

OC Low Cost Mental Health Resources

Organization	Services	Telephone	Address	Hours of Operation
Adult Mental Health Services OC South Region	Mental health services	(949) 454-3940	23228 Madero Mission Viejo, CA 92691	Monday – Thursday: 8 a.m. – 6 p.m. Friday: 8 a.m. – 5 p.m.
Camino Health Center	Mental health services	(949) 240-2272	30300 Camino Capistrano San Juan Capistrano, CA 92675	Monday – Thursday: 8 a.m. – 8 p.m. Friday: 8 a.m. – 12 p.m. & 2 p.m. – 6 p.m. Saturday: 8 a.m. – 5 p.m.
CHEC Family Resource Center	Brief individual, couples and family counseling is offered in English and Spanish	(949) 489-7742	27412 Calle Arroyo San Juan Capistrano, CA 92675	Monday, Thursday – Friday: 8:30 a.m. – 5 p.m., Tuesday – Wednesday: 11:30 a.m. – 8 p.m.
Didi Hirsch Mental Health Services	Survivors after suicide bereavement groups, Survivor of suicide attempt support groups	(714) 547-0885 or (877) 722-4747	2021 East 4th Street Suite 204 Santa Ana, CA 92705	Monday – Friday: 8:30 a.m. – 5 p.m.
Lake Forest Outpatient Clinic	Mental health services, programs and education	(949) 458-2715	22471 Aspan Street, Suite 103 Lake Forest, CA 92630	Monday – Friday: 8 a.m. – 5 p.m. (By appointment only)
NAMI Orange County	Support, education and resources for families and those affected by mental illness	(714) 544-8488	1810 East 17th Street Santa Ana, CA 92705	Monday – Friday: 9 a.m. – 5 p.m.
South Orange County (SOC) Family Resource Center	Brief individual, couples and family counseling is offered in English and Spanish	(949) 364-0500	22481 Aspan Street Lake Forest, CA 92630	Monday – Tuesday, Friday: 8:30 a.m. – 5 p.m., Wednesday – Thursday: 11:30 a.m. – 8 p.m.
South Orange County Vet Center	Specialized low cost services for veterans	(949) 348-6700	26431 Crown Valley Parkway Suite 100 Mission Viejo, CA 92691	Monday – Friday: 8 a.m. – 8 p.m.
Western Youth Services Mission Viejo	Specialized services for youth and families to enrich mental health and wellness	(949) 595-8610	26137 La Paz Road Suite 230 Mission Viejo, CA 92691	Monday – Friday: 8 a.m. – 5 p.m.

Orange County Mental Health Hotlines

Hotline Services			
OC Crisis Hotline	Suicide/Mental health hotline	(877) 7-CRISIS	24 hours a day, 7 days a week
OC Links	Behavioral health services and information referral line	855-OC LINKS (855) 625-4657	Monday – Friday: 8 a.m. – 6 p.m.
National Suicide Prevention Lifeline	National suicide/mental health hotline	(800) 273-8255	24 hours a day, 7 days a week
NAMI OC Warmline	Personal mental health hotline	(714) 991-6412	Monday – Friday: 9 a.m. – 3 p.m. Saturday – Sunday: 10 a.m. – 3 p.m.
Trevor Line (LGBTQ)	National 24 hour confidential suicide hotline	(866) 488-7386	24 hours a day, 7 days a week
Suicide Survivor Bereavement Support Groups	Support for survivors after suicide	(877) 722-4747	24 hours a day, 7 days a week

 **EachMind MATTERS**
California's Mental Health Movement



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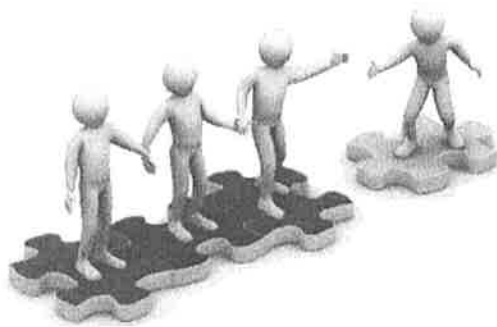
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USC Telehealth is currently offering FREE (no obligation) professional counseling worth \$2,000 to individuals, couples, and families that care for a child or adult with special needs.

Participants receive 12 weeks of free 50-minute professional counseling sessions that are highly professional, secure, and HIPAA compliant.



We can support you in issues related to:

- Caring for kids/adults with special needs
- Kids/teens behavioral issues
- Stress, depression, anxiety
- Improving quality of life
- Family counseling
- Couples therapy
- Coping with a serious injury/illness
- Financial pressures
- Work/life balance
- Grief and loss
- More...

USC Telehealth



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- **Computer** (less than 4 yrs old)
- **Webcam**
- **High-speed Internet**



- For California residents
- Private and confidential
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(866) 740-6502

Free counseling is limited to availability, so call and reserve your space today in just 5 minutes.