



MENTAL HEALTH AND PREVENTION SERVICES			
<p><b>OC LINKS</b></p> <ul style="list-style-type: none"> <li>1-855-625-4657</li> </ul> <p><b>Service:</b> Provides free telephone and online support for anyone seeking information or linkage to any of Orange County Health Care Agency Behavioral Health Services</p>	<p><b>Western Youth Services</b></p> <p>505 N Euclid Avenue, # 300 Anaheim 92801</p> <p>714-871-5646</p> <p><b>Services:</b></p> <ul style="list-style-type: none"> <li>Individual counseling ages 2-20</li> <li>Medi-Cal only</li> </ul>	<p><b>Pathways Community Services</b></p> <p>711 E. Ball Rd. # 200 Anaheim, CA. 92805</p> <ul style="list-style-type: none"> <li>714-254-8473</li> </ul> <p><b>Services:</b> Ages under 21 and families. Individual counseling. Psychiatric &amp; medication evaluation if necessary.</p> <ul style="list-style-type: none"> <li>Medi-Cal Only</li> </ul>	<p><b>FACT OC Families and Community Together Resource Centers</b></p> <p><b>Anaheim Harbor Family Resource Center</b></p> <p>50 Anaheim Blvd. Anaheim, CA. 92805</p> <ul style="list-style-type: none"> <li>714-399-0590 extension “0”</li> </ul> <p><b>Oasis Family Resource Center</b></p> <p>131 W. Midway Dr. Anaheim, CA 92805</p> <ul style="list-style-type: none"> <li>714-517-7107</li> </ul> <p><b>Stanton Family Resource Center</b></p> <p>11822 Santa Paula St. Stanton, CA 90680</p> <ul style="list-style-type: none"> <li>714-379-0129</li> </ul> <p><b>Services:</b> Counseling for ages 18 and under and linkages to counseling and mental health resources if necessary.</p> <ul style="list-style-type: none"> <li>No insurance</li> <li>Medi-Cal case by case</li> </ul>
<p><b>Orange County Asian And Pacific Islander Community Alliance, Inc. (OCAPICA)</b></p> <p>12912 Brookhurst St. #. 410 Garden Grove, CA 92803</p> <ul style="list-style-type: none"> <li>714-636-9095</li> </ul> <p><b>Services:</b> Provides case management, counseling, employment support, mental health services, health and other supportive resources for children and adolescents.</p> <ul style="list-style-type: none"> <li>Most services are free</li> <li>Services are for children and adolescents</li> </ul>	<p><b>Orange County Center for Resiliency, Education and Wellness (OC CREW)- OCHCA</b></p> <p>4000 W. Metropolitan Dr. # 400 Orange, CA 92868</p> <ul style="list-style-type: none"> <li>714-480-5100</li> </ul> <p><b>Services:</b> OC CREW provides early intervention services to youth ages 12-25 who are experiencing their first episode of psychosis with symptoms within last 24 months.</p> <ul style="list-style-type: none"> <li>No insurance</li> <li>Free</li> </ul>	<p><b>Pathways Community Services</b></p> <p>12966 Euclid St, # 280 Garden Grove CA 92840</p> <ul style="list-style-type: none"> <li>714-823-4770</li> </ul> <p><b>Services:</b> Ages under 21 and families. Individual counseling. Psychiatric &amp; medication evaluation if necessary.</p> <ul style="list-style-type: none"> <li>Medi-Cal Only</li> </ul>	<p><b>Stanton Family Resource Center</b></p> <p>11822 Santa Paula St. Stanton, CA 90680</p> <ul style="list-style-type: none"> <li>714-379-0129</li> </ul> <p><b>Services:</b> Counseling for ages 18 and under and linkages to counseling and mental health resources if necessary.</p> <ul style="list-style-type: none"> <li>No insurance</li> <li>Medi-Cal case by case</li> </ul>

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Questions, please contact: AUHSD- Student Support Services Tel: 714•999•7734

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MENTAL HEALTH AND PREVENTION SERVICES			
<p><b>Community Counseling and Supportive Services- (OCHCA)</b></p>	<p><b>Children &amp; Youth Services- (OCHCA)</b></p>	<p><b>Child Guidance Center</b></p>	<p><b>Orange County ACCEPT-(OCHCA)</b></p>
<p>4000 W. Metropolitan Dr. # 405 Orange, CA 92868 • 714-645-8000</p> <p><b>Services:</b> Counseling services for all ages.</p> <ul style="list-style-type: none"> <li>• Underinsured</li> <li>• No insurance</li> <li>• Medi-Cal case by case</li> <li>• Private ins case by case</li> </ul> <p>If Medi-Cal or private insurance please call provider <u>first</u> to see if insurance covers/offers these services. If not, then call this agency.</p>	<p><u>North Orange County</u> 120 S. State College Blvd. #150 Brea, CA 92821 • 714-577-5400</p> <p><b>Services:</b> Individual therapy, psychiatric &amp; medication evaluation.</p> <ul style="list-style-type: none"> <li>• Medi-Cal</li> <li>• Sliding fee scale</li> <li>• No insurance</li> </ul>	<p><u>Buena Park:</u> 6301 Beach Blvd. Ste. 245 Buena Park, CA 90621 • 714-736-0231</p> <p><u>Fullerton:</u> 680 Langsdorf Dr.,# 200 Fullerton, CA 92831 • 714-871-9264</p> <p><u>Santa Ana:</u> 525 N. Cabrillo Park Dr. # 300 Santa Ana, CA. 92701 • 714-953-4455</p> <p><b>Services:</b> Outpatient diagnostic and treatment (counseling) services for children and families ages 0-21.</p> <ul style="list-style-type: none"> <li>• Medi-Cal</li> <li>• Private ins Case by case</li> </ul>	<p>(Acceptance through Compassionate Care, Empowerment and Positive Transformation)</p> <p>4000 W. Metropolitan Dr. #. 405 Orange, CA 92868 • 714-645-8000</p> <p><b>Services:</b> Orange County ACCEPT is a community based mental health (Mild-Moderate) and supportive services for individuals struggling with and/or identify as LGBTIQ.</p> <ul style="list-style-type: none"> <li>• Underinsured</li> <li>• No insurance</li> <li>• Medi-Cal case by case</li> <li>• Private ins case by case</li> </ul> <p>If Medi-Cal or private insurance please call provider <u>first</u> to see if insurance covers/offers these services. If not, then call this agency.</p>

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DRUG/ALCOHOL & TOBACCO			HEALTH AND MEDICAL	
<p><b>Anaheim Regional Medical Center (ARMC)</b></p> <p>1111 W. La Palma Ave. Anaheim, CA 92801</p> <ul style="list-style-type: none"> <li>• 1-866-NewLung</li> <li>• 714-774-1450</li> </ul> <p><b>Services:</b> Quit vaping and smoking classes for youth and adults.</p> <ul style="list-style-type: none"> <li>• Free</li> </ul>	<p><b>Drug/Alcohol Abuse Outpatient Recovery Program-(OCHCA)</b></p> <p>2035 E. Ball Rd., # 100A Anaheim, CA 9205</p> <ul style="list-style-type: none"> <li>• 714-517-6140</li> </ul> <p><b>Services:</b> Individual and group counseling <b>for all ages.</b></p> <ul style="list-style-type: none"> <li>• Medi-Cal</li> <li>• No insurance</li> </ul>	<p><b>Mariposa Women and Family Center</b></p> <p>200 E. Katella Ave. Orange, CA 92867</p> <ul style="list-style-type: none"> <li>• 714-547-6494</li> </ul> <p><b>Services:</b> Individual, child and family counseling. Outpatient drug/alcohol groups for teens. Drug testing for teens and adults.</p> <ul style="list-style-type: none"> <li>• Sliding scale</li> </ul>	<p><b>OCHCA Health Clinic Referral Line-(OCHCA)</b></p> <ul style="list-style-type: none"> <li>• 800-564-8448</li> </ul> <p><b>Services:</b> Provides county wide referrals to health low cost clinics</p>	<p><b>Families Together Of Orange County</b></p> <p>661 W. 1st. St, Tustin, CA 92780</p> <ul style="list-style-type: none"> <li>• 714-665-9890</li> </ul> <p><b>Services:</b> Low cost physicals, vaccines for children, dental and vision services, free transportation to and from appointments, linkage to other health coverage.</p> <ul style="list-style-type: none"> <li>• Uninsured &amp; undocumented</li> </ul>
ADDITIONAL RESOURCES				
<p><b>Drug/Alcohol Abuse Outpatient Recovery Program-(OCHCA)</b></p> <p>1200 N. Main St. Ste. 301, Santa Ana, CA. 92701 714-480-6660</p> <p><b>Services:</b> Individual and group counseling <b>for adults only.</b></p> <ul style="list-style-type: none"> <li>• Medi-Cal</li> <li>• No insurance</li> </ul>	<p><b>Centralized Assessment Team (CAT)- (OCHCA)</b></p> <p>866-830-6011</p> <p><b>ALL AGES</b> <b>Services:</b> Orange County 24/7 emergency psychiatric evaluation services</p>	<p><b>National Suicide Prevention Life Line</b></p> <p><b>(ENGLISH)</b> 800-273-8255 <b>(SPANISH)</b> 888-628-9454</p> <p><b>ALL AGES</b> <b>Services:</b> Free 24/7 National suicide prevention life line/hotline. Provides emotional support to anyone in suicidal crisis or emotional distress.</p>	<p><b>Didi Hirsch SUICIDE Prevention Life Line</b></p> <p><b>(ENGLISH)</b> 877-727-4747 <b>(SPANISH)</b> 888-628-9454</p> <p><b>ALL AGES</b> <b>Services:</b> Free 24/7 Suicide prevention life line/hotline. Provides emotional support to anyone in suicidal crisis or emotional distress.</p>	<p><b>Trevor Life Line Suicide Prevention Hotline</b></p> <p><b>(ENGLISH ONLY)</b> 866-488-7386</p> <p><b>Preferred Age: Youth - 25</b> <b>Services:</b> Free 24/7 suicide prevention hotline services for lesbian, gay, transgender and questioning young persons (LGBTQ).</p>

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NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)		AUHSD SCHOOL-BASED MENTAL HEALTH SERVICES
<p>A free and confidential telephone service providing emotional support and resources to Orange County residents. If you, a family member, or a loved one are experiencing mental health concerns, substance abuse, loneliness or are in need of community resources call the center.</p> <ul style="list-style-type: none"> <li>Local Number <b>714-991-6412</b></li> <li><b>9 a.m. - 3 a.m.</b> (Mon. - Fri.)</li> <li><b>10 a.m. - 3 a.m.</b> (Sat. - Sun.)</li> </ul>	<p><a href="#">NAMI Peer-to-Peer</a> is a recovery education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants.</p> <p>This program is also available in Spanish, De Persona a Persona de NAMI.</p> <ul style="list-style-type: none"> <li>For more information about NAMI-OC Peer Mentors,</li> <li>email us at <a href="mailto:info@namioc.org">info@namioc.org</a> or call <a href="tel:714.544.8488">714.544.8488</a></li> </ul>	<p><b>AUHSD School Social Worker</b></p> <p><b>Crisis Intervention Services:</b> Assess and reports of child abuse, suicide, and homicide; certified ICISF mental health crisis responders for school.</p> <p><b>Individual counseling:</b> Support individual students with their social, emotional or mental health needs.</p> <p><b>Case Management:</b> Facilitate parent involvement and engagement, parent meetings, community referrals and linkage. Collaborate with community agencies.</p> <p><b>Group Therapy:</b> Facilitate evidence-based 60 minute sessions of treatment with 8-10 students once per week.</p> <p>Ask for information at your school.</p>

**MENTAL HEALTH OR MENTAL ILLNESS**

<p><b>Mental Health...</b></p> <ul style="list-style-type: none"> <li>Involves effective functioning in daily activities resulting in</li> <li>Productive activities (work, school, caregiving)</li> <li>Healthy relationships</li> <li>Ability to adapt to change and cope with adversity</li> </ul> <p><a href="http://www.psychiatry.org">Source: www.psychiatry.org</a></p>	<p><b>Mental Illness...</b></p> <ul style="list-style-type: none"> <li>Refers collectively to all diagnosable mental disorders — health conditions involving                             <ul style="list-style-type: none"> <li>Significant changes in thinking, emotion and/or behavior</li> <li>Distress and/or problems functioning in academic, social, work or family activities</li> <li>A danger to self or others</li> </ul> </li> </ul> <p style="text-align: center;"><b>Seek help as soon as possible.</b></p> <p style="text-align: right;"><a href="http://www.psychiatry.org">Source: www.psychiatry.org</a></p>
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