

CRISIS HOTLINES

The United Way's 211.org: Call 2-1-1

The hotline is intended for anyone living in North America who has any type of crisis or who needs help locating specific resources, including information and referrals for eating disorder treatment. Available 24/7, it can offer information and referrals to treatment organizations in your area.

Crisis Textline: Text CONNECT to 741741

Available 24/7, 365 days a year, this organization helps people with eating disorders and other mental health issues by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

The Suicide Prevention Lifeline

1-800-273-8255

Connects callers to trained crisis counselors 24/7. They also provide a chat function on their website: <http://suicidepreventionlifeline.org/>

TARA (Treatment and Research Advancements for Borderline Personality Disorder)

Offers a referral center for information, support, education and treatment options for BPD
1-888-482-7227

<http://www.tara4bpd.org/>

www.homelesshelterdirectory.org

Provides a national directory of homeless shelters, assistance programs, soup kitchens and more

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

Provides information and referrals on ADHD, including local support groups.
800-233-4050

chadd.org

DRUG & ALCOHOL ABUSE

SAMHSA's (Substance Abuse & Mental Health Services Administration) National Helpline

1-800-662-HELP (4357) -Treatment Referral Routing Service)

<https://www.samhsa.gov/find-help/national-helpline>

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Hazelden Betty Ford Drug & Alcohol Rehab Center

<https://www.hazeldenbettyford.org/locations/betty-ford-center-rancho-mirage>

1-855-416-8492 24-hour line

39000 Bob Hope Dr. Rancho Mirage, CA 92270

One of the most renowned treatment centers in the United States treatment approach is based on top Hazelden research. Betty Ford patterned the drug and alcohol rehab approach after the Hazelden Foundation's Minnesota Model of care. The approach combines multidisciplinary care for the body, mind and spirit with Twelve Step practices of mutual support. In 2014, the Betty Ford Clinic and Hazelden merged, forming the nation's largest nonprofit addiction treatment center, the Hazelden Betty Ford Foundation. Rehab programs and services available at the Betty Ford Center's Rancho Mirage campus include bio-psycho-social assessments and evaluation, medical detox, inpatient and outpatient substance abuse treatment, nearby sober living homes, education and support for families and children, and post-rehab continuing care groups.

The Hoag Recovery Center - Irvine

<https://www.hoagaddictiontreatment.com/>

Offers a professional and intensive rehab experience, starting with medically-supervised detoxification. Their onsite medical team makes this facility a good place for anyone with a serious addiction, as they approach it with vast experience, state of the art technology, and plenty of clinical research to make sure that they can meet each patient's needs on an individual level. This center does not only treat your addiction, it helps you in all aspects of your life with minimal disruption, as it is pet-friendly, and includes a sober living home and a day school.

Mission Hospital & St. Joseph Healthcare

<https://www.pacificcoastrehab.com>

(866) 633-6787

[click for brochure](#)

Orange County Healthcare Agency Alcohol/Drug Abuse Services

5 Mareblu Street Suite 100, Aliso Viejo, CA, 92656

949-643-6930

Primary Focus: Substance Abuse Rehab Services

Treatment Type: *Outpatient, Regular outpatient treatment, Computerized treatment*

Treatment Approaches: *Dialectical behavioral therapy, Substance abuse counseling approach, Trauma-related counseling, Rational emotive behavioral therapy*

Payment/Insurance Accepted: *Cash or self-payment, Private health insurance, Federal, or any government funding for substance abuse programs, Payment Assistance, Sliding fee scale (fee is based on income and other factors)*

Alcoholics Anonymous

<https://oc-aa.org/home.htm>

Support group meetings every day and online for all addiction related issues

Domestic Violence

Laura's House

Toll Free Hotline - (866) 498-1511

www.laurashouse.org

Our Emergency Hotline is open 24 hours a day/7 days a week. Offers counseling, legal aid, shelter and other related services.

OC Sheriff's Department

<https://www.ocsd.org/gov/sheriff/about/info/referral/domestic.asp>

Lots of great resources and other options similar to Laura's house. Also includes more informational data.

The National Domestic Violence Hotline

1-800-799-7233

www.thehotline.org

Provides 24/7 crisis intervention, safety planning and information on domestic violence.

Eating Disorders

National Eating Disorders Association Helpline: 1-800-931-2237

This helpline offers support Monday–Thursday from 6 a.m.–6 p.m., and Friday from 6 a.m.–2 p.m. You can expect to receive support, information, referrals, and guidance about treatment options for either you or your loved one. You can also contact this helpline through its online chat function,

available on its website. Additionally, there is an option to send a text message if you are in crisis by texting NEDA to 741741; a trained volunteer from the Crisis Text Line will get in touch with you.

Center For Discovery @ Del Mar (many other locations too)

<http://centerfordiscoverydelmar.com/>

858-703-2834

info@centerfordiscovery.com

Center for Discovery works to treat the whole individual and not just the eating disorder by itself. We will help you:

- Identify underlying triggers which may have contributed to the development of the eating disorder
- Understand why this eating disorder occurred and why it has persisted
- Develop a new set of skills to navigate one's life and effectively cope with emotions and stress
- Improve communication, connection, and relationships with loved ones
- Heal the relationship with food through nutrition education and experiential activities

In addition, eating disorders frequently co-exist with other mental health disorders, such as depression, anxiety, self-harm, obsessive compulsive disorder, bipolar disorder and substance abuse disorders. It is absolutely essential that the eating disorder and any other co-occurring disorders are simultaneously addressed and treated in order for the individual to fully recover.

Pregnancy/Baby Related Issues

St. Joseph/Mission Hospital Breastfeeding support hotline:

Monday - Friday, 9 a.m. - 5 p.m. Board Certified Lactation Consultant Nurses can be contacted by calling (949) 365-BABY, press option 3. Messages left within business hours will be returned that day and messages left outside business hours will be returned the following business day.

*Board Certified Lactation Consultant Nurses are available to provide one-on-one consultation for breastfeeding issues and concerns. Examples include low supply, baby not latching, and intake problems. No Fee. Monday - Friday, 9 a.m. - 5 p.m. Please call (949) 365-BABY, press option 3 to schedule your private appointment. *All breastfeeding services are offered only to new moms who delivered at Mission Hospital or infants who were patients at CHOC Children's at Mission.*

Breastfeeding Support Group - Every Wednesday, 1 p.m. Join other mothers with babies of all ages, to discuss breast feeding joys and challenges, returning to work, nutrition and other topics. Hands-on help is not available during these meetings. Held at Mission Women's Wellness Center classroom 171c.

Postpartum Depression Support Group - This ongoing support group is for moms having unexpected feelings of anxiety, sadness isolation and depression following birth. Advanced registration is not required. Babies welcome. The postpartum depression support group is held Tuesdays, 10-11 a.m. at Mission Women's Wellness Center classroom 171c.

La Leche League

<https://www.llusa.org/la-leche-league-of-california/>

Karima 714-893-5679

www.facebook.com/LLLcentralOC

Mom to mom support focused on breastfeeding challenges but also extending into many other areas where new moms need support.

TROUBLED TEENS

Teen Challenge

417-581-2181

<https://teenchallengeusa.com/>

*be sure to sort location results by their gender and "under 18" options to find the best-fit center for your child

Locations all over the United States

This incredible faith-based foundation has over one hundred locations with each location having a unique specialty covering virtually every issue present in today's youth. Most programs are residential lasting for an entire school year giving them time to change and stabilize in their transformation.

MISC. SUPPORT GROUPS

A Place For Kids

apfk.org

949.348.0548

Mission Conference Center - 26726 Crown Valley Parkway Mission Viejo, CA 92692

1st and 3rd Monday of the month at 6:00 p.m. to 7:00 p.m.

Welcome to A Place for Kids. We provide ongoing grief support for children, ages 5 to 18 and their families, who have experienced the loss of a loved one due to a death, enabling them to express and process their feelings, reach grief adjustment and lead productive lives. Groups are broken out by littles/middles/teen.

Breast Cancer Support Group @ Mission Hospital

Contact Info: Sue Jacobson (949) 364-1400 ext. 3808

Every other Monday 6-8 pm

This support group is for women coping with breast cancer. Find strength and hope with other survivors before, during, and after your treatment. The nurse navigator facilitates the group.

Kids Konnected

KidsKonnected.org

1st and 3rd Monday 6:30 PM to 8:00 PM

Please RSVP Call: (949) 484-9092

Susan G. Komen Orange County - 2817 McGaw Ave Irvine, CA 92614

provide support, education, and community to children who have a parent with cancer or have a parent that has died from cancer. All support groups are guided by licensed therapists and utilize art, writing, games, discussions, and peer support.

Saddleback Church

<http://hope4mentalhealth.com/>

Autism, Bipolar, Brain Injury, Depression & Anxiety, Active Duty Families, ADD Adult/Parent, Adoption & Foster Families, Alzheimer's, Families with Incarcerated Loved One, HIV & AIDS, NAMI basics, Veterans & Armed Forces

<http://hope4mentalhealth.com/connect/support-groups>