

Mental Health Resources – Orange & LA Counties



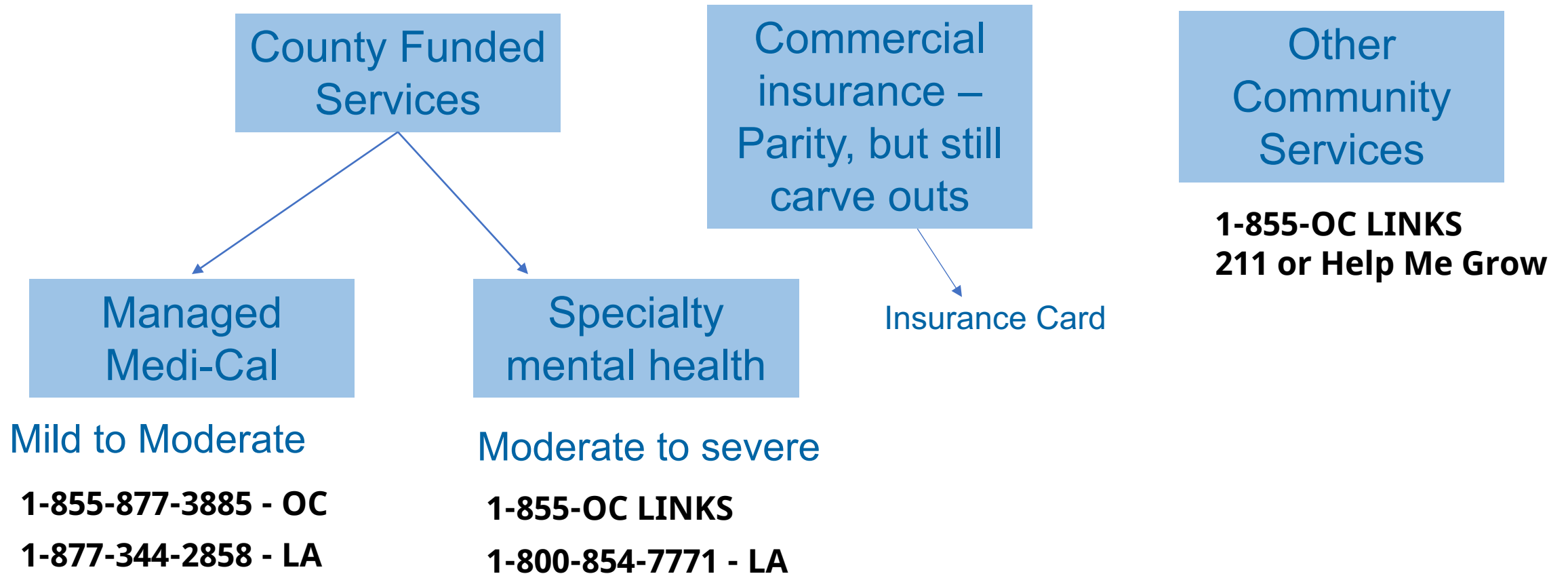
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County Wide Suicide Prevention Offices

- 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



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



Didi Hirsch Services – LA and Orange Counties

- Suicide Prevention Hotline
 - [800-273-8255](tel: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](tel:424-362-2911)
 - Suicide Attempt Survivor Group contact Suicide Prevention Counseling Center at spccounseling@didihirsch.org or [\(424\) 362-2911](tel: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](tel:424-362-2900).

Referral: (714) 509-8481

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



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/>