

Mental Health Crisis Resources

The logo for the 988 Suicide & Crisis Lifeline. It features the number "988" in a large, bold, black font. To the right of the number, the words "SUICIDE & CRISIS" are stacked above the word "LIFELINE", all in a bold, black, sans-serif font. The entire logo is enclosed within a thick black rectangular border.

Nationwide Resources

2-1-1

211.org

A free, 24/7 confidential service that helps people find local resources.

Crisis Text Line

crisistextline.org

Text "HOME" to 741741 for free, 24/7 support.

National Suicide and Crisis Lifeline

9-8-8

988lifeline.org

The Lifeline provides free, 24/7 confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Lighthouse Network

1-844-543-3242

lighthousenetwork.org/home/

Christian-based resource for individuals looking for residential treatment centers, Partial Hospital Programs (PHP), Intensive Outpatient Programs (IOP), and other care.

SAMHSA (Substance Abuse and Mental Health Services Administration)

Treatment Locator

1-800-662-HELP (4357)

findtreatment.samhsa.gov/locator

This is one of the foremost treatment facility locators in the US.

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Local Orange County, CA Resources

Crisis Assessment and Psychiatric Emergency Teams (CAT/PERT Program)

1-866-830-6011

ochealthinfo.com/bhs/about/aoabh/catpert

The Crisis Assessment Team (CAT) provides 24/7 mobile response services for clients of all ages who are experiencing a mental health crisis or suicide risk. Team clinicians are often the first point of contact between the client and the county mental health system. The teams assist law enforcement, paramedics, social service agencies, and families by providing mental health crisis assessment services.

NAMI Warmline

1-714-991-6412

namioc.org/services/emotional-support/nami-orange-county-warmline

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!

OC Links

1-855-OC-LINKS (1-855-625-4657)

ocps.org/education-resources/resources-for-the-public/oc-links/

OC Links Info and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services with a focus for people with public insurance i.e., MediCal.

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Local Orange County, CA Resources

Crisis Stabilization Unit

Evaluation and Treatment Services (Adults)

1030 West Warner Avenue
Santa Ana, CA 92707
Phone: (714) 834-6900

Orange County Hospitals with Psychiatric Units

Anaheim Global Medical Center (Adults & Older Adults)

Formerly Western Medical Center Anaheim
1025 South Anaheim Blvd.
Anaheim, CA 92805
Phone: (714) 533-6220 and (888) 428-7828

CHOC Pediatric Psychiatric Unit (Children & Adolescents)

1201 West La Veta Ave.
Orange, CA 92868
Phone: (714) 997-3000

College Hospital Costa Mesa (Adults & Adolescents)

301 Victoria Street
Costa Mesa, CA 92627
Phone: (949) 642-2734

Huntington Beach Hospital (Older Adults)

17772 Beach Blvd.
Huntington Beach, CA 92627
Phone: (714) 843-5020

Los Alamitos Medical Center (Older Adults)

3751 Katella Avenue
Los Alamitos, CA 90720
Phone: (562) 799-3234

Mission Pacific Coast Recovery (Adults)

Located at Mission Hospital Laguna Beach
31872 Coast Highway
South Laguna Beach, CA 92651
Phone: (949) 499-7501

Newport Bay Hospital (Adults & Older Adults)

1501 East 16th Street
Newport Beach, CA 92663
Phone: (949) 650-9750

Royale Therapeutic Residential Center

1030 West Warner Avenue
Santa Ana, CA 92707
Phone: (714) 957-0611

South Coast Global Medical Center (Older Adults)

Formerly Coastal Communities Hospital
2701 South Bristol Street
Santa Ana, CA 92704
Phone: (714) 754-5454

South Coast Post Acute (Older Adults)

Formerly Royale SNF
1030 West Warner Avenue
Santa Ana, CA 92707
Phone: (714) 957-0611

St. Joseph Hospital (Adults)

1100 West Stewart Drive
Orange, CA 92868
Phone: (714) 771-8134

UCI Medical Center (Adults & Adolescents)

101 The City Drive South
Orange, CA 92868
Phone: (714) 456-5801

West Anaheim Medical Center

3033 West Orange Avenue
Anaheim, CA 92804
Phone: (714) 827-3000 and (877) 217-3639

Mental Health Crisis Resources

Types of Mental Health Treatment & Levels of Care

Treatment and care for mental health-related issues is provided in a variety of settings. The level or type of care will depend on multiple factors, including the nature and severity of the person's mental condition, the type of treatment prescribed, and their ability to function in day-to-day life, and their support system. Below are settings from highest level of care down.

Psychiatric hospitals/hospital inpatient settings involve an overnight or longer stay in a psychiatric hospital or psychiatric unit of a general hospital (privately owned or public/governmentoperated). Inpatient hospitals provide treatment for more severe mental health conditions. A person admitted to an inpatient setting might be in the acute phase of a mental illness and need help around the clock. Most psychiatric hospitals require a voluntary or involuntary hold. A few psychiatric hospitals provide drug and alcohol detoxification as well as inpatient drug and alcohol rehabilitation services and provide longer stays. A psychiatric hospital might have specialty units for eating disorders, geriatric concerns, child and adolescent services, as well as substance abuse services.

Goals: This level of care is reserved for patients who are at very serious, imminent risk of bodily harm to themselves or others and is not recommended lightly. When a person needs inpatient hospitalization, it means that they stay in a hospital for a few days, or up to a few weeks in rare scenarios. The patient sleeps at the hospital, attends group therapy, has the opportunity to learn concrete coping skills, and takes time to recover from an acute crisis in their mental health. During this time, they are evaluated by a psychiatrist and assigned a case manager to advocate for them and help plan treatment for after they are discharged to a lower level of care.

Residential mental health treatment environments generally provide longer-term care for individuals. Most residential treatment settings provide medical care but are designed to be more comfortable and less like a hospital ward than inpatient hospitals. Residential treatment centers vary by model, but generally either provide psychiatric, substance use, or dual diagnosis treatment services. Patients typically reside in this type of facility for 30-90 days but stays may be individualized according to each facility's policy and extend past a year when clinically indicated.

Goals: In some scenarios, a clinician will recommend residential treatment, usually in the case of long-standing, severe functional impairment without imminent risk of suicide or harm. In these situations, symptoms have not improved with most or all other forms of treatment. Residential care resembles a blend between PHP and inpatient treatment, with patients living on the premises of a treatment center, attending various forms of group and individual therapy, and establishing new daily routines that will support them in achieving long-term recovery from their mental illness.

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Types of Mental Health Treatment & Levels of Care

Partial hospitalization programs (PHPs), also called “day programs,” refer to outpatient programs that patients attend for six or more hours a day, every day or most days of the week. PHPs vary by model, but generally either provide psychiatric, substance use, or dual diagnosis treatment services. These programs, which are less intensive than inpatient hospitalization, commonly offer group therapy, educational sessions and individual therapy as well as family sessions. A PHP may be part of a hospital’s services or a freestanding facility.

Goals: Treatment might include group therapy, groups in which coping skills or other concepts are taught, individual therapy, art therapy, visits with a psychiatrist, or even meals. Someone would normally attend PHP for at least 1 week and possibly several weeks at a time before “stepping down” to less intensive care. Each patient would be assigned a case manager or individual therapist who, along with other members of the treatment team, would make recommendations based on the progress the patient is making.

Intensive outpatient programs (IOPs) are similar to PHPs, but are attended for lesser days/hours and may meet during evening hours to accommodate persons who are working. Most IOPs focus on either substance abuse or mental health issues. IOPs may be part of a hospital’s services or freestanding.

Goals: At this level of care, treatment days are usually 3-4 hours long, and patients will attend anywhere from 3-6 days per week for a limited time usually in the morning, afternoon or evening. Many people want to know right away how long the program is, but that is often not an easy answer. Patients are strongly recommended to work with their assigned case manager to identify goals for IOP and to have ongoing communication about their progress. It is important to note that every program is different and tailored to the needs of both the patient and type of issues being addressed.

Outpatient treatment: While there is wide variety in the types of outpatient settings, they all involve office visits with no overnight stay. Some are based in community mental health centers; others are located in general hospitals where individuals visit an outpatient clinic; and many are private practice offices with a mental health clinician (licensed psychologists, counselors, social workers, or therapists).

Goals: If the therapist thinks it necessary, they may refer patients to a psychiatrist for a medication assessment. They might also ask a patient for permission to collaborate with that person’s primary care physician or other provider. Furthermore, treatment could involve couples or family therapy instead of or in addition to individual therapy. Outpatient psychotherapy can take many forms based on the approach used by the particular therapist. It should be noted that if the patient comes from an inpatient, PHP, or IOP, it is a common and best practice to a psychiatrist and therapist for ongoing care.