

IRVINE VALLEY COLLEGE PSYCHOLOGICAL SERVICES

MENTAL HEALTH REFERRALS



Free Therapy

OCHCA Community Counseling

Supportive Services

(714) 567-5192

Cost: Free 3-6 Months Therapy

**Therapy, Psychiatric Services,
Psychological Testing**

Hoag Mental Health Center

Newport Beach, 92663

(949) 764-6542

Cost: Free 12-15 sessions for those who
are uninsured or have barriers to
accessing therapy

Therapy

South OC Family Resource Center

Lake Forest, 92630

(949) 365-0500

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

Therapy, Case Management

Tustin Family Resource Center

Tustin, 92780

(714) 243-4292

Cost: Free or Sliding Scale

Therapy, Case Management

Crescent Family Center

Fullerton, 92832

(714) 399-4571

Cost: Free 12 sessions

Individuals, couples and families

**Therapy, Case Management, Health
Services**

A Quarter Blue

Orange, 92686

(714) 932-0845

Cost: Free for victims of crime

Therapy

Low-Cost & Sliding Scale Therapy

OMID

Irvine, 92612

(949) 502-4721

Cost: Free to Sliding Scale, \$20 for
students, accepts Cal-Optima/Medi-Cal
Therapy

Hope Counseling Center

Fullerton, 92831

(714) 879-3901

Cost: Sliding Scale \$1-\$70 (\$20 for
students)
Therapy

Living Success Center

Santa Ana 92705

(949) 645-4723

Cost: Sliding Scale \$15 minimum
Therapy

Mosaic Mental Health Group

Orange, 92868

(714) 340-7755

Cost: Sliding Scale \$20+, Cigna, Aetna,
Tricare, Beacon, and Blue Shield
Individuals, couples and families
Therapy, Case Management

Straight Talk Counseling Center

Santa Ana, 92704

(714) 828-2000

Cost: Sliding Scale \$25-\$95
\$25 for Veterans and Military

Therapy

Pepperdine University Counseling Center

Irvine, 92612

(949) 223-2570

Cost: Sliding Scale \$25 - \$95/Intake \$45
Therapy

Low-Cost & Sliding Scale Therapy (cont.)

California Family Institute

Costa Mesa, 92626

(949) 381-1510

Cost: Sliding Scale \$40+
Therapy

Trinity Counseling Ministries

Mission Viejo, 92691

(949) 257-2251

Cost: Flat fee \$40

Therapy

Open Path Psychotherapy Collective

[Link to Open Path Psychotherapy
Collective](#)

Cost: Individual Therapy \$40-\$70,
Couples and Family Therapy \$40-\$80,
Student Intern Sessions \$30

*One time \$65 membership fee

Therapy

Relationships

Redondo Beach, 90278

(310) 227-3947

Cost: Sliding Scale \$50 and lower
Therapy

Turning Point Center for Families

Costa Mesa, 92626

(714) 547-8111

Cost: Sliding Scale \$30-\$150/Intake \$50
Therapy, Groups

Norooz Clinic Foundation

Santa Ana, 92705

(714) 386-9171

Cost: Sliding Scale OR Individual
Therapy \$50, Couples and Family \$80,
EMDR \$125
Therapy, Psychological Assessment

Psychiatry

Hurtt Family Health Clinic Tustin

Tustin, 92782

(714) 247-0300

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

**Therapy, Psychiatric Services, Health
Services**

Harbor Psychiatry & Mental Health

Newport Beach, CA 92660

(949) 887-7187

Cost: Most insurance accepted,
CalOptima included

**Therapy, Psychiatric Services,
Psychological Testing**

OCHCA BHS Services – Adult Mental Health Outpatient Health Clinics

(714) 517-6300

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

Western Youth Services

Santa Ana, 92701

(714) 704-5900

Cost: Exclusively Cal-Optima/Medi-Cal
**Therapy, Psychiatric Services,
Psychological Testing (Ages 20 and
below)**

Korean Community Services (KCS)

Irvine, 92612

(714) 503-6550

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

IRVINE VALLEY COLLEGE PSYCHOLOGICAL SERVICES

MENTAL HEALTH REFERRALS



Crisis Lines and Warmlines

Suicide Hotline

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

[Link to Didi Hirsch Suicide Prevention and Counseling Center](#)

Centralized Assessment Team (CAT)

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

Be Well OC (Big Blue Van)

Non-Emergency Crisis Response Team
(949) 724-7200

Evaluation and Treatment Services (ETS)

Psych Evaluation & Crisis Stabilization
(714) 834-6900

OC Resource Line

Dial 2-1-1 or visit [Link to 211 OC](#)

OC Links

OCHCA Behavioral Health Resources
(855) 625-4657

OC Warmline

Emotional support 24/7
Call or text: (714) 991-6412

OC Elder/Dependent Adult Abuse Hotline

(800) 451-5155

Maternal Outreach Management System (MOMS) - OC

Services for Pregnant Individuals
(800) 787-5858

LGBTQIA+ Resources

Radiant Health Centers LGBTQ+

17982 Sky Park Circle, Ste J, Irvine
92614

(949) 809-5709

Cost: Free counseling
Therapy, Health Services

LGBTQ Center OC

1605 N Spurgeon St, Santa Ana, 92701
(714) 953-5428 (LGBT)

Cost: Sliding Scale only

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)

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

[Link to Trans Lifeline](#)

Domestic Violence Resources

Laura's House - Domestic Violence Counseling & Resources

33 Journey Ste 150, Aliso Viejo, 92656
(949) 361-3548

Human Options

5540 Trabuco Rd Ste 100, Irvine, 92620
(877) 854-3594 or (949) 747-5242

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

(877) 531-5522

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

Substance Use Resources

Be Well OC

Crisis Stabilization, Sobering Center,
Crisis Residential Services, Care
Navigation

Orange, 92868

(949) 749-2500

[Link to Be Well OC](#)

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

Encompass Counseling and Recovery Center

27124 Paseo Espada, Suite 801,
San Juan Capistrano, 92675

(888) 690-0900

Sliding Scale Available for Students

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](#)

SAMHSA National Helpline

Substance Abuse and Mental Health
(800) 662-4357

[Link to SAMHSA](#)