

Orange County & National Mental Health Assistance

Peer-Run Warm Line - (855) 845-7415

Need to talk but not in a crisis?
Call the Peer-Run Warm line.

Orange County Crisis Prevention Hotline - 877.727.4747 (OC SPECIFIC)

Suicide Prevention Line Provides toll-free, 24-hour, immediate, confidential, culturally and linguistically appropriate, over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.

Teen Line - 800-852-8336

TEEN LINE is a confidential hotline for teenagers which operates every evening from 6:00pm to 10:00pm PST. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! You can call at 800-TLC-TEEN (852-8336), text by texting "TEEN" to 839863 or email at <https://teenlineonline.org/talk-now/>.

Trevor Line (LGBTQ) - 866.488.7386

A national suicide prevention and crisis hotline for the LGBTQ population.

The OC Warm Line – 877-910-WARM (9276)

The NAMI-OC WarmLine is 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, The WarmLine is for you! Services are available 365 days a year. M-F 9 am to 3am and Saturday-Sunday 10 am to 3am 714-991-6412 (OC Local Line), Live chat is available at <http://www.namiooc.org/>

Centralized Assessment Team (CAT) - 866.830.6011

<http://ochealthinfo.com/cat/>

CAT Team Provides mobile response, including mental health evaluations/assessment, for those who are experiencing a mental health crisis, 24 hours per day/7 days per week. In response to psychiatric emergencies, staff provides crisis intervention for hospital diversions, evaluations for involuntary hospitalizations, and assistance for police, fire, and social service agencies. Assessment/consultation services are provided in Hospital Emergency Departments (ED) for patients in need of, or waiting for, inpatient services. This bi-lingual/bi-cultural staff works with family members to provide information, referrals, and community support services.

Survivors Support Services - 714-547-0885

Survivor Support Services provide education, information, support, referral and follow-up care to those who have attempted suicide and the family members/loved ones of those who have attempted or committed suicide in an effort to reduce the incidence of suicide attempts and the development of mental health disorders. 8 a.m.-5 p.m., Monday – Friday

Mental Health Assistance:

National Suicide Prevention Lifeline

The Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals. Call: 800-273-8255

<https://suicidepreventionlifeline.org/>



Domestic and Intimate Partner Violence and COVID-19

Stay-at-home orders, intended to protect the public and prevent widespread infection, have left many Intimate Partner Violence victims trapped with their abusers. Confidential and secure help is available.

National Domestic Violence Hotline <https://www.thehotline.org/>
<https://aflcio.org/covid-19/domestic-and-intimate-partner-violence-and-covid-19>

Alcohol and Drug Addiction during COVID-19

Addiction thrives in an environment of secrets and lies. Conversely, recovery requires an environment of accountability and honesty. The COVID-19 lockdown separated people from their usual contact points of job, family, and community and significantly increased the opportunity for substance abuse to occur.

<https://www.liveandworkwell.com/recovery>
https://www.aa.org/pages/en_US/find-local-aa

Behavioral Addictions during COVID-19

Online gaming and gambling addictions are on the rise during the COVID-19 lockdowns. Social isolation combined with stress and often monetary concerns are contributing factors. Reach out for support by confiding in a trusted family member or friend.

<https://www.netaddictionrecovery.com/gambling-and-gaming-recovery/>
<http://www.gamblersanonymous.org/ga/>

Additional Resources for Workers Impacted by COVID-19

The coronavirus pandemic has impacted the lives of millions of working people and our families. Select your state to find the resources, programs and benefits available in your area to assist you during this crisis. <https://aflcio.org/covid-19/state-resources>