



# RESOURCE GUIDE





## **Table of Contents**

- 1-2** Mental Health Resources
- 3** Hotlines & Online Resources
- 4** Suicide Prevention & Crisis Services
- 5-6** Food Banks & Pantries
- 7-8** Shelters & Housing Resources
- 9** Academic Support Resources

# Mental Health Resources



## CARE SOLACE

24/7 mental health concierge services to connect families to outside resources.

888-515-0595

## CHILDREN & YOUTH SERVICES (CYS) - CENTRAL REGION

Outpatient mental health clinic providing individual, group, and family therapy, medication support, crisis intervention, family education and case management.

Cost: sliding scale

714-850-8408

## HOAG COMMUNITY MENTAL HEALTH

Psychotherapy, psychoeducation, case management, psychiatric services, and Intensive Outpatient Program (IOP) to uninsured and underinsured OC families. Services in English, Spanish, and Farsi.

949-764-6542

## IRVINE FAMILY RESOURCE CENTER

Short-term, solution-focused individual and family therapy, resource linkage and referral, and parent education / support groups to IUSD families K-12.

949-936-7502

## MARIPOSA WOMEN & FAMILY CENTER

Individual and group counseling, crisis intervention, substance abuse counseling, and support groups to OC residents.

Cost: Sliding scale fee

Orange: 714-547-6494

San Juan Capistrano: 949-429-6888

## MISSION HOSPITAL

Intensive Outpatient Program (IOP) for ages 14-17 affected by substance use and psychological problems

949-3644246

## NAMI ORANGE COUNTY

Emotional support, education, and resources for families and those affected by mental illness. Offers free support groups to address every aspect of mental health.

714-544-8488 / [namioc.org](http://namioc.org)

## OPEN PATH PSYCHOTHERAPY COLLECTIVE

Nonprofit nationwide network of mental health professionals dedicated to providing in-office and online mental health care at reduced rates for uninsured or underinsured individuals.

Cost: Sliding scale + lifetime membership fee of \$59 to get started

[openpathcollective.org](http://openpathcollective.org)

## ORANGE COUNTY ASIAN & PACIFIC ISLANDER COMMUNITY ALLIANCE (OCAPICA)

Short-term mental health services to assist individuals and families by linking them to appropriate services.

714-636-6286

## TURNING POINT CENTER FOR FAMILIES

Affordable prevention, intervention, and therapeutic counseling services for youth, individuals, couples, and families. Bilingual services are available.

Cost: Sliding scale

949-3644246

# Mental Health Resources

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## **UCI ADOLESCENT MENTAL HEALTH**

Address mental health needs of students with insurance coverage.

949-364-4246

## **WESTERN YOUTH SERVICES**

Mental health and behavioral health counseling, addiction, advocacy, support, and housing

Cost: Sliding scale

888-515-0595

# Hotlines & Online Resources

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## **AA & NA MEETINGS SAMSHA NATIONAL DRUG & ALCOHOL**

800-622-HELP (4357)  
[samsha.gov](http://samsha.gov)

## **THE TREVOR PROJECT (LGBTQ)**

1-866-488-7386  
or text TREVOR to 1-202-304-1200

## **CARE SOLACE**

24/7 mental health concierge services to connect families to outside resources.  
888-515-0595

## **CRISIS TEXT LINE**

text "HOME" to 741741  
[crisistextline.org](http://crisistextline.org)

## **NATIONAL DOMESTIC VIOLENCE HOTLINE**

800-799-SAFE (7233)  
[thehotline.org](http://thehotline.org)

## **NATIONAL SEXUAL ASSAULT HOTLINE**

800-656-HOPE (4673)  
[rainn.org](http://rainn.org)

## **NATIONAL SUICIDE PREVENTION LIFELINE**

800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## **SAY SOMETHING**

Anonymous reporting system for students to seek support for themselves or for friends.  
844-572-9669

# Suicide Prevention & Crisis Services

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## **AA & NA MEETINGS**

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# Food Banks & Pantries



## IUSD COMMUNITY FEEDING PROGRAM

IUSD Nutrition Services provides meals for students enrolled in both IVA and on campuses for in-person instruction.

949-936-6520

## FAMILIES FORWARD

Food pantry available by appointment only.

949-552-2727

## MARINER'S CHURCH

Distribution of bags of shelf stable food, fresh produce, protein, and dairy to families in need.

Hours: Tuesday – Friday 9:00 AM – 1:00 PM

Location: 5001 Newport Coast Dr., Irvine, CA 92603

949-769-8131

## MARY'S KITCHEN

Free hot holiday meals to anyone in need.

Also offers weekly clothing (Thursdays 10:00 – 11:00 AM).

Location: 517 W. Struck Ave, Orange CA 92867

714-633-0444

## PEACE CENTER AT SADDLEBACK CHURCH

Grocery assistance by appointment or walk in. Bring ID.

Hours: Tuesdays 8:00 AM – 12:30 PM & 4:30 – 8:30 PM,

Third Saturday of the month 9:00 AM – 11:00 AM

Location: 18842 Teller Ave., Irvine CA 92603

949-609-8210

## SAINT JOHN NEUMANN CHARITIES

Weekly food distribution.

Must Live in Irvine, bring photo ID, and demonstrate need

Location: 5101 Alton Parkway, Irvine CA 92604

Hours: Monday – Friday 11:00 AM – 2:00 PM

949-679-2370

## SALVATION ARMY

Holiday food vouchers and gifts to families with children.

714-384-0481

## SECOND HARVEST

Provides after school and summer meals for kids. You do not need to be a member of an after school or summer program in order to receive the Kids Cafe meal. Any child under 18 can receive a free meal.

For meal distribution locations please visit:  
[feedoc.org/need-food/](https://feedoc.org/need-food/)

## SHARE OUR SELVES (SOS)

Provides comprehensive services and personalized care for the OC community. Services include food, medical, dental, case management, financial assistance, and seasonal outreach programs.

Location: 1550 Superior Ave. Costa Mesa, CA 92627

949-270-2100

## SOUTH COUNTY OUTREACH

Provides food pantry, clothing, transitional housing, utility and rental assistance, homeless prevention, counseling, and computer training.

Location: 7 Whatney, Suite B, Irvine, CA 92618

949-380-8144

# Food Banks & Pantries



## **VETERANS FIRST**

Provides food, housing, employment, and other resources to veterans and veteran families

Location: 1611 N. Broadway, Santa Ana, CA 92706  
714-547-0615

## **WIC - CAMINO HEALTH CENTER**

Supplemental nutrition program for women who are pregnant, breastfeeding, had a recent pregnancy loss, and for children under five. Offers checks to buy healthy foods, nutrition, breastfeeding support, and community referrals.

Income guidelines apply.

Lake Forest Location: 23832 Rockfield Blvd., Suite 250, Lake Forest, CA 92630

San Juan Capistrano Location: 30300 Camino Capistrano, San Juan Capistrano, CA 92675

949-305-9682

949-488-7688



# Shelters & Housing Resources



## **SHELTERS**

### **CASA YOUTH SHELTER**

Emergency shelter, short-term crisis intervention to homelessness, runaway, and at-risk-youth in OC. Also offers parenting classes, case management, youth leadership programs, individual, group, and family counseling.

Location: 10911 Reagan St., Los Alamitos, CA 90720

For immediate help call: 800-914-CASA(2272)

For non-crisis assistance call 714-995-8601  
or 562-594-6825

### **FAMILY PROMISE**

Emergency shelter for families.

714-787-3487

### **HOPE HARBOR**

Temporary housing and care for teen girls 12-17 who are runaways or at risk for homelessness because of volatile family situations. Need willingness and participation from both teen and parents. Need to call to initiate intake process to determine eligibility and suitability to program.

1 Hope Drive, Tustin, CA 92782

706-324-3850

### **MERCY HOUSE**

Housing and comprehensive supportive services for a variety of home insecure and at-risk populations.

888-600-4357

### **MIRACLES FOR KIDS**

Offers families permanent affordable housing through Miracle Manor, assistance paying bills, short-term counseling services, food and clothing assistance.

Location: 17848 Sky Park Circle, Suite C Irvine, CA 92614  
714-730-3040

### **WAYMAKERS TEEN SHELTER**

Short-term crisis intervention to homeless, runaway, and at-risk youth in OC, emergency shelter, 24-hour supervision, individual group and family counseling.

Location: 1221 East Dyer Rd., Suite 120 Santa Ana, CA 92705

949-540-1908

# Shelters & Housing Resources

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## HOUSING RESOURCES

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### FAMILIES FORWARD

Help families achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services for OC families.

8 Thomas, Irvine, CA 92618

949-552-2727

### FOR FAMILIES

Information, referral services, and short-term support for anyone living or working in Irvine needing assistance with services and resources.

Cost: Free for Irvine residents; \$25 for non-residents

949-724-6600

### ORANGEWOOD FOUNDATION RESOURCE CENTER

Offers comprehensive supports for housing, job training, food, hygiene, and clothing items for families experiencing homelessness.

1575 E. 17th Street, Santa Ana, CA 92705

714-619-0200

### PROJECT HOPE ALLIANCE

Education and support for homeless families.

949-722-7836

# Academic Support Resources



## ARTS & LEARNING CONSERVATORY

Seeks to make opportunities for the arts, including school theatre arts and summer camp programs, available to all children. Scholarships are available on a first come first serve basis.

151 Kalmus Drive, Suite G-3, Costa Mesa, CA 92626  
714-728-7100

## BOYS & GIRLS CLUB

Provides services to youth to help them develop skills so they can reach their greatest potential. Serves students 1st - 12th grade through structured daily academic reinforcement, physical fitness, and enrichment opportunities.

295 East Yale Loop, Irvine, CA 92604  
General Hours: Weekdays (M, Tu, Th, Fr)  
2:00 PM - 6:00 PM  
Wed 1:30 PM - 6:00 PM

Teen Center Hours: Mon - Fri 2:00 PM - 7:00 PM  
Summer & Camp Day Hours: Mon - Fri  
7:30 AM - 6:00 PM  
714-543-5540

## KIDWORKS

Virtual learning resources including ClassDojo (Preschool-8th grade), online tutoring (all grades) and social media for students (HS & College only).

Visit website for more program information:  
<https://kidworksoc.org/online-learning>

## PAPER FREE TUTORING

Free and unlimited chat-based tutoring services available to students 24/7. Tutors are available in four languages to help students understand their homework.

Students can login at:  
<https://app.paper.co/login/student>

## SCHOOL ON WHEELS

Offer one-on-one online tutoring, school supplies, assistance in entering school, scholarships, and parental support.

An online interest form must be filled out prior to receiving services.

Online Interest Form:  
<https://schoolonwheels.org/need-tutoring/>  
For more information call: 800-923-1100