

Mental Health Resources in Orange County

Organization	Services	Telephone	Hours of Operation
988 Suicide & Crisis Lifeline	Suicide prevention and mental health crisis hotline	Call or Text 988	24 hours a day, 7 days a week
NAMI OC Warmline	Provides free and confidential telephone service providing emotional support to individuals experiencing mental health concerns, substance abuse, loneliness or are in need of community resources	(714) 991-6412	24 hours a day, 7 days a week
OC Links	Mental health and wellness resources line	(855) 625-4657	24 hours a day, 7 days a week
Didi Hirsch Mental Health Services	Survivors after suicide bereavement groups, survivor of suicide attempt support groups	(714) 547-0885	Monday – Friday: 8:30 am-5 pm
Crisis Assessment Team (CAT)	For assessment and evaluation of individuals experiencing psychiatric emergencies including threats to harm self, others, or gravely disabled	(866) 830-6011	24 hours a day, 7 days a week
The Trevor Project	Phone, chat, and text support for LGBTQ + Youth	(866) 488-7386	24 hours a day, 7 days a week