

# IRVINE VALLEY COLLEGE PSYCHOLOGICAL SERVICES

## MENTAL HEALTH REFERRALS



### **South OC Family Resource Center**

22481 Aspan St Ste B, Lake Forest,  
92630

(949) 364-0500

Cost: Free 12 sessions for those who  
are uninsured or have other barriers to  
accessing therapy

**Therapy, Case Management**

### **USC Telehealth Clinic**

[Link to USC Telehealth Clinic](#)

(866) 740-6502

Cost: Free 12 sessions via Telehealth  
**Therapy (Online Only)**

### **Crescent Family Center**

Online only

2180 W. Crescent Ave Ste A, B, C, D,  
Anaheim 92801  
(714) 399-4571

Cost: Free 12 sessions

Individuals, couples and families  
**Therapy, Case Management, Health  
Services**

### **OCAPICA Well(ness)essity**

12912 Brookhurst St Ste 400, Garden  
Grove, 92840

(844) 530-0240

Cost: Free short-term

**Therapy, Case Management**

### **Frances Smith Center for Individual**

#### **& Family Therapy**

501 W. Palm Ave, Orange, 92868  
(714) 997-6746

Cost: Sliding Scale \$15 - \$60

**Therapy**

### **Norooz Clinic Foundation**

1560 Brookhollow Dr #212, Santa Ana,  
92705

(949) 242-9720

Cost: Individual Therapy \$50, Couples  
and Family \$75

**Therapy, Psychological Assessment**

### **Open Path Psychotherapy Collective**

[Link to Open Path Psychotherapy  
Collective](#)

Cost: Individual Therapy \$30-\$60,  
Couples and Family Therapy \$30-\$80  
**Therapy**

### **Straight Talk Counseling Center**

3785 S Plaza Dr, Santa Ana, 92704  
(714) 828-2000

Cost: Sliding Scale \$25 - \$35

Discount for Veterans and Military  
Free virtual support group  
**Therapy**

### **Living Success Center**

E 17th St Ste D-E, Costa Mesa, 92627  
23181 La Cadena Dr Ste 104, Laguna  
Hills, CA 92653  
(949) 645-4723

Cost: Sliding Scale (therapy), \$50 for 10  
group sessions

**Therapy, Groups**

### **Pepperdine University Counseling Center**

18111 Von Karman Ave, Irvine, 92612  
(949) 223-2570

Cost: Sliding Scale \$25 - \$95, Intake is  
\$45

**Therapy**

### **California Family Institute**

2900 Bristol St Ste C-208, Costa Mesa,  
92626

(949) 381-1510

Cost: Sliding Scale \$40-\$90

**Therapy**

### **Trinity Counseling Ministries**

27285 Las Ramblas #140, Mission  
Viejo, 92691

(949) 257-2251

Cost: Flat fee \$40

**Therapy**

### **Hope Counseling Center**

2585 E. Chapman, Fullerton, 92831  
(714) 879-3901 ext. 1266

Cost: Sliding Scale

**Therapy**

### **Turning Point Center for Families**

3151 Airway Ave Ste F-206A, Costa  
Mesa, 92626

(714) 547-8111

Cost: Sliding Scale \$30+

**Therapy, Groups**

### **Center for New Direction**

232 W Main St Ste 101, Tustin, 92782  
(888) 795-4337

Cost: Accepts Kaiser, United, Aetna,  
Cigna, Private Pay

**Therapy**

## **Psychiatry Services**

### **Hurtt Family Health Clinic Tustin**

1 Hope Dr, Tustin, 92782

(714) 247-0300

Cost: Sliding Scale \$15 - \$45,  
Psychiatry \$20+

**Therapy, Psychiatric Services, Health  
Services**

### **Harbor Psychiatry & Mental Health**

4261 Teller Ste 100, Newport Beach,  
CA 92660

(949) 887-7187

Cost: Most insurance accepted,  
CalOptima included

**Therapy, Psychiatric Services,  
Psychological Testing**

### **Western Youth Services**

200 W. Santa Ana Blvd.

Ste 801, Santa Ana, 92701

(714) 704-5900

Cost: Medi-Cal

**Therapy, Psychiatric Services,  
Psychological Testing (Ages 20 and  
below)**

### **OCHCA BHS Services - Adult Mental Health Outpatient Health**

#### **Clinics**

(714) 517-6300

Cost: Medi-Cal, Sliding Scale  
**Therapy, Psychiatric Services,  
Psychological Testing**

### **Korean Community Services (KCS)**

19742 MacArthur Blvd. Ste 245, Irvine,  
92612

(714) 503-6550

Cost: Medi-Cal, Sliding Scale  
**Therapy, Psychiatric Services, Health  
Service**

### **UC Irvine Health Psychiatry Services**

3800 W Chapman Ave Ste 500, Orange,  
92868

(714) 456-5902

Cost: Most insurance accepted  
**Psychiatric Services (3-4 month wait)**

## **Substance Use Resources**

### **Phoenix House**

1207 E Fruit St, Santa Ana, 92701  
(714) 953-9373 or (714) 266-3469

### **Cornerstone of Southern California**

13682 Yorba St, Tustin, CA 92780  
(714) 844-1004

### **Orange County Rescue Mission**

1 Hope Dr, Tustin, 92782

(714) 247-4300

Housing Assistance

### **Alcoholics Anonymous OC**

(714) 556-4555

[Link to Alcoholics Anonymous OC](#)

### **Narcotics Anonymous OC**

(714) 590-2388

[Link to Narcotics Anonymous OC](#)

# IRVINE VALLEY COLLEGE PSYCHOLOGICAL SERVICES

## MENTAL HEALTH REFERRALS



### Warmlines and Crisis Lines

#### OC Resource Line

Dial 2-1-1 or visit [www.211OC.org](http://www.211OC.org)

#### OC Links

OCHCA Behavioral Health Resources  
(855) 625-4657

#### OC NAMI Warmline

Emotional support  
Call or text: (714) 991-6412

#### OC Elder/Dependent Adult Abuse Hotline

(800) 451-5155

#### Suicide Hotline

Dial 9-8-8 or (800) 273-8255

[Link to Suicide Hotline](#)

#### Centralized Assessment Team (CAT)

Behavioral Health Crisis Services  
(866) 830-6011 or (714) 517-6353

#### Evaluation and Treatment Services (ETS)

Psych Evaluation & Crisis Stabilization  
(714) 834-6900

#### Crisis Text Line

Text 'HOME' to 741741

[Link to Crisis Text Line](#)

#### Maternal Outreach Management System (MOMS) - OC

Services for Pregnant Individuals  
(800) 787-5858

#### SAMHSA National Helpline

Substance Abuse and Mental Health

Dial (800) 662-4357

[Link to SAMHSA](#)

### LGBTQIA+ Resources

#### Radiant Health Centers LGBTQ+

17982 Sky Park Circle, Ste J, Irvine  
92614

(949) 809-5709

Cost: Free counseling

**Therapy, Case Management, Health Services**

#### LGBTQ Center OC

1605 N Spurgeon St, Santa Ana 92701

(714) 953-5428 (LGBT)

Cost: Sliding Scale only

**Therapy, Therapy Groups, Legal Services**

#### Shanti OC

23461 South Pointe Dr, Suite 100

Laguna Hills, 92653

949-452-0888

Cost: Private Insurance, Medicare  
**Therapy, Case Management**

#### UCI Gender Diversity Program

UC Irvine Medical Center

1 Medical Plaza Dr, Irvine, 92697

Additional Location in Orange

(714) 456-6025

**Counseling, Medical Services**

#### CHOC Gender, Puberty and Sex Development Program (Under 21)

CHOC Children's Health Center

Centrum North 1120 W La Vista Ave,

Ste 125, Orange, 92868

(877) 716-8925

**Counseling, Medical Services**

#### Trevor Project Lifeline

Dial (866) 488-7386

Text 'START' to 678678

[Link to Trevor Project](#)

#### Trans Lifeline

(877) 565-8860

[translifeline.org](http://translifeline.org)

### Domestic Violence Resources

#### Laura's House - Domestic Violence Counseling & Resources

33 Journey Ste 150, Aliso Viejo 92656

(949) 361-3548

#### Women's Transitional Living Center - Domestic Violence & Human Trafficking

(877) 531-5522

#### Human Options

5540 Trabuco Rd Ste 100, Irvine, 92620

(877) 854-3594 or (949) 747-5242

#### Domestic Violence Advocacy

12453 Lewis St Ste 201, Garden Grove

92840

(714) 450-6131

#### Rape Crisis Sexual Assault Hotline

(800) 656-4673

#### National Domestic Violence Hotline

(800) 799-7233

#### Child Abuse Reporting Hotline

(800) 207-1000

#### Domestic Violence Assistance Program

Assistance with Restraining Orders

(714) 935-7956

#### Public Law Center

601 Civic Center Drive West, Santa Ana

92701

(714) 541-1010

### Helpful Apps

#### Wellness Recovery Action Plan

*Safety Plan*



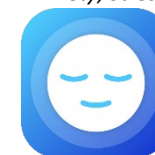
#### UCLA Mindful

*Mindfulness, Stress*



#### Mindshift CBT

*Anxiety, Stress*



#### Bearable

*Mood Tracker, Sleep*



#### Woebot

*CBT, DBT, Mindfulness*

