

COMMUNITY MENTAL HEALTH RESOURCES

Mental Health Crisis Lifeline

National support 24/7 - Dial 988 from any phone
<https://988lifeline.org>

OC-211

Central clearing house for a variety of resources and support services in Orange County
If you or someone you know needs immediate assistance, simply dial 2-1-1.
<https://www.unitedwayoc.org/how-we-are-doing-more/get-help-211>

NAMI-OC

Warmline (Orange County) - <https://www.namioc.org/oc-warmline> or dial (714) 991-6412
Whether a regular or first-time caller, the people contacting the OC WarmLine want comfort and hope.

Informational video link - <https://youtu.be/FBYQTFSTUfs>

General Information (National) - <https://www.nami.org/Home>

General Information (Orange County) - <https://www.namioc.org>

Support Groups (Orange County) - <https://www.namioc.org/support-groups>

GRACE ALLIANCE MENTAL HEALTH GROUPS

<https://mentalhealthgracealliance.org/find-a-group>

Living Grace Groups are for adults (18+) experiencing any form of mental health difficulties or disorders.

Family Grace Groups are for family members/spouses who are walking alongside a loved one through his or her mental health difficulties/disorder.

Redefine Grace Groups are for students and young adults (high school/college) experiencing mental health difficulties or disorders.

Thrive Groups are for anyone struggling with mental health difficulties or disorders and looking for a more in-depth experience to aid you through a whole health journey.