

IRVINE VALLEY COLLEGE HEALTH & WELLNESS CENTER

COMMUNITY MENTAL HEALTH REFERRALS

CRISIS LINES & WARMLINES

Be Well-OC (Big Blue Van)
(949) 724-7200
Non-Emergency Crisis Response Team

Centralized Assessment Team (CAT)
(855) 625-4657
Behavioral Health Crisis Service

County Crisis Stabilization Unit
(714) 834-6900
Emergency Psychiatric Evaluation, Adult Crisis Stabilization

Maternal Outreach Management System (MOMS)
(714) 972-2610
Prenatal Services, Health Screenings

OC Elder/Dependent Adult Abuse Hotline
(800) 451-5155

OC Links
OCHCA Behavioral Health Resources
(855) 625-4657

NAMI OC Warmline
(714) 991-6412
Emotional and Family Support

OC Resource Line
Dial: 211
Assists OC residents with Critical Social Services

Suicide Hotline/9-8-8
9-8-8 (Call or text) or
(800) 273-8255
Suicide Prevention and Crisis Line

LGBTQ+ RESOURCES

CHOC Gender, Puberty and Sex Development Program
Orange, CA 92868
(888) 483-5670

Cost: Sliding-Scale Starting at \$65, CalOptima

Languages: English, Spanish
Services: Therapy, Medical

LGBTQ Center- OC
Santa Ana, CA 92701
(714) 953-5428

Cost: Sliding-Scale Starting at \$35

Languages: English, Spanish, Cantonese, French

Services: Therapy, Transitioning Assistance, Legal Aid

Radiant Health Centers LGBTQ+
Irvine, CA 92614
(949) 809-5700

Cost: Sliding-Scale is Income Based, CalOptima, Most Insurances

Languages: English, Spanish
Services: Therapy, Groups, HIV Testing, Hormone Replacement Therapy

Shanti OC
Laguna Hills, CA 92653
(949) 452-0888

Cost: Sliding-Scale Starting at \$65, CalOptima, Kaiser, Most Insurances

Languages: English, Spanish, Farsi
Services: Therapy, HIV/AIDS Care

Trans Lifeline
(877) 565-8860

Services: Emotional & Peer Support for Trans Community

Trevor Project Lifeline
(866) 488-7386 or
Text: 'START' to 678678
Suicide Prevention Hotline

The Nest Counseling Center
Costa Mesa, CA 92626
(949) 287-3942

Cost: Sliding Scale Starting at \$50
Services: Therapy

DOMESTIC VIOLENCE RESOURCES

Radiant Futures
(877) 531-5522
Services: Therapy, Housing, Legal Services for Domestic Violence Survivors

Domestic Violence Assistance Program
(714) 935-7956

Services: 24-hour Temporary Restraining Order Info Line

Human Options
Irvine, CA 92620
(877) 854-3594

Cost: Free for Domestic Violence Survivors

Languages: English, Spanish
Services: Housing, Legal Services, Family Therapy

Laura's House- Domestic Violence Advocacy

Garden Grove & Aliso Viejo
(714) 450-6131

Cost: \$0-\$30

Languages: English, Spanish
Services: Therapy, Housing, Legal Services

Child Abuse Reporting Hotline
(714) 940-1000 or
(800) 207-4464

National Domestic Violence Hotline
(800) 799-7233
Services: Local Resources Provider

RAINN - Rape Crisis Sexual Assault Hotline

(800) 656-4673 or text "HOPE" to 64673

Services: Survivor Services

SUBSTANCE ABUSE RESOURCES

Alcoholics Anonymous- OC
(949) 582-2697
<https://www.oc-aa.org/>
12-Step Recovery Program

Narcotics Anonymous- OC
(714) 590-2388
<https://orangecountyna.org/ocwp/>
12-Step Recovery Program

Be Well-OC
Irvine, CA 92618
(949) 749-2500

Cost: Most Private Insurance, CalOptima
Languages: English, Spanish

Services: Crisis Stabilization, Sobering Center, Substance Abuse Services

Cornerstone of Southern California
Tustin, CA 92780
(714) 547-5375

Cost: Most Insurances

Languages: English, Spanish
Services: Treatment, Psychiatry, & Medicine Management for Substance Abuse Recovery Patients

Woodglen Recovery Junction, Inc.
Fullerton, CA 92832
(714) 879-0929

Cost: Medi-Cal, Private Pay

Languages: English
Services: Substance Abuse Detox Rehabilitation Center, Therapy

Orange County Rescue Mission
Tustin, CA 92782
(714) 247-4300

Services: Housing, Job Training, Law Clinic, Food Ministry, Parent- Child Enrichment Center

Phoenix House
Santa Ana, CA 92701
(714) 503-8526

Cost: CalOptima, Most Insurances
Languages: English, Spanish
Services: Addiction, Behavioral Health, Residential & Outpatient Programs

LEGAL AND OTHER RESOURCES

California Courts Self-Help Resource Guide
<https://selfhelp.courts.ca.gov/get-free-or-low-cost-legal-help>
Services: Free or Low-Cost

Community Legal Aid SoCal
Santa Ana, CA 92705
(800) 534-5001 or
(714) 571-5200
Services: Free or Low-Cost

Legal Aid Association of Southern California
<https://www.lawhelpca.org/>
Services: Free or Low-Cost

Public Law Center
Santa Ana, CA 92701
(714) 541-1010
Services: Free or Low-Cost

OC Intergroup of Overeaters Anonymous
(714) 953-0900
12-Step Recovery Program

Codependents Anonymous
<https://coda.org/>
12-Step Recovery Program

Second Harvest Food Bank
Irvine, CA 92618
(949) 653-2900
Services: Food Pantry, CalFresh and WIC Program Assistance

Community Action Partnership Orange County
Garden Grove, CA 92841
(714) 897-6670

Services: Low-Income and Elderly Resource for Food, Utilities, and HVAC Repairs

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*FREE THERAPY

A Quarter Blue

Orange, CA 92867
(714) 932-0845

Cost: Free for Survivors of Crime

Languages: English, Spanish

Services: Therapy, EMDR option

Crescent Clinic- ICNA Relief

Fullerton, CA 92382
(714) 399-4571

Cost: 12 Sessions Free

Languages: English, Arabic, Urdu,
Spanish (Q4 2025)

Services: Therapy, Primary Care, Vision,
Dental

Hoag Mental Health Center

Newport Beach, CA 92663
(949) 764-6551

Cost: Free, Medi-Cal, CalOptima

Languages: English, Spanish, Farsi

Services: Therapy, Psychiatry

OCHCA Community Counseling

Supportive Services

Orange, CA 92868
(714) 645-8000

Cost: Free

Languages: English, Spanish

Services: Therapy

South OC Family Resource Center

Lake Forest, CA 92630
(949) 364-0500

Cost: Free

Languages: English, Spanish

Services: Therapy, Psychiatry, Medication
Management, Social Services, Legal
Consultation

OCHCA Outpatient Clinics- East Region

Santa Ana, CA 92701
(714) 480-6767

Services: Outpatient and Psychiatric
Services

***If certain criteria are met**

LOW-COST & SLIDING-SCALE

Camino Health Center

Lake Forest, San Clemente &
San Juan Capistrano, CA
(949) 240-2272

Cost: Sliding-Scale Starting at \$10,

CalOptima, Blue Shield PPO

Languages: English, Spanish

Services: Therapy, Psychiatry, Psychological
Assessment, Medical, Dental, Optometry

Living Success Center

Santa Ana, CA 92705
(949) 645-4723

Cost: Sliding-Scale Starting at \$15, Most
Insurances

Languages: English, Spanish

Services: Therapy

Norooz Clinic Foundation

Santa Ana, CA 92705
(714) 386-9171

Cost: Sliding-Scale Starting at \$25, Aetna,
Cigna, Magellan, Blue Shield of CA

Languages: English, Spanish, Farsi,
Mandarin

Services: Therapy, Psychological
Assessment

OCAPICA: Project Hope, Project MPower,

Project Focus, Project Shine-OC

Garden Grove, CA 92840
(714) 461-3687

Cost: Free for Project Hope, Project Rise and

Project Mpower. Medi-Cal Accepted for
Project Focus and Project Shine-OC

Languages: English, Spanish, Korean,
Vietnamese, Mandarin

Services: Therapy, Psychiatry

OMID

Irvine, CA 92612
(949) 502-4721

Cost: Therapy Sliding-Scale Starting at \$0,
Psychological Testing Sliding-Scale Starting
at \$30

Languages: English, Spanish, Arabic,
Mandarin, Farsi

Services: Therapy, Psychological
Assessment,
Case Management

LOW-COST & SLIDING-SCALE

Hope Counseling Center

Fullerton, CA 92831
(714) 681-7225

Cost: Sliding-Scale Starting at \$5 for
Students

Languages: English, Spanish

Services: Therapy

Pepperdine University Counseling Center

Irvine, CA 92612
(949) 223-2570

Cost: Sliding-Scale Starting at \$25

Languages: English, Spanish

Services: Therapy

Straight Talk Counseling Center

Santa Ana, CA 92704
(714) 828-2000

Cost: Sliding-Scale Starting at \$35

Languages: English, Spanish, Korean,

Farsi

Services: Therapy, Residential Substance

Abuse Treatment

Families Together of OC

Tustin, CA 92780
(800) 597-7977

Cost: Sliding-Scale Starting at \$1,
CalOptima, Most Insurances

Languages: English, Spanish

Services: Therapy, Medical, Dental, Vision

Trinity Counseling Ministries

Mission Viejo, CA 92691
(949) 257-2251

Cost: Sliding-Scale Starting at \$50

Languages: English, Spanish, Korean

Services: Therapy

Open Path Psychotherapy Collective

<https://openpathcollective.org/>

Cost: \$65 Intake Fee, \$30-\$70 Per Session
Afterwards

Languages: Many

Services: Therapy Referrals

PSYCHIATRY

Alliance Psychiatric Group

Irvine, CA 92630
(714) 769-6090

Cost: \$350 Initial Cost, \$150 Follow-Up Cost,
CalOptima, Medicare, Most Insurances

Languages: English, Arabic, Farsi

Services: Psychiatry, Medication Management

Harbor Psychiatry & Mental Health

Newport Beach, CA 92660
(949) 887-7187

Cost: CalOptima, Most Insurances

Languages: English, Farsi

Services: Therapy, Psychological Assessment,
Psychiatry, Medication Management

Hurtt Family Health Clinic Tustin

Tustin, CA 92782
(714) 247-0300

Cost: Sliding-Scale Starting at \$25, CalOptima,
Monarch Healthcare, Optum

Languages: English, Spanish

Services: Therapy, Medical, Dental, Medication
Management

Western Youth Services

Santa Ana, CA 92701
(714) 704-5900

Cost: CalOptima, Medi-Cal

Languages: English, Spanish,
Vietnamese, Farsi

Services: Therapy, Psychological Assessment,
Psychiatry and Medication Management for

Ages 20 and Younger

NuLeaf Mental Health Group

Irvine, CA 92612
(562) 541-8950

Cost: Sliding-Scale Starting at \$100, Most
Insurances, CalOptima for Psychiatry Only

Languages: English, Spanish

Services: Therapy, ADHD testing, Psychiatry,
Medication Management

Progeny Psychiatric Clinic

Irvine, CA 92614
(949) 722-7118

Cost: CalOptima, Most Insurances

Languages: English, Spanish, Vietnamese,
Tagalog, Farsi

Services: Therapy, Psychiatry, Medication
Management