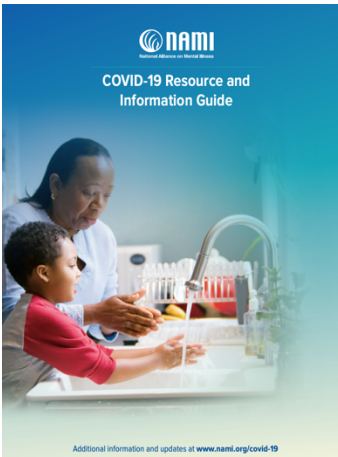


Stigma Free Orange County Resource Guide



Mental Health & Educational Resources

NAMI COVID-19 Resource and Information Guide



Answers frequently asked questions regarding the intersection between COVID-19 and people affected by mental illness, their caregivers, and loved ones. The guide touches on a variety of topics from managing anxiety and social isolation to accessing health care and medications.

<https://nami.org/home>

What you Feel is Real Toolkit



What you Feel is Real Toolkit – Encourages OC residents to seek free Orange County behavioral health services to help cope with stress associated with COVID-19.

<https://coronavirus.egovoc.com/what-you-feel-real-english>

Be Well Orange County – Help Happens Here



Caregivers coming together for a common purpose, with public, private, academic, faith and other organizations uniting to positively impact the mental health and wellbeing for all in Orange County. Find COVID-19-related mental health educational materials, community resources and behavioral health support at the Be Well OC COVID-19 support site.

<https://bewelloc.org/be-well-oc-announces-help-happens-here/>

Each Mind Matters



Each Mind Matters is California’s Mental Health Movement created to united people and organizations across the state who share a vision of improved mental health and equality. The goal is to amplify the voices of all people who want to put an end to stigma about mental illness, creating a community where everyone feels comfortable reaching out for the support they deserve. A variety of educational resources in many different languages are available on the website.

<https://www.eachmindmatters.org/>

Know the Signs



Know the Signs is a social marketing campaign to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about and to reach out to resources.

<https://www.suicideispreventable.org/>

Walk in Our Shoes



Walk in our Shoes uses real stories from teens and young adults to teach youth about mental health challenges and mental wellness. The website includes lessons and activities to reduce stigma associated with mental illness by debunking myths and educating 9-13 years old about mental wellness.

<https://walkinourshoes.org/>

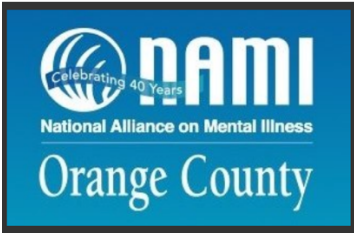
Partnership to End Addiction



Not sure how to prevent youth from using alcohol or drugs? Or what to do if you suspect or have discovered substance use? This program helps to discourage risky behaviors, strategies to connect with youth, and effective parenting skills.

<https://drugfree.org/prevention-and-taking-action-early/>

National Alliance on Mental Illness (NAMI)



Nami provides educational programs that ensures families, individuals, and educators receive the support and information they need. In addition, NAMI conducts advocacy work and leads awareness activities and events to fight stigma and encourage understanding of mental illness.

<https://nami.org/home>

Promise to Talk



Providence St. Joseph Health has activated on Each Mind Matters Campaign in OC. This social media campaign promotes open and honest conversations with friends and family to improve community to improve community understanding, acceptance, and support of mental health and wellness.

<https://www.promisetotalk.org/>

The Directing Change and Film Program



The Directing Change and Film Contest engages youth and young adults to learn about the warning signs for suicide, importance of mental health, and how to help a friend through the creation of short films. Throughout the filmmaking process, participants are engaged via all methods of the "learning spectrum" to see, experience, and discuss mental health.

<https://www.directingchange.org/>

Active Minds



Active minds is a program that empowers students to speak openly about mental health to educate others and encourage help-seeking. There are over 450 chapters nationwide and they are changing the culture on campuses and in the community by providing information, leadership opportunities, and advocacy training to the next generation.

<https://www.activeminds.org/>

Links and Referral Services

OC Links



The OC Links Information and Referral line that provides telephone and online chat services to help callers navigate the Behavioral Health Services (BHS) system within the Orange County Health Care Agency. Callers are connected to clinical behavioral health navigators who link callers to the appropriate resources. Please call **(855)-OC LINKS** between the hours of 8 a.m.- 8 p.m to be connected to a Behavioral Health Navigator or click on the OC Links Chat icon during open chat hours.

<https://www.ochealthinfo.com/bhs/about/nit/oclinks/>

Network of Care



The Orange County Network of Care is a website that serves as a comprehensive resource for individuals, families, and agencies seeking information on health care including behavioral health. The website provides many resources including a service directory, a library of articles on health-related topics and a mechanism for tracking state and federal legislation. Website also includes links to a site specifically for veterans.

<https://orange.networkofcare.org/>

2-1-1 Orange County



2-1-1 Orange County is an expansive information and referral service for health and human services and supports in Orange County that is accessible 24h hours a day, 7 days a week online and through a multi-lingual line.

<https://www.211oc.org/>

Warm Line Orange County



The WarmLine provides confidential 24/7 telephone support for anyone who has concerns about mental health, substance use, is lonely or confused, or who needs information about available mental health services. Call **(877) 910-WARM** or via text **(714) 991-6412** or via chat at <https://www.namioc.org/oc-warmline>

Didi Hirsch



Didi Hirsch Mental Health Services provides comprehensive mental health, substance use, suicide prevention services, and resources. The Didi Hirsch Suicide Crisis Line is a core center for the National Suicide Prevention Lifeline and the regional call center for Orange County. In addition to providing 24 hour suicide prevention crisis counseling, Didi Hirsch provides bereavement counseling/support and suicide prevention trainings in Orange County. Please call **(714) 547-0885** or visit <https://didihirsch.org/>

Substance Abuse and Mental Health Services Administration (SAMSHA)



Self-help groups are a fellowship of men and women who share their experiences, strengths, and hope with each other that they may solve their common problem and help others to recover from addiction. The main components of these gatherings is mutual support - people helping each other. Examples of these include Alcoholic Anonymous and Narcotics Anonymous. To learn about these groups taking place both in-person and virtually, call SAMSHA's national helpline at **(800) 662-4357**; calls are administered 24 hours a day, seven days a week, in English and Spanish.

Suicide Prevention

<p>National Suicide Prevention Lifeline</p>	<p><u>800-273-TALK (8255)</u></p> <p>24/7 Crisis Counselors (English and Spanish)</p>
<p>Korean Crisis Line</p>	<p><u>877-727-4747</u></p> <p>4:30 p.m. – 12:30 a.m. daily</p>
<p>Teen Line</p>	<p><u>800-852-8336</u></p> <p>6 p.m. – 10 p.m. Off-hours covered by the Suicide Prevention Crisis Line</p>
<p>Trevor Line (LGBTQ Youth)</p>	<p><u>866-488-7386</u></p>
<p>Crisis Chat</p>	<p>https://didiirsch.org/chat/</p>
<p>Crisis for deaf and hard-of hearing</p>	<p><u>Text HEARME to 839863</u></p>
<p>Crisis Assessment Team (CAT) Performs assessment and evaluation of adults and minors experiencing psychiatric emergencies including threats to harm self, others, or gravely disabled.</p>	<p><u>866-830-6011</u></p>