



Local Orange County Resources

Youth and Family Mental Health Matters

- **Call “211” Orange County**
This is a free 24-hr information and referral service for information about: hotlines, food and shelter assistance, help with drug abuse, violence and other health issues.
- **Suicide Prevention and Crisis Intervention Hotline** Call 877.727.4747
This is a 24-hr suicide prevention crisis hotline and can provide help to cope with survivor grief or loss.
- **Teen Crisis Line** Call 800.914.2272
For youth ages 12-17, provides help for pregnant youth and runaways. Spanish spoken.
- **Human Options Hotline** Call 949.737.5242 or 877.854.3594
This is a 24-hr bilingual hotline and shelter for battered women and their children.
- **National Alliance on Mental Illness Orange County (NAMI OC) Warm Line** Call 714.991.6412
Call the warm line if you are lonely or confused, have a substance abuse and/or mental health concern or need information about available mental health services. Live chat available at www.namioc.org
Services in multiple languages. NAMI trainings for school settings include: Free education meetings for parents, School Outreach trainings for students and staff (Parents and Teachers as Allies). Multi-week programs offered for families (multiple languages) and support groups. For education program information call Santa Ana office 714.544.8488
- **Children’s Youth Services-Centralized Assessment Team (CYS-CAT)** Call 1.866.830.6011
CYS-CAT offers emergency psychiatric evaluations for minors under 18. This 24/7 mobile crisis team responds to schools and other community settings where youth congregate.
- **Strong Families Strong Children (SFSC)**
525 N. Cabrillo Park Dr. #300, Santa Ana, CA 92701
714.953.4455
Behavioral Health Services for Military Families is a collaboration of community partners that provides support to military families throughout Orange County.
- **Didi Hirsch Agency** Call 310.895.2329
Provides suicide prevention trainings for adults and youth 15 years of age or older.
safeTALK training prepares you to help by using TALK (*Tell, Ask, Listen and Keep Safe*) to identify and engage people with thoughts of suicide and to connect them with further help and care. For more extensive adult training the 2-day ASIST training is available. Also provides support groups for survivors after suicide.
- **Help Me Grow Orange County**
<http://www.helpmegrowoc.org/> 1.866.476.9025
Connects children and their families to developmental services to enhance the development, behavior and learning of children birth through five years. Parents, caregivers, child care providers, early educators and health care providers can access developmental services for all young children who live in Orange County.
- **OCLinks** 855-OC Links (855-625-4657)
is an information and referral phone and online chat service to help navigate the Behavioral Health Services (BHS) system within the Health Care Agency for the County of Orange. Callers are connected to clinical Navigators who are knowledgeable in every program within the BHS system.
- **OCDE Prevention and Early Intervention School-Based Mental Health Programs**
OC Safe from the Start: Violence prevention education and parent education. Contact Jannell Jones at jjones@ocde.us
<http://www.ocde.us/OCSEFTS/Pages/default.aspx>
Resilient Mindful Learner: A stress management training program to build teachers’ resilience and well-being and integrate stress management practices in to the daily routines of students to build their healthy stress coping and self-regulation skills.
<http://www.ocde.us/HealthyMinds/Pages/Resilient-Mindful-Learner-Pilot-Project.aspx>