Mental Health and Wellness Toolkit: Resources for Student Success

students.ivc.edu/healthcenter
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*Updated April 2022*
INTRODUCTION

Before the COVID-19 pandemic, mental health and wellness education and advocacy was on the rise, especially on college campuses. Health Center staff and mental health counselors were seeing an increase in stress and anxiety among college students.

In light of the COVID-19 pandemic, many college students were faced with multiple difficulties leading to a bigger increase in stress and anxiety; not to mention depression, feelings of loneliness and isolation. This circumstance led Health Centers across the country to think outside the box when it came to the mental health needs of students and how to get them the mental health services and resources they needed.

In response to the pandemic, the Irvine Valley College Health and Wellness Center formed a new mission with mental health and wellness as the priority. The Health Center saw a need to expand the resources available to students and how students access those resources.

This toolkit is intended to be used as a resource. This is not a tool that allows you to diagnose or treat a mental health condition or issue. This Toolkit will serve as a living, central document for faculty and staff members to access, should a student need assistance. The purpose of this toolkit is to provide everyone on campus with information regarding mental health services and resources pertaining to education, advocacy and support of mental health. The content was drawn from existing resources the Health Center generally refers to and new resources. In this toolkit, you will find:

- On-campus services and resources pertaining to mental health
- Off-campus mental health services and resources available to students for free or at a low-cost
- Contact information for national hotlines and warmlines regarding mental health and suicide prevention
- Educational activities and student groups on campus that support mental health initiatives and resources.
MENTAL HEALTH & MENTAL HEALTH FIRST AID

WHAT IS MENTAL HEALTH?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of our life, from childhood to adolescence through adulthood. Many things can lead to a mental health crisis. Our goal is to provide the tools, resources, and interventions to help direct and manage a student who may be experiencing a mental health challenge or crisis.

WHAT IS MENTAL HEALTH FIRST AID?
Mental health first aid is help for a person experiencing a mental health challenge, mental disorder, or mental health crisis. The first aid is given until appropriate professional help is received or the crisis resolves.

MENTAL HEALTH FIRST AIDERS...
- Do not diagnose or treat themselves or others.
- Observe changes in behaviors.
- Offer a nonjudgmental listening ear.
- Respect the privacy of the person.
- Serve as a vital link to early intervention.
- Respect and honor the culture of the person.

ALGEE: The Action Plan

- **ASSESS** for risk of suicide or harm.
- **LISTEN** non-judgmentally.
- **GIVE** re-assurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.
STRATEGIES TO MANAGE STRESS & ANXIETY

EMOTIONAL REGULATION SKILLS
Reducing vulnerability to “emotional mind”

PLEASE SKILLS
• Treat physical illness
• Balanced eating
• Avoid mood-altering substances
• Balanced sleep
• Get exercise

A.C.E. YOUR ANXIETY
• Acknowledge your thoughts and feelings
• Come back into your body
• Engage in what you’re doing

S.T.O.P.
• Stop, pause, disengage
• Take a breath
• Observe bodily sensations first then thoughts and emotions
• Proceed with what feels like a wise next step

4X4X4X4 BREATHING EXERCISE
• Breathe in for 4 seconds
• Hold breath for 4 seconds
• Breathe out for 4 seconds
• Hold breath for 4 seconds

PLEASE SKILLS
TREAT PHYSICAL ILLNESS
BALANCED EATING
AVOID MOOD-ALTERING SUBSTANCES
BALANCED SLEEP
GET EXCERCISE

A.C.E. YOUR ANXIETY
• Acknowledge your thoughts and feelings
• Come back into your body
• Engage in what you’re doing

Square Breathing
Focusing on breathing can reduce stress and may help improve sleep

Breathe in as you count to four slowly, Feel the air fill your lungs. Repeat these steps until you feel centered.

Breathe out slowly through your mouth for four seconds.

Hold your breath for four seconds.

S – stop, pause, set it down, look away, disengage

P – proceed, what feels like a wise next step now?

T – take a breath, feel the full cycle of breathing in the body

O – observe, first bodily sensations, then thoughts and emotions. Be curious.

Source: Incredible Therapist, Russ Harris’, Practical Acronym for Controlling What you Can
ON-CAMPUS MENTAL HEALTH AND CRISIS RESOURCES

Campus Police: 949-451-5234
Available 24/7/365. In case of emergency or immediate assistance, call Campus Police when you’re on campus.

*PRO TIP: Put this contact in your cell phone and save it for future calls.

Health Center/Mental Health Counseling: 949-451-5221, ivchealthcenter@ivc.edu
M–F • 8–4:30 PM
The Health Center can help with limited medical needs as well as mental health counseling, mental health crises and referrals. students.ivc.edu/healthcenter

Irvine Valley College Veterans Services Center: 949-451-5296, ivcvets@ivc.edu
The Veterans Services Center provides mental health services and resources specifically for veterans. students.ivc.edu/veterans

Active Minds
A nationally recognized non-profit organization that is changing the conversation about mental health. Irvine Valley College now has its own Active Minds Chapter for students to join. Students who may be interested in mental health and suicide prevention education can join Active Minds by emailing activeminds.ivc@gmail.com.
OFF-CAMPUS MENTAL HEALTH RESOURCES, HOTLINES, WARMLINES & HELPLINES:

MENTAL HEALTH/CRISIS/SUICIDE PREVENTION

NATIONAL

• National Suicide Prevention Lifeline
  1-800-273-TALK (8255) A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. Available 24/7, Press 1 for English, Press 2 for Spanish suicidepreventionlifeline.org

• National Hopeline Network
  1-800-SUICIDE (784-2344) Provides support with trained counselors through this national hotline to prevent suicide.

• Each Mind Matters Warm Line
  Text COURAGE to 741741 to connect with a trained Crisis Counselor. FREE, confidential text-based support available 24/7 crisistextline.org

COUNTY

• OC LINKS
  Behavioral Health Information & Referrals 1-855-OC-LINKS (625-4657)

• The OC Warm Line
  Operates 24/7. Provides emotional support, active listening, and referrals. 1-877-910-WARM (9276)

• The LA Warm Line
  10pm-6am daily. Accepts calls from all over the region. 1-855-952-WARM (9276)

• OC Health Care Agency Behavioral Health Services
  855-625-4657 (Medi-Cal + No Insurance)

LOCAL

• Didi Hirsch 24-hour Suicide Prevention Crisis Line
  1-877-727-4747
  Crisis chat: didihirsch.org/chat (Serves LA/OC)

• NAMI Warmline OC
  Call or text: 714-991-6412 | Toll Free 877-910–9276 | Available 24/7, 365 days

• OC Trauma Intervention Programs
  Hotline 949-614-6333

*PRO TIP:* is a group of specially trained volunteers who provide emotional aid and practical support to victims of traumatic events and their families in the first few hours following a tragedy. Available 24/7, 365.
DOMESTIC VIOLENCE

NATIONAL
• National Domestic Violence Hotline 1-800-799-7233 For victims and survivors who need support. If you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522.
• National Dating Abuse Helpline 1-866-331-9474, loveisrespect.org

COUNTY
• OC Adult Mental Health Services
  Domestic Violence Hotline: (800)-799-7233 available 24/7, 365.

LOCAL
• Women’s Transitional Living Center: 24-hour hotline 714-992-1931 wtlc.org

SEXUAL ASSAULT

NATIONAL
• National Sexual Assault Hotline:
  Call 800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault services provider in your area. rainn.org

COUNTY
• OC Adult Mental Health Services:
  Rape Crisis Hotline: 714-957-2737 24 Hrs.
  Sexual Assault Victim Services: 714-834-4317
• OC Rape Crisis Hotline
  949-831-9110

LGBTQ+

NATIONAL
• The Trevor Project: Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free, confidential suicide hotline for LGBTQ+ youth ages 13-24. Provides crisis intervention and suicide prevention services. thetrevorproject.org
• Trans Lifeline: Call 877-565-8860. A confidential peer support service run by trans people, for trans and questioning callers. Available 24/7. translifeline.org/hotline

VETERANS

NATIONAL
• Veteran’s Crisis Line:
  800-273-8255, Press 1: Connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential tollfree hotline, online chat, or text.
• VA Combat Call Center:
  1-877-WAR-VETS (927-8387) Confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. Available 24/7.
SUBSTANCE ABUSE:

NATIONAL
• Substance Abuse and Mental Health Services Administration (SAMHSA) 800-622-4357, samhsa.gov

LOCAL
• Alcoholics Anonymous OC (24/7) 714 556-4555 oc-aa.org
• Narcotics Anonymous OC 714–590-2388 orangecountyna.org

DEAF/HARD OF HEARING/SPEECH IMPAIRED:

NATIONAL
• National Domestic Violence Hotline:
  Call 800-799-7233 or TTY 800-787-3224. If you are unable to speak safely, log onto thehotline.org for Live chat or text LOVEIS to 22522.

• National Suicide Prevention Lifeline:
  For TTY Users, use your preferred relay service or dial 711 then 1-800-273-8255. Live chat is also available on their website at suicidepreventionlifeline.org

• Veterans Crisis Line:
  1-800-273-8255, Press 1. TTY National Suicide/Crisis Line for Hearing and Speech Impaired:
  800-799-4TTY (4889) or text 838255. Live online chat also available at veteranscrisisline.net

COUNTY
• Orange County Adult Mental Health Services:
  24/7 crisis line for people with disabilities 1-800-426-4263

LOCAL
• Orange County Crisis/Suicide Prevention Hotline:
  877–7-CRISIS or 877-727-4747 24/7, 365
  Deaf and hard-of-hearing: Text HEARME to 839863
COUNTY OF ORANGE SERVICES:

Orange County Resource Line Phone:
Dial 2-1-1 or visit 211oc.org

2-1-1 is a free and confidential service that helps people across North America find the local resources they need. Available 24 hours a day, seven days a week. 2-1-1 can be accessed by phone or computer. A toll-free call to 2-1-1 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services and community-based programs, including: where to find a community clinic, dental care, immunizations, and prescription assistance, food, homeless shelters, elder and child care, legal services and other resources offered by local nonprofits and government agencies.

By dialing 2-1-1, you are linked to a live, highly-trained, information and referral specialist who will help you navigate through your situation by assessing your needs and then matching you to the most appropriate resources in your community. Assistance is confidential and offered in more than 170 languages.

If dialing 2-1-1 does not work from your phone, you may also dial:
(888) 600-HELP or 888-600-4357 toll free
(949) 646-HELP or 949-646-4357 local

Mental Health Emergency Services
Orange County has a comprehensive array of crisis services that operate 24/7, every day of the year, and are designed to support individuals of all ages who are experiencing, or at risk of experiencing, a behavioral health emergency. These programs range from telephone-based programs through intensive crisis support services provided either in the home, residential setting, crisis stabilization unit, or anywhere in the community. The goal is to 1) provide peer and clinical support – either directly or through linkages to other services – so that the person may continue living safely in the community, when appropriate, or 2) facilitate admission to a psychiatric hospital or crisis stabilization unit when a higher level of care is needed to ensure the health and safety of an individual.

Operated by the OC Department of Mental Health Services (Fees may apply)

- **Centralized Assessment Team (CAT): 866-830-6011**
  Crisis team will go out to assess emergency situations, including individuals experiencing psychiatric or behavioral health crises. Available 24/7.

- **Evaluation and Treatment Services: 714-834-6900**
  Phone assessment. Will deploy CAT team if necessary. Available 24/7.
FREE TO LOW-COST COUNSELING SERVICES/COMMUNITY RESOURCES:

**Alliance Psychiatric Group**  
17601 East 17th Street, #120, Tustin, CA 92780  
714-769-6090  
M-F 7am-4pm (hours vary) Insurance/Psychiatric Services

**Asian Pacific Counseling & Treatment Center**  
11050 East Artesia Blvd. Suite F, Cerritos CA 90703 (in Los Angeles County)  
562-860-8838  
apctc.org

**BBK Counseling Services**  
23461 South Pointe Dr. Suite 175, Laguna Hills, CA 92653  
949-269-7220  
Cost: Sliding scale up to $95/Insurance: Blue Cross and PPO  
M-Th 8am-7pm/Fri. 9am-5pm/Sat. 8am-3pm

**California Family Institute**  
2900 Bristol St. Suite C-208, Costa Mesa, CA 92626  
949-381-1510  
Cost: Sliding scale/$40 Appointments M-F 8am-8pm  
Therapy in English & Spanish available

**Camino Health Center**  
22481 Aspan St. Suite A, Lake Forest, CA 92639  
949-240-2272  
Cost: Sliding Scale Medi-Cal/CalOptima/Blue Shield PPO

**Center for New Direction**  
232 W. Main Street. Ste. 101, Tustin, CA 92782  
949-460-5320  
M-F 9am-5pm  
Cost: Kaiser/United/Aetna or $125/Session

**Chapman–Francis Smith Therapy Center**  
501 W. Palm Ave, Orange, CA 92868  
714-997-6746  
M-Th 9am-8pm; Fri. 9am-4pm and Sat. 9am-2pm  
Cost: Sliding scale/$15

**FACES (Family Assessment, Counseling & Education Services)**  
1015 E. Chapman Ave., Ste A, Fullerton, CA 92831  
Locations in Santa Ana and Laguna Hills  
714-447-9024  
facescounseling.org
Harbor Psychiatry & Mental Health
Therapy in English/Farsi/Arabic
4261 Teller Ave. Suite 100, Newport Beach, CA, 92660
949-887-7187
M-F 9am-6pm
Info@harbormentalhealth.com

Hurtt Family Health Clinic Tustin
1 Hope Drive, Tustin, CA 92782
714-247-0300
M-F 8am-5pm (services for all ages)
Cost: Sliding scale/Insurances including Medi-Cal/Psychiatric
Serves homeless and underserved families. Full service medical, dental, vision, mental health, chiropractic, and health education.

Laura’s House Domestic Violence Resource Center
33 Journey, Aliso Viejo, CA 92656
949-361-3775
Cost: Sliding scale ($0-30)
Office 9am-5pm/Treatment 9am-7pm/Child Care 4pm-8pm

Logical Behavioral Health
400 MacArthur Blvd. Suite 600, East Tower, Newport Beach, CA 92660
949-648-3704
logicalbehavioralhealth.com
M-Su 7am-6pm Neurological Testing
Cost: Insurance only; serves veterans and LGBTQ+ patients

Long Beach Trauma Recovery Center (LBTRC)
1045 Atlantic Ave. Suite 801, Long Beach, CA 90813
562-985-1356
LBTRC@csulb.edu
M-F 8am-5pm

Mariposa Women’s Center
200 E Katella Ave. Orange, CA 92867
714-547-6494
info@mariposascenter.org
Cost: Sliding scale, lowest $15 and $30 intake
English or Spanish M 9am-9pm/Tu-Th 9am-8:30pm/F 9am-5pm

NAMI OC
1810 East 17th Street, Santa Ana, CA 92705
714-544-8488
info@namioc.org
M-F 9am-5pm
Counseling, support groups and workshops available.
Norooz Clinic Foundation
202 Fashion Lane, Suite 219, Tustin, CA 92780
949-242-9720
Cost: Sliding scale/$30-$65 (based on income) M–F 8am–8pm EMDR ($75), Testing Services

OC ACCEPT (LGBTQ)
2035 E. Ball Road, Suite 100-C, Anaheim, CA 92843
714-517-6100
ocehealthinfo.com/page/oc-accept

OCAPICA Well(ness)essity
12900 Garden Grove Blvd. Suite 214a, Garden Grove, CA 92843
844-530-0240
ocapica.org/mental-health.html
M-F: 9am-5pm; 12 Free Counseling Sessions

OC Be Well
265 S. Anita Drive, Orange, CA 92868
949-749-2500
bewelloc.org
Mental health and substance abuse services.

OCCREW (Orange County Center for Resiliency, Education, Wellness)
44000 W Metropolitan Drive, Suite 403, Orange, CA 92868
714-480-5100
OC_CREW@ochca.com
ocehealthinfo.com/bhs/about/pi/early/crew

OC PACT (Program for Assertive Community Treatment)
OC Health Care Agency & Mental Health Services
14140 Beach Blvd., Ste 223, Westminster, CA 92683
714-896-7566
ocehealthinfo.com/about-hca/behavioral-health-services/
more-bhs/children-youth-behavioral-health-cybh/specialized

OMID Counseling
2101 Business Center Dr., Suite 150, Irvine, CA 92612
949-502-4721
M-F 9am-6pm
Therapy in Arabic/Farsi/Mandarin/Vietnamese/Spanish/English. Free online groups.
Cost: Sliding Scale $0-$50 (income based)

Orange County Mental Health
5 Mareblu, Aliso Viejo, CA 92656
949-643-6901
Therapy M-Th 8am-6pm and F 8am-5pm Cost: Sliding scale/lowest $37 (No Private Insurance. Medi-Cal Only) Psychiatric Services
Santa Ana Clinic for Mental Health
1200 North Main St., Ste. 200, Santa Ana, CA 92701
714-480-6767
Therapy M-TH 8am-6pm & Fri. 8am-5pm
Cost: Sliding scale, lowest $37 (No Private Insurance. Medi-Cal Only) PSYCHIATRIC Services

Share Our Selves (SOS)
1 Purpose Drive, Lake Forest, CA 92639
949-270-2100
T-Th 8:30am-7pm/F 9am-5pm
Cost: Sliding scale/$0-$20 Medi-Cal/Most insurance
PSYCHIATRIC Services

Straight Talk Counseling Center
3785 S Plaza Drive, Santa Ana, CA 92704
714-828-2000
info@straighttalkcounseling.org
Cost: Sliding scale $25-65 Possible, First four sessions may be $15/session

South Orange County Family Resource Center
22481 Aspan St, Lake Forest, 92630
949-364-500
M, Tu, F 8:30am-5:30pm W, Th 11:30am-8pm
Cost: Must NOT have insurance. Free Therapy in English and Spanish. Psychiatric Services.

The Center Orange County (LGBT)
1605 N. Spurgeon Street, Santa Ana 92701
714-953-5428
lgbtcenteroc.org

Turning Point
3181 Hairway Ave., Suite 5206A, Costa Mesa, 92626
714-547-8111
M-F 9am-7pm
Cost: Sliding scale, lowest $30/Intake session $50/Groups $30 flat fee

UC Irvine Health Psychiatry Services
101 The City Dr. S., Building 3, Orange, 92868
714-456-5902
Takes most insurance including CalOptima. Psychiatric Services.

VCC (Vista Community Clinic): The Gary Center
201 S. Harbor Blvd., La Habra, CA 90631
562-264-6000
vistacommunityclinic.org/locations/vcc-the-gary-center
Western Youth Services  
200 W. Santa Ana Blvd., Ste 801, Santa Ana, CA 92701  
714-704-5900  
M-F 8am-5pm Ages 20 and Younger  
Cost: Medi-Cal only (as primary or secondary ins.)  
Psychiatric services, therapy and testing

MENTAL HEALTH/COMMUNITY RESOURCES FOR SPECIFIC GROUPS:

LGBTQ+

- **The LGBT Center OC**  
  11605 N. Spurgeon St., Santa Ana, 92701  
  714-953-5428  
  Cost: Sliding Scale  
  M-W 10am-9pm/Th-Fri. 10am-6pm

- **OC Accept**  
  4000 W. Metropolitan Dr., Ste 405, Orange, CA 92868  
  714-645-8000  
  Cost: Free M-F 8am-5pm English/Spanish/Vietnamese

- **Radiant Health Center**  
  17982 Sky Park Circle, Suite J, Irvine, CA 92614  
  949-809-5709  
  CalOptima accepted M-F 8:30am–5pm

- **UCI Pediatric Youth Gender Diversity Program**  
  **UC Irvine Medical Center**  
  1 Medical Plaza Drive, Irvine, CA 92697  
  949-824-8600  
  Additional Location in Orange

- **CHOC Gender, Puberty and Sex Development (under 21)**  
  **CHOC Children’s Health Center-Centrum North**  
  Building 1120 W. La Veta Ave., Suite 125, Orange, CA 92868  
  877-741-0705

- **Shanti OC**  
  23461 S Pointe Dr. #100, Laguna Hills, CA 92653  
  949-452-0888  
  Cost: Private Insurance, Medicare
SUBSTANCE ABUSE TREATMENT AND PREVENTION

• **Phoenix House**
  1207 E. Fruit St., Santa Ana, CA 92701
  714-953-9373
  877-769-9698
  Cost: Aetna, Anthem, Blue Cross, Life Synch-Humana
  Specializes in treating women, Latinos, and veterans

• **Reflections Recovery Center**
  185 E. Paularino Ave., Street C-201, Costa Mesa, CA 92626
  714-294-2393
  Cost: Aetna, Anthem, Blue Cross. Treats Women, Veterans, and Latinos

• **Cornerstone**
  13682 Yorba St., Tustin, CA 92780
  714-730-5399
  Cost: Sliding Scale and Insurance. Therapy in English and Spanish

• **Shanti Orange County**
  23461 South Pointe Dr., Suite 100, Laguna Hills, CA 92653
  949-452-0888
  Accepts most private insurance/Sliding scale

DOMESTIC VIOLENCE

• **Laura’s House Domestic Violence Resource Center**
  33 Journey, Aliso Viejo, CA 92656
  949-361-3775
  Cost: Sliding scale ($0-$30)

• **Interval House for Battered Women**
  714-891-8121
  English/Spanish/Vietnamese

• **Women’s Transitional Living Center**
  24-hour hotline: 714-992-1931
  wtlc.org

• **Human Options**
  5540 Trabuco Rd., Ste. 100, Irvine, CA 92620
  949-737-5242
  Cost: Sliding Scale $1-$30 and $10 registration
• **Casa de la Familia**  
  877-611-2272  
  Provides counseling, crisis intervention, support groups, and other programs.  
  LA & OC Locations:  
  1650 East 4th St., Santa Ana, CA 92701  
  508 W Commonwealth Ave., Fullerton, CA 92832  
  3550 Wilshire Blvd., Ste 670, Los Angeles, CA 90010  

• **California Coalition Against Sexual Assault (CALCASA)** [calcasa.org](http://calcasa.org)  

• **National Sexual Violence Resource Center (NSVRC)** [nsvrc.org](http://nsvrc.org)  

• **Rape, Abuse and Incest National Network (RAINN)** [rainn.org](http://rainn.org)  

• **Futures Without Violence: The National Health Resource Center on Domestic Violence**  
  1-888-792-2873 [futureswithoutviolence.org](http://futureswithoutviolence.org)

### VETERANS

• **VA Military Sexual Trauma**  
  [mentalhealth.va.gov/msthome.asp](http://mentalhealth.va.gov/msthome.asp)  

• **VA Long Beach Healthcare System:**  
  [longbeach.va.gov/services/Mental_Health.asp](http://longbeach.va.gov/services/Mental_Health.asp)  
  Outpatient Psychiatry Clinic – 562-826-8000, ext. 15603  
  Urgent Mental Health Clinic – 562-826-8000, ext. 12304  
  Substance Abuse Treatment Program – 562-826-8000, ext. 15610  
  Women’s Mental Health – 562-826-8000, ext. 14820  
  PTSD Clinic – 562-826-8000, ext. 15308  
  Pathways Recovery Center – 562-826-8000, ext. 15602  

• **OC4VETS**  
  [orange.networkofcare.org/mh/services/agency.aspx? pid=OC4Vets_2_348_0](http://orange.networkofcare.org/mh/services/agency.aspx? pid=OC4Vets_2_348_0)  
  Assisting military veterans and their families to become aware of and to access needed community and behavioral health services.  
  714-480-6476  

• **Strong Families, Strong Children (SFSC)**  
  [ocstrongfamilies.org/pages/about-strong-families-strong-children](http://ocstrongfamilies.org/pages/about-strong-families-strong-children)  
  SFSC’s mission is to improve the health and well-being of veterans, military families and children throughout Orange County by engaging the community, building resiliency, and creating safer, more stable home environments.  
  714-953-4455 ext. 661  

• **U.S. Veterans/Outside the Wire**  
  Dr. Miatta Snetter, Psy.D  
  Director of Clinical Services, OTW OC  
  Patriotic Hall  
  1816 Figueroa St., 4th Fl, Los Angeles, CA 90015  
  310-981-8649  
  Msnetter@usvetsinc.org
MORE COMMUNITY RESOURCES:

Orange County Health Care Agency Behavioral Health: Wraparound Programs for Transitional Age Youth (TAY)

STAY Process (Supporting Transitional Age Youth)
1401 N Tustin Ave #225, Santa Ana, CA 92705 | 714-221-6400
STAY Process focuses on transitional age youth (TAY), ages 16 through 25 years, who are seriously emotional disturbed (SED) or severely mentally ill (SMI) frequently complicated by substance abuse, who might benefit from increased integration into the community.

Community Service Programs, Inc. YOW (Youthful Offender Wraparound)
1231 E Dyer Rd., Ste 135, Santa Ana, CA 92705 | 949-250-0488
YOW provides culturally competent, in-home and community based intensive mental health rehabilitation and case management services to youthful offenders who have serious emotional disturbances (SED) or severe mental illness (SMI).

Community Services Programs, Inc. Collaborative Courts Collaborative Courts Full Service Partnership (CCFSP)
1221 E Dyer Rd., Ste 200, Santa Ana, CA 92705 | 714-492-1011
Provides culturally competent in-home and community-based intensive mental health rehabilitation and case management services for consumers, dependents and/or wards ages 0-25, who have serious emotional disturbances (SED) or severe mental illness (SMI), and/or truancy and substance abuse issues.

For more information regarding Orange County Health Care Agency TAY programs, contact James P. Harte, PhD at jharte@ochca.com
ochealthinfo.com/about-hca/behavioral-health-services/more-bhs/children-youth-behavioral-health-cybh/full-service

Crittenton’s Stepping Stones Program for TAY
801 E Champan Ave #203, Fullerton, CA 92831 | 714-680-9000
Serving former foster youth with no family support systems (21-24 years of age). Crittenton also works with pregnant/parenting young mothers, young fathers, and former crossover youth that were system-involved (foster care and/or juvenile justice). For more information, email info@crittentonsocal.org crittentonsocal.org/about-us
South Coast Community Services
Serves transitional age youth ages 16-25. This is a six-bed residential program for transitional age youth (TAY) who have experienced a mental health crisis but do not meet the criteria for in-patient hospitalization. The program provides assistance with stabilization and linkage to longer term supports. 877-527-7227 or 714-966-5338

Mental Health Outpatient Clinic
2124 Main Street, Suite 165 Huntington Beach, CA 92648
sccs4kids.org

Orange County Social Services Agency:
Youth Services – Independent Living Programs (ILP) for youth ages 16-25

Orangewood Children’s Foundation
Partners with Orange County Children and Family Services Transitional Planning Services Program (TPSP). They support youth in achieving self-sufficiency and stability upon leaving the child dependency system. Goals related to education, housing, medical/health, permanent connections, employment and community resources.
Contact TPSP staff at 714-704-8000. Ask for TPSP Officer-of-the-Day.

EDUCATION & SELF-CARE
- Each Mind Matters: For mental health resources, visit eachmindmatters.org
- Suicide is Preventable: For information on suicide prevention resources, visit suicideispreventable.org
- The Jed Foundation: For emotional health and suicide prevention resources, visit: jedfoundation.org or mentalhealthishealth.us
- Dr. Weir 4-7-8 Breathing Technique youtube.com/watch?v=gz4G31LGyog