24 hr information and referral line linking to thousands of local health and human service programs in the OC.

2-1-1 | 855-OCLINKS (888-625-4657)

### **National Institute of Mental Health (NAMI)**

Helpline and family resources and groups for those affected by mental illness.

1 (800) 950-NAMI (Helpline) | [www.namio.org](http://www.namio.org)

### **Reach Out**

Information and support service for young adults facing tough times and struggling with mental health issues.

1 (800) 448-3000 | [www.reachouthere.com](http://www.reachouthere.com)

### **Walk in Our Shoes**

Mental health education | [www.walkinourshoes.org](http://www.walkinourshoes.org)

### **My3app**

Suicide prevention app for iPhone & Android | [www.my3app.org](http://www.my3app.org)



Irvine Unified School District  
5050 Barranca Parkway  
Irvine, CA 92604  
(949) 936-5000 | [www.iusd.org](http://www.iusd.org)

\*IUSD does not endorse or recommend these organizations. They are listed here as they provide a community service.



# Community Mental Health Resources

## Prevention and Intervention



IRVINE UNIFIED  
SCHOOL DISTRICT

## Community Resources

### **Irvine Family Resource Center**

Services: Short-term, solution-focused individual and family therapy, resource linkage and referrals, and parent education/support groups to IUSD families K-12.  
(949) 936-7504 | [http://iUSD.org/education\\_services/irvinefamilyresourcecenter.html](http://iUSD.org/education_services/irvinefamilyresourcecenter.html)

### **Hoag Community Mental Health**

Services: Psychotherapy, psychoeducation, case management, psychiatric services, and Intensive Outpatient Program (IOP) to uninsured and underinsured OC families. Can provide services in English, Spanish, or Farsi.  
(949) 764-6542 | [www.hoag.org](http://www.hoag.org)

### **Didi Hirsch Mental Health Center- Santa Ana**

Services: Crisis line, outreach and survivor support services for family members of a person who committed suicide.  
(714) 547-0855 | [www.didihirsch.org/orange-county](http://www.didihirsch.org/orange-county)

### **Children and Youth Services (CYS)- South Region**

Services: Outpatient mental health clinic providing individual, group and family therapy, medication support, crisis intervention, family education and case management.  
Cost: Sliding scale fee  
(714) 850-8408 | [www.ochealthinfo.com/bhs](http://www.ochealthinfo.com/bhs)

### **Mariposa Women & Family Center**

Services: Individual and group counseling, crisis intervention, substance abuse counseling, and support groups to OC residents.  
Cost: Sliding scale fee  
Orange: (714) 547-6494 | San Juan Capistrano: (949) 429-6888  
[www.mariposacenter.org](http://www.mariposacenter.org)

### **The Turning Point for Families- Santa Ana**

Services: Individual and group counseling, specializes in anger management and domestic violence  
Cost: \$40 intake fee; sliding scale fee  
(714) 547-8111 | [www.turningpointsantaana.org](http://www.turningpointsantaana.org)

### **Western Youth Services**

Services: Mental and behavioral health counseling, addiction, advocacy, support and housing.  
Cost: Sliding Scale Fee  
(714) 378-2620 | [www.westernyouthservices.org](http://www.westernyouthservices.org)

## Intensive Mental Health Services

### **UCI Adolescent Mental Health**

Services: Address mental health needs of students with insurance coverage.  
(714) 456-5902 | [www.ucirvinehealth.org](http://www.ucirvinehealth.org)

### **Mission Hospital**

Services: Intensive outpatient program (dual diagnosis) for ages 14-17 affected by substance abuse and psychological problems.  
Laguna Beach: (949) 499-1311 | Mission Viejo: (949) 364-1400  
[www.mission4health.com](http://www.mission4health.com)

## Suicide and Crisis Services

### **Centralized Assessment Team (CAT)**

Services: Suicide assessment of children and referral linkage to families.  
Cost: Insurance coverage or out-of-pocket fees may incur  
(866) 830-6011

### **Irvine Police Department**

(949) 724-7000

## Legal Resources

### **Community Services Programs (CSP) Victim Services**

Services: Domestic and family violence, child dependency services, sexual assault and victim advocacy.  
(949) 250-0488 | [www.cspinc.org](http://www.cspinc.org)

## Housing Resources

### **Families Forward**

Services: Help families achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services to OC families.  
(949) 552-2727 | [www.families-forward.org](http://www.families-forward.org)

### **FOR Families**

Services: Information, referral services, and short-term support for anyone living or working in Irvine needing assistance with services and resources.  
Cost: Free for Irvine residents; \$25 for non-residents  
(949) 724-6650 | [www.cityofirvine.org/seek-assistance](http://www.cityofirvine.org/seek-assistance)

### **Project Hope Alliance**

Services: Education and support for homeless families.  
(714) 796-8737 | [www.projecthopealliance.org](http://www.projecthopealliance.org)

## Substance Abuse Resources

## Outpatient Services

### **Breakaway Health**

Services: Adult and adolescent outpatient treatment for chemical dependency and drug screening services.  
(714) 957-8229 | [www.breakawayhealth.com](http://www.breakawayhealth.com)

### **The Gary Center: Substance Abuse Counseling Systems (SACS)**

Services: Community programs, emergency crisis counseling, drug and mental health counseling, primary care, dental and other behavioral and medical services.  
(714) 542-0400 | <http://www.vccthegarycenter.clinic/>

## Inpatient Services

### **Phoenix House**

Services: Adolescent inpatient drug residential and mental health treatment facility.  
Cost: Sliding scale fee  
(800) 251-0921 | [www.phoenixhouse-orangecounty.org](http://www.phoenixhouse-orangecounty.org)

### **Touchstones**

Services: Outpatient and residential drug/alcohol treatment program for ages 12-22.  
Cost: Sliding scale fee  
(866) 395-1680 | <http://www.socialmodelrecovery.org/>

## Support Groups

### **Alcoholics Anonymous**

Services: Group meetings for individuals of different ages and genders battling alcohol related concerns.  
(714) 556-4555 | <http://www.oc-aa.org>

### **Al-Anon / Alateen**

Services: Group meetings and resources for young people and adults of different ages and genders whose lives have been affected by someone else's drinking.  
(714) 748-1113 | <http://www.ocalanon.org>

Revised 9/2017