



# Mental Health Resources

Orange County

## COMMERCIAL

**Commercial Insurance:** Please refer to the back of the patient's insurance card for the mental health referral phone number/process.

## CALOPTIMA | MEDI-CAL

### Mild-Moderate Services needed:

CalOptima Behavioral Health: [1-855-877-3885](tel:1-855-877-3885) Available 24 hours a day, 7 days a week for members seeking outpatient mental health services.

### Moderate-Severe Services needed:

OC Links: [1-855-OC-Links](tel:1-855-OC-Links) or [1-855-625-4657](tel:1-855-625-4657) Provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services.

Orange County Mental Health Plan Access Line: [1-800-723-8641](tel:1-800-723-8641) Specialty mental health and/or substance use services. Available 24 hours a day, 7 days a week.

Orange County Health Care Agency (OCHCA): [www.ochealthinfo.com/bhs](http://www.ochealthinfo.com/bhs) Information on county resources.

## EMERGENCY SERVICES NEEDED

**If this is a life-threatening emergency:** [Dial 911](tel:911)

**Crisis Text Line:** [741-741](tel:741-741), text HOME to 741741. Free text support for people in crisis 24 hours a day, 7 days a week. [www.crisistextline.org](http://www.crisistextline.org)

**Didi Hirsch Suicide Crisis Hotline:** [1-877-727-4747](tel:1-877-727-4747)

Crisis prevention hotline, over-the-phone suicide prevention services:  
Available to talk 24 hours a day, 7 days a week.

**National Suicide Prevention Lifeline:** [1-800-273-TALK \(8255\)](tel:1-800-273-TALK), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Crisis Assessment Team (CAT):** [1-866-830-6011](tel:1-866-830-6011) or [1-714-517-6353](tel:1-714-517-6353)

CAT provides crisis evaluations for children and adults who are experiencing a mental health crisis, such as self-harm, suicidal thoughts, harm to others, and aggressive behaviors. Provides services in the home, school, and community 24 hours a day, 7 days a week.

[www.ochealthinfo.com/bhs/about/aoabh/catpert](http://www.ochealthinfo.com/bhs/about/aoabh/catpert)  
[www.ochealthinfo.com/bhs/about/cys/crisis\\_services](http://www.ochealthinfo.com/bhs/about/cys/crisis_services)

**Should a crisis arise in the future, please take your child to the nearest emergency department.**