

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

Trevor Project

Services: Crisis & suicide intervention through chat and text.

(866) 488-7386 | www.thetrevorproject.org

OC Accept

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

(714) 517-6100 | 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

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

Catholic Charities

Services: Individual and group counseling to all.

Cost: \$25-\$50

(714) 347-9680 | 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

The Prevention Center

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

(714) 543-4333 | 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

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

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

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

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

Walk in Our Shoes

Mental health education | www.walkinourshoes.org

My3app

Suicide prevention app for iPhone & Android | www.my3app.org



Irvine Unified School District
5050 Barranca Parkway
Irvine, CA 92604
(949) 936-5000 | 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

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

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

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

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

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

Western Youth Services

Services: Mental and behavioral health counseling, addiction, advocacy, support and housing.
Cost: Sliding Scale Fee
(714) 378-2620 | 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

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

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

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

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

Project Hope Alliance

Services: Education and support for homeless families.
(714) 796-8737 | 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

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

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>