

CITY OF LAGUNA NIGUEL



Mental Health & Suicide Prevention Resource Guide



City of Laguna Niguel

● 30111 Crown Valley Pkwy

● Laguna Niguel, CA 92677

CityofLagunaNiguel.org

MENTAL HEALTH & SUICIDE PREVENTION RESOURCES

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ORANGE COUNTY AGENCY	TELEPHONE	WEBSITE
211 – Mental health, domestic violence, food, legal aid, bills/financial, military/vet support...	211	211oc.org
911	911	Emergency services
Adult Mental Health Services, OCHCA	1-855-625-4657 1-855-886-5400	ochealthinfo.com
Alcohol & Drug Abuse Services, OCHCA - Substance Abuse Resource Team (START)	1-855-886-5400	Substance Abuse Resource Team (START) Orange County California - Health Care Agency (ochealthinfo.com)
American Association of Suicidology (AAS)	1-800-273-8255-English 1-888-628-9454-Spanish	American Association of Suicidology – Suicide Prevention is Everyone's Business
American Foundation for Suicide Prevention	1-800-273-8255 - Crisis	afsp.org/mental-health-and-covid-19
BeWell Orange County	949-749-2500	bewelloc.org
CA Parent & Youth Helpline Emotional support for families challenged by the pressures of COVID-19	1-855-427-2736	caparentyouthhelpline.org
Center- Resiliency, Education, Wellness OCCREW	1-714-480-5100	ochealthinfo.com/bhs/about/pi/early/crew
Children/Youth Behavioral Health Crisis Services (OCHCA)	1-866-830-6011	ochealthinfo.com/bhs/about/cys/crisis_service
College Hospital Crisis Response Team	1-800-773-8001 (Toll Free)	College Hospitals - College Hospitals (chc.la)
Community Counseling & Supportive Services	1-855-886-5400	ochealthinfo.com/bhs/about/pi/early/ccss
Council on Aging – Southern California	1-714-479-0107	coasc.org
Crisis Prevention Hotline -OC, Didi Hirsch Suicide prev, mental health & substance abuse	1888-273-8255	didihirsch.org/services/
Survivor Support Services		
Crisis Text Line	Text "HELLO" to 741741	Serves anyone, any crisis 24 hrs/day, 7 days/wk.
Disaster Distress Helpline Multilingual & confidential 24 hrs, 7days/wk	1-800-985-5990 or Text "TalkWithUs" to 66746	Free & immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster.
Health Referral Line, OCHCA	1-855-886-5400	ochealthinfo.com
Medical Emergency Access (24 Hours)	1-800-723-8641 (Toll Free)	n/a
Mental Health America	1-800-969-6642	mhanational.org
NAMI Warmline, OC National Alliance on Mental Illness - For Emotional Support & Resources	Call/Text/Chat (24 hours): 1-714-991-6412 To help a loved one: 1-714-544-8488 (Toll Free)	namioc.org/ padlet.com/namioc/teensandyoungadults namioc.org/crisis-we-can-help (Numerous resources)
National Suicide Prevention Lifeline Crisis Hotline (24 hrs, 7 days/wk)	1-800-273-8255	suicidepreventionlifeline.org/
OC LINKS Referral Line	1-855-625-4657	OC Links: Where Wellbeing Begins Orange County California - Health Care Agency
Outreach & Engagement –(All Ages) OCHCA	1-714-543-4333	https://www.ochealthinfo.com/page/outreach-and-engagement-services
SPRC (Suicide Prevention Resource Ctr (SPRC)	1-800-273-8255	sprc.org
Teen Line 6 -10 pm Speak to a teen After hour calls go to Suicide Prevention Center	1-800-852-8336 (Toll Free)	teenlineonline.org/teens
LGBTQ Center	1-714-953-5428	https://www.lgbtqcenteroc.org/
Trevor Line (LGBTQ)	1-866-488-7386 (Toll Free)	The Trevor Project For Young LGBTQ Lives
UCI Irvine Psychiatric Emergency	1-714-880-7812	ucihealth.org
Wellness and Prevention Center	949-680-0516	wpc-oc.org

Warning Signs of Mental Illness

Children

- Mood changes: Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school. Intense feelings. Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities. Behavior changes: This includes drastic changes in behavior or personality, as well as dangerous or out-of-control behavior.
- Fighting frequently, using weapons or expressing a desire to badly hurt others also are warning signs.
- Difficulty concentrating. Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.
- Unexplained weight loss. A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.
- Physical harm. Sometimes a mental health condition leads to suicidal thoughts or actual attempts at self-harm or suicide.
- Substance abuse. Some kids use drugs or alcohol to try to cope with their feelings.
- Changes in school performance.
- Poor grades despite strong efforts.
- Excessive worry or anxiety (i.e., refusing to go to bed or school).
- Hyperactivity.
- Persistent nightmares.
- Persistent disobedience or aggression.
- Frequent temper tantrums.

Older Children / Pre-Adolescents

- Substance abuse.
- Inability to cope with problems and daily activities.
- Changes in sleeping and/or eating habits.
- Excessive complaints of physical ailments.
- Defiance of authority, truancy, theft, and/or vandalism.
- Intense fear of weight gain.
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death.
- Frequent outbursts of anger.

Adults

- Confused thinking.
- Prolonged depression (sadness or irritability).
- Feelings of extreme highs and lows.
- Excessive fears, worries and anxieties.
- Social withdrawal.
- Dramatic changes in eating or sleeping habits.
- Delusions or hallucinations.
- Strong feelings of anger.
- Growing inability to cope with daily activities.
- Suicidal thoughts.
- Denial of obvious problems.
- Numerous unexplained physical ailments.
- Substance abuse.

Warning Signs of Drug/Alcohol Abuse in Teens

Someone with alcohol dependence may suffer serious withdrawal symptoms, such as trembling, delusions, hallucinations, and sweating, if he or she stops drinking suddenly ("cold turkey"). Once alcohol dependence develops, it becomes very hard to stop drinking without outside help.

Symptoms of an alcohol problem include

- Personality changes.
- Blackouts.
- Drinking more and more for the same "high".
- Denial of the problem.

A person with an alcohol problem may

- Gulp or sneak drinks.
- Drink alone or early in the morning.
- Suffer from the shakes.
- He or she may also have family, school, or work problems or get in trouble with the law because of drinking.

Physical Signs

- Loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain.
- Slowed or staggering walk; poor physical coordination.
- Inability to sleep, awake at unusual times, unusual laziness.
- Red, watery eyes; pupils larger or smaller than usual; blank stare.
- Cold, sweaty palms; shaking hands.
- Puffy face, blushing or paleness.
- Smell of substance on breath, body or clothes.
- Extreme hyperactivity; excessive talkativeness. Runny nose; hacking cough.
- Needle marks on lower arm, leg or bottom of feet.
- Nausea, vomiting or excessive sweating.
- Tremors or shakes of hands, feet or head.
- Irregular heartbeat.

Behavioral Signs

- Change in overall attitude/personality with no other identifiable cause.
- Changes in friends; new hang-outs; sudden avoidance of old crowd; doesn't want to talk about new friends; friends are known drug users.
- Change in activities or hobbies.
- Drop in grades at school or performance at work; skips school or is late for school.
- Change in habits at home; loss of interest in family and family activities.

Behavioral Signs (cont.)

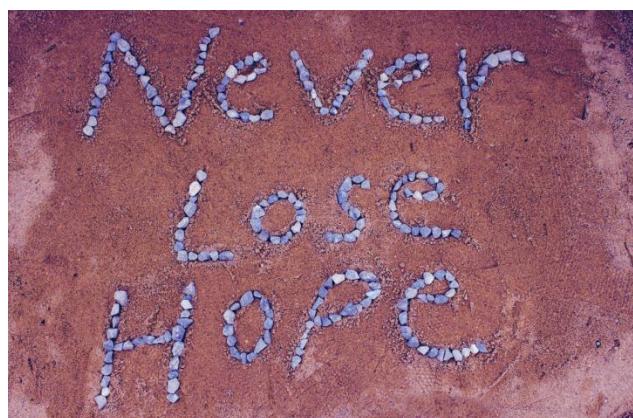
- Difficulty in paying attention; forgetfulness.
- General lack of motivation, energy, self-esteem, “I don’t care” attitude.
- Sudden oversensitivity, temper tantrums, or resentful behavior.
- Moodiness, irritability, or nervousness.
- Silliness or giddiness.
- Paranoia.
- Excessive need for privacy; unreachable.
- Secretive or suspicious behavior.
- Car accidents.
- Chronic dishonesty.
- Unexplained need for money, stealing money or items.
- Change in personal grooming habits.
- Possession of drug paraphernalia.

The key is change. It is important to watch for any significant changes in your child’s physical appearance, personality, attitude or behavior.

Find a Health Care Provider or Treatment

Treatment for mental illnesses usually consists of [therapy](#), [medication](#), or a combination of the two. Treatment can be given in person or through a phone or computer (telehealth). It can sometimes be difficult to know where to start when looking for mental health care, but there are many ways to find a provider who will meet your needs.

Primary Care Provider: Your primary care practitioner can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your primary care provider, consider [bringing up your mental health concerns and asking for help](#).



Federal Resources

Federal Resources: Some federal agencies offer resources for identifying health care providers and help in finding low-cost health services. These include:

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): For general information on mental health and to locate treatment services in your area, **call the SAMHSA Treatment Referral Helpline at 1-800-662-HELP (4357)**. SAMHSA also has a [Behavioral Health Treatment Locator](#) on its website that can be searched by location.
- [Health Resources and Services Administration \(HRSA\)](#): HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.
- [Centers for Medicare & Medicaid Services \(CMS\)](#): CMS has information on its website about benefits and eligibility for mental health programs and how to enroll.
- [The National Library of Medicine \(NLM\) MedlinePlus](#): NLM's website has [directories](#) and lists of [organizations](#) that can help in identifying a health practitioner.
- [Mental Health and Addiction Insurance Help](#): This website from the U.S. Department of Health and Human Services offers resources to help answer questions about insurance coverage for mental health care.

National Agencies and Advocacy and Professional Organizations: Advocacy and professional organizations can be a good source of information when looking for a mental health provider. They often have information on finding a mental health professional on their website, and some have practitioner locators on their websites. Examples include but are not limited to:

- [Anxiety and Depression Association of America](#)
- [Depression and Bipolar Support Alliance](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)

State and County Agencies: The website of your state or county government may have information about health services in your area. You may be able to find this information by visiting their websites and searching for the health services department.

Insurance Companies: If you have health insurance, a representative of your insurance company will know which local providers are covered by your insurance plan. The websites of many health insurance companies have searchable databases that allow you to find a participating practitioner in your area.

University, College, or Medical Schools: Your local college, university, or medical school may offer treatment options. To find these, try searching on the website of local university health centers for their psychiatry, psychology, counseling, or social work departments.

Help for Service Members and Their Families: Current and former service members may face different mental health issues than the general public. For resources for both service members and veterans, please visit the MentalHealth.gov page [Help for Service Members and Their Families page](#) or the [U.S. Department of Veteran Affairs' mental health page](#).

Deciding if a Provider is Right for You

Once you find a potential provider it can be helpful to prepare a list of questions to help you decide if they are a good fit for you. Examples of questions you might want to ask a potential provider include:

- What experience do you have treating someone with my issue?
- How do you usually treat someone with my issue?
- How long do you expect treatment to last?
- Do you accept my insurance?
- What are your fees?

For tips for talking with your healthcare provider, refer to the [NIMH Taking Control of Your Mental Health: Tips for Talking with Your Health Care Provider fact sheet](#).

Treatment works best when you have a good relationship with your mental health provider. If you aren't comfortable or are feeling like the treatment is not helping, talk with your provider, or consider finding a different provider or another type of treatment. If you are a child or adolescent, consider speaking with your doctor or another trusted adult. **Do not stop current treatment without talking to your doctor.**



So many options for you...

Mental Health Matters

