

RESOURCES

Community Mental Health Resources, Orange County

If you have a serious and immediate safety concern regarding a student (yourself or a friend), please call 9-1-1 or the OC Sheriff's Department at (949) 770-6011. If your concern needs immediate mental health attention, support is also available by contacting one of the hotlines listed below.

Hotlines/Helplines

National Suicide Prevention Lifeline

Description: Suicide prevention hotline and services.

English: 800-273-TALK

Español: 888-628-9454

TTY: 800-799-4889

Online chat: suicidepreventionlifeline.org

Crisis Text Line

Description: Free 24/7 support for people in crisis.

Hotline: Text "HOME" to 741741

California Youth Crisis Line

Description: Free 24/7 support for young people 12 to 24 years old.

Hotline: 800-843-5200

NAMI-OC Warm Line

Description: Free confidential telephone service providing emotional support and resources to Orange County residents.

Hotline: 714-991-6412

9 a.m. - 3 a.m. (Mon.- Fri.)

10 a.m. - 3 a.m. (Sat.- Sun.)

Rape Crisis Hotline

[Supporting Victims – Waymakers \(waymakersoc.org\)](http://SupportingVictims-Waymakers.waymakersoc.org)

Hotline: 714-957-2737

Counseling Centers

South Orange County Resource Center

<https://www.factoc.org/frc/southorangecounty/>

Services & Programs: Brief Individual & Family Counseling Services, Family Advocacy, Parent Education, Health Care Access, Youth Classes, WIC, Legal Services **949-364-0500**

Mariposa Center - Orange

<https://www.mariposacenter.org/>

Services & Programs: Affordable family counseling, individual counseling, couples counseling, substance abuse counseling, economic empowerment courses, group classes. Call for fees **714-547-6494**

Didi Hirsch Orange County, Mental Health Center

<https://didihirsch.org/>

Services & Programs: Crisis line, outreach and survivor support services for family members of a person who committed suicide. Outpatient therapy for teens, adults, and families; Bereavement groups; Suicide attempt support groups; Outreach and training **714-547-0885**

USC Telehealth

<https://dworakpeck.usc.edu/research/centers-affiliations/telehealth>

Services: Virtual counseling program that provides clients 12 years and older with “face to face” online counseling and psychotherapy, services through your computer, smart phone, or tablet. Services in English and Spanish **866-740-6502**

OCAPICA

<https://www.ocapica.org/>

Services & Programs: Services for Asian and Pacific Islanders including employment/training services, wrap around services, community outreach, linkage to appropriate community mental health agencies, case management **949-951-2409**

Pepperdine University Counseling Center - Irvine

<https://gsep.pepperdine.edu/about/clinics/>

Services: Wide variety of affordable counseling services. Call for fees **949-223-2570**

Chapman University - Irvine

<https://www.chapman.edu/students/health-and-safety/psychological-counseling/index.aspx>

Services: Wide variety of affordable counseling services. Call for fees **714-997-6746**

Living Success Center – Costa Mesa

<https://www.livingsuccesscenter.org/therapy-services>

Services: Wide variety of affordable counseling services. Call for fees **949-645-4723**

Straight Talk Counseling Center - Cypress

<https://www.straighttalkcounseling.org/>

Services and Programs: Affordable individual, family, and couples counseling for the community in Santa Ana and La Mirada. Affordable testing and evaluations for psychological disorders and learning disorders such as ADHD and Autism Spectrum Disorders. Call for fees **714-828-2000**

Substance Abuse Resources

[Al-Anon Family Groups | Information Service of Orange County | Incorporated 1975 \(ocalanon.org\)](#)

[Orange County AA - HOME \(oc-aa.org\)](#)

[Orange County NA | Welcome to Orange County California Area of Narcotics Anonymous](#)

[Rehab Programs for Drug and Alcohol Addiction - 2021 \(drug-rehabs.org\)](#)

866-845-8975. Assistance with finding a drug rehabilitation program for a specific alcohol or drug addiction problem. Services are provided at no cost.

Grief Resources

Dougy Center

<https://www.dougy.org/>

Services & Programs: The Dougy Center provides resources for support for children, teens, young adults, and their families that are grieving a death **866-775-5683**

O'Connor Mortuary and Grief & Healing

<https://oconnormortuary.com/grief-and-healing/>

Services & Programs: Links and information of researched resources to assist people in grief, connect to a grief therapist or support group **877-872-2736**

O'Connor Mortuary Grief Library

<https://oconnormortuary.com/grief-and-healing/grief-library/>

Services & Programs: O'Connor Mortuary Grief Library: Over 60 online articles that provide you with immediate comfort, insight, and practical tips on dealing with your own grief or the sorrow of friends or family members.

LGBTQ+

LGBTQ Center OC

<https://www.lgbtqcenteroc.org/>

Services & Programs: Individual therapy, group therapy, family therapy, HIV and STD testing, medical transition services, legal support clinic, advocacy and information sessions monthly **714-953-5428 x330**

The Trevor Project

<https://www.thetrevorproject.org/>

Services & Programs: Crisis intervention and suicide prevention services to LGBTQI youth through 24-hour help line and internet chat **866-488-7386**

PFLAG

<https://pflag.org/>

Services & Programs: Uniting the LGBTQI community with friends, families, and allies through its mission of support, advocacy, and education. Orange County helpline 562-569-1767

Domestic Violence

Laura's House

<https://www.laurashouse.org/>

Services & Programs: crisis shelter, individual and group counseling, workshops and domestic violence information and resources **949-361-3775**

24 Hour Hotline: 866-498-1511

Human Options

<https://humanoptions.org/>

Services and Programs: emergency shelter, counseling, support, and education

24 Hour Hotline: 877-854-3594

Sexual Assault

<https://www.rainn.org/get-help>

Services: National sexual assault hotline connecting survivors to providers and resources in their area **800-656-4673**

Testing and Evaluations/Tutoring

Straight Talk Counseling Center - Cypress

<https://www.straighttalkcounseling.org/>

Services: Affordable testing and evaluations for psychological disorders and learning disorders. Call for fees **714-828-2000**

If you are in need of testing or evaluation for learning disorders or psychological disorders that may impact learning you can contact your insurance company for a list of contracted providers. You may also be able to find providers through the sources below that may accept payment on a sliding scale fee.

<https://www.psychologytoday.com/us/therapists/testing-and-evaluation/ca/orange-county>

<https://www.additudemag.com/>

<https://www.iser.com/index.shtml>

Medical Clinics

SOS Clinic (HOAG Hospital)

<https://www.shareourselves.org/>

1550 Superior Ave., Costa Mesa

949 -270-2100

Walk in M-W-F, 7:30 AM , valid ID

Screening process prior to meeting with MD.

Lestonnac Free Clinic

<https://lestonnacfreeclinic.org/>

1215 E. Chapman Ave., Orange

714-633-4600

Mon. – Sat. 9 AM to 5 PM

Laguna Beach Free Clinic

<https://lbclinic.org/>

362 Third Street, Laguna Beach

949-494-0761

Accept walk-ins

FREE Mental Health Apps

GENERAL



What's Up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. You'll love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. (Free; [iOS](#) and [Android](#))



Calm: Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you. (Free; [iOS](#) and [Android](#))



Headspace: Meditation and Sleep

Learn the life-changing skills of meditation in just a few minutes a day with Headspace. Find hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. (Free; [iOS](#) and [Android](#))



Sanvello: for Stress, Anxiety & Depression

Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better. Meditations and Mindfulness exercises free with .edu email address.



Insight Timer: Free Meditation App

Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. (Free; [iOS](#) and [Android](#))

ANXIETY



Mind Shift is one of the best mental health apps designed specifically for teens & young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations. (Free; [iOS](#) and [Android](#))



Self-Help for Anxiety Management (SAM) might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and

learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support. (Free; [iOS](#) and [Android](#))



CBT Thought Record Diary: The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations. (Free; [iOS](#) and [Android](#))

DEPRESSION



Happify: Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. (Free; [iOS](#) and [Android](#))



MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and

analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app. (Free; [iOS](#) and [Android](#))

POST TRAUMATIC STRESS DISORDER



PTSD Coach: Created by the VA’s National Center for [Post-Traumatic Stress Disorder \(PTSD\)](#), PTSD Coach offers everything from a self- assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What’s great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music. (Free; [iOS](#) and [Android](#))



Breathe2Relax: Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body’s ‘fight-or-flight’ stress response, making it a great option for people suffering from PTSD. (Free; [iOS](#) and [Android](#))

OBSESSIVE-COMPULSIVE DISORDER



nOCD was designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD “a free therapist in your pocket!” (Free; [iOS](#))

BIPOLAR DISORDER



Bipolar Disorder Connect: Bipolar disorder can be frustrating, especially if you don't have anyone close to you that can identify with your struggles. Bipolar Disorder Connect is a great app that connects people with bipolar disorder from around the world. This tool gives you access to a community of people living with the condition. The app also features tracking tools to help you monitor your moods and share those updates. (Free; [iOS](#))



Stigma: The journal component of Stigma is considered one of the best in a crowded field. The app's word cloud technology recognizes which words you use the most when writing down your feelings allowing you to reflect on why these are your go-to emotions. We also love the app's social network dimension, which allows users to connect with peers through messaging. You can share your journal too and get feedback if you'd like support from others. (Free; [iOS](#))

EATING DISORDERS



Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time. One user calls Recovery Record a "remarkable recovery tool"; "It helps me stick to my meal plan, provides an outlet to vent about my food concerns and helps me stay intact with my body to work with it rather than against." (Free; [iOS](#) and [Android](#))



Rise Up + Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal, and need quick coping strategies. (Free; [iOS](#) and [Android](#))



Lifesum: Unlike the other apps featured in this list, Lifesum is a broader resource for all things healthy living. The app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. You can also enter your own personal data and let Lifesum generate a “Life Score” to get a personalized roadmap to better health. With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image. (Free; [iOS](#) and [Android](#))

ADDICTION



Quit That!: A completely free app that helps users beat their habits or addictions. Whether you’re looking to stop drinking alcohol, quit smoking, or stop taking drugs, it’s the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it’s been since you quit. (Free; [iOS](#))

SUICIDE PREVENTION



MY3 is aimed at people who are depressed and suicidal, and trains users to recognize suicide warning signs in others. MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you're down and keeps you connected to this core network. This best part of this app is that it helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs. (Free; [iOS](#) and [Android](#))