Mental Health Resources – Orange & LA Counties
Disclosure

• Neither I nor any member of my immediate family has a financial relationship or interest (currently or within the past 12 months) with any proprietary entity producing health care goods or services consumed by, or used on, patients related to the content of this CME activity.

• I do not intend to discuss an unapproved/investigative use of a commercial product/device.
County Wide Suicide Prevention Offices

- LA County
  - LA County Suicide Prevention Network
  - Part of Department of Mental Health
  - [LA County Suicide Prevention Network - Department of Mental Health](#)

- Orange County
  - Recently formalized as separate office
  - Bhuvana Rao, Division Manager, (714) 834-2863 or brao@ochca.com.
Mental Health Care can be difficult to negotiate

- **County Funded Services**
  - Managed Medi-Cal
    - Mild to Moderate
      - 1-855-877-3885 - OC
      - 1-877-344-2858 - LA
  - Specialty mental health
    - Moderate to severe
      - 1-855-OC LINKS
      - 1-800-854-7771 - LA

- **Commercial insurance – Parity, but still carve outs**

- **Other Community Services**
  - 1-855-OC LINKS
  - 211 or Help Me Grow
If you're struggling with thoughts of suicide or hurting yourself, please use the following resources.

IMMEDIATE CRISIS AND/OR DANGER

Call the Orange County Behavioral Health Crisis Assessment Team at 1-866-830-6011, call 911, or proceed to the nearest emergency department.

RESOURCES AVAILABLE 24/7

California Youth Crisis Hotline
1-800-843-5200

Suicide Prevention Center
1-800-784-2433

Suicide Prevention Lifeline
1-800-273-8255 (TALK)
Crisis Text Line
741741

CHOC
Didi Hirsch Services – LA and Orange Counties

• Suicide Prevention Hotline
  • 800-273-8255 (24/7 English and Spanish)

• Support groups:
  • Survivor of Attempt Groups: Division Director Patricia S. Speelman, MA, LMFT pspeelman@didihirsch.org, (424) 362-2901
  • Teen suicide bereavement groups, call (424) 362-2911
  • Suicide Attempt Survivor Group contact Suicide Prevention Counseling Center at spccounseling@didihirsch.org or (424) 362-2911.

• Individual/Family Therapy in English and Spanish at Century City and Santa Ana locations. For more information about therapy, please call (424) 362-2900.
Program Overview
• DBT by IOP at CHOC
  • 8 weeks
  • 1x/week individual
  • 4x/week skills group
    • Includes caregivers
    • Includes various experiential activities
  • Family sessions as needed
  • Optional graduate group
  • Phone coaching
  • Similar programs at Hoag and Mission

Referral: (714) 509-8481
Resources

- Mental Health Toolkit: www.choc.org/MentalHealthToolkit
- CHOC Blogs (COVID specific): https://blog.chocchildrens.org/
- Coping Strategies Videos: choc.org/coping
- Anxiety Tips: https://www.choc.org/programs-services/mental-health/anxiety/
- Depression Tips: https://www.choc.org/programs-services/mental-health/depression/
- Project RESET educational online education: https://www.resettoolbox.com/