

Orange County Resource Guide

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COVID-19 Resources

Get Vaccinated – MyTurn

Safe, free, effective COVID-19 vaccines and confidential testing are available to everyone ages 5 and up regardless of immigration or insurance status. Schedule flu, vaccine, and booster appointments, find testing sites, and arrange transportation or in-home visits via the website. For any additional questions call the COVID-19 hotline number.

- Visit [MyTurn.gov](https://www.myturn.gov) or call 833-422-4255
- Monday-Friday: 8 AM – 8PM
- Saturday- Sunday: 8AM – 5PM

Get Tested/COVID 19 Information

[OC Health Care Agency - COVID-19 Testing Network](#)

Free medical assessment and a test through the Orange County COVID-19 Testing Network. These are all community health centers that offer testing and care, even if you do not have health insurance.

Health, Wellness, and Family Planning

Planned Parenthood Health Centers

Our nine Health Centers in Orange and San Bernardino counties, offer important health care and education services to every person, every family, and every community. Our doors are open, no matter what. We offer the following services:

- Cancer screenings
- Breast health care
- Annual well-woman checkup
- Birth control
- Emergency contraception
- HPV vaccine
- Sexual health education
- STD testing and treatment
- Family planning counseling

[PPOSBC.org](https://www.pposbc.org) | [714-922-4100](tel:714-922-4100) | [909-890-5511](tel:909-890-5511)

Planned Parenthood Roo

Young people can ask chat bot Roo questions about their health, their body, relationships, or getting care at Planned Parenthood, or they can choose from a list of questions, to get the answers they need within seconds, day or night.

- roo.plannedparenthood.org

Planned Parenthood WIC (Women, Infants, and Children)

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) serves pregnant, breastfeeding, and postpartum individuals, as well as infants, and children up to 5 years old in low-income families. The WIC program provides free supplemental foods, nutrition education to promote healthy eating, breastfeeding support and education, along with other support services.

[GetWIC.org](https://www.getwic.org)

Locations:

- *Costa Mesa*
275 Victoria Street, Ste. 1F, Costa Mesa
949-646-4002
Monday–Friday: 8AM – 5PM
Saturday: By appointment only
- *Santa Ana*
1134 E. 17th St., Santa Ana
714-973-2411

Monday–Friday: 8AM – 5PM
Saturday: One Saturday a month by appointment only

- *Stanton*
12600 Beach Blvd., Ste. A, Stanton 714-894-1271
Monday–Friday: 8AM – 5PM
Saturday: One Saturday a month by appointment only

BetterThanSexED.org

Planned Parenthood believes that knowledge empowers people to make healthy choices. Our robust comprehensive sex education programs provide the information needed to understand all aspects of sexual and reproductive health. We also provide a free online resource with articles and events for information about sexual and reproductive health, family planning, birth control, and more.

- betterthansexed.org

Bedsider

A free support network for birth control information.

- Bedsider.org
- Bedsider.org/es (Spanish)

The Coalition of Orange County Community Health Centers

The Coalition's principal goal is to provide value-added benefits that strengthen and enhance the quality and access of the Orange County safety-net for the under insured and uninsured. Assistance in CalFresh and CalWorks enrollment and is offered in English, Spanish, Korean, and Vietnamese.

- coalitionoc.org
- 714-352-5990
- Need assistance in healthcare enrollment, contact: STEPHANIE HERNANDEZ 714)-474-1034

The Priority Center

The Priority Center's mission is to deliver life-changing programs and assist people in crisis by giving them the tools and support necessary to end the generational cycle of trauma, including the prevention of child abuse, neglect, and domestic violence through early intervention and mental health services.

- theprioritycenter.org
- info@theprioritycenter.org
- 714-543-4333
- Monday-Friday: 9AM – 5PM

MOMS Orange County

Prenatal and postpartum education and support, maternal and infant health screenings, parent/baby group classes, and resource referral services. Mothers can get in-home or virtual one-on-one education and support during pregnancy and through the first year after birth. Classes include childbirth preparation, breastfeeding support, postpartum support, Mommy & Me, new fathers' program, and parenting groups.

Majority of classes are offered in English and Spanish but home visitation program is available in English, Spanish, and Vietnamese.

- MOMSOrangeCounty.org
- info@momsorangecounty.org
- 800-787-5858 or 714-972-2610
- 1128 W. Santa Ana Blvd., Santa Ana
- Monday–Friday: 8:30AM – 5PM

Mother to Baby

MotherToBaby, a service of the nonprofit Organization of Teratology Information Specialists, is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. Talk, chat, text, or email directly to the experts behind the most up-to-date research. All services are available in Spanish.

- MotherToBaby.org
- MotherToBaby.org/es/ (Spanish Site)
- 866-626-6847
- 855-999-3525 (text only)

National Women's Health and Breastfeeding Helpline

Breastfeeding individuals can call with questions or concerns about breastfeeding. Women's health information specialists are trained as breastfeeding peer counselors. Calling is free and unlimited. Health information specialists are available in English and Spanish.

- 800-944-9662
- Monday-Friday: 9AM – 6PM

A Better Balance (ABB)

ABB is a national, nonprofit legal advocacy organization. This free and confidential legal helpline can help you understand your workplace rights around caring for yourself and your family members. ABB assists workers nationwide facing various issues at work related to: accommodations for pregnancy, childbirth, breastfeeding, or related medical conditions; sick leave; family and medical leave; discrimination based on being a parent or other caregiver; scheduling; and equal pay (including inquiries from potential employers about salary history). Please note that ABB's consultations are for information only; they can discuss possible options with workers seeking legal advice and/or representation.

- ABetterBalance.org/get-help
- ABetterBalance.org/linea-de-ayuda (Spanish)
- ABetterBalance.org/know-your-rights (State-by-state legal guide)
- ABetterBalance.org/pregnant-postpartum-workers-know-your-rights (Pregnant & Postpartum Works)
- ABetterBalance.org/trabajadoras-embarazadas-conozca-sus-derechos (Trabajadoras Embarazadas Derechos)
- 1-833-NEED-ABB (833-633-3222)

Dr. Ilene Hatch and Dr. Catherine Gordon Fertility Center of Southern California

Fertility Center of Southern California is dedicated to helping couples fulfill their dream of achieving a family, while providing patients with personalized care and attention. Our highly trained physician can meet with you to recommend diagnostic and treatment plans tailored to your specific need. Dr. Ilene Hatch is a highly specialized medical doctor who manages problems related to the reproductive system which include but are not limited to, hormonal disorders, menstrual problems, infertility, pregnancy loss, early menopause, and genetic disorders.

- fertilitycentersocal.com
- 949-955-0072
- 4980 Barranca Pkwy Ste. 200, Irvine, CA 92604

DNA Diagnostics Center

DNA Diagnostics Center, also known as DDC provides comprehensive DNA testing services for paternity and family relationships.

- dnacenter.com
- contact@dnacenter.com
- 800-681-7162 (General Questions)
- 800-613-5768 (Consultation)
- Monday-Friday: 8:30AM – 5:30PM EST

SpermCheck

SpermCheck Fertility is an at-home test that indicates male fertility/infertility in minutes by measuring sperm count. This test is ideally used early in the family-planning journey.

- [spermcheck.com](https://www.spermcheck.com)

Vision Center

Our team at Vision Center has created a comprehensive guide to free and low-cost eye care services available in Orange County. We understand that access to affordable healthcare can be a significant challenge for low-income families, and we wanted to do our part to help alleviate that burden.

Our guide covers the following topics:

- Free vision screenings and eye exams
- Affordable prescription glasses and contact lenses
- Low-cost cataract surgery and other eye surgeries
- Assistance programs for those who qualify
- Eye health resources for seniors and children
- <https://www.visioncenter.org/california/orange-county/>

Medi-Cal Resources

Medical

Have questions or need help signing up for Medi-Cal?

- [714- 922-2477](tel:714-922-2477)

Dental Care

Medi-Cal members can seek dental services through Denti-Cal.

- dental.dhcs.ca.gov
- 800-322-6384
- 800-735-2922 (TTY)
- Monday-Friday: 8AM– 5PM

Behavioral Health

Orange County Health Care Agency

Patients can seek mental/behavioral health services as a walk-in appointment or by scheduling an appointment at one of the Outpatient Clinics. [Outpatient Clinics locations](#) in the east region – serving: Costa Mesa, El Modena, Irvine, Lemon Heights, Newport Beach, Orange, Santa Ana, Tustin and Villa Park.

- ochealthinfo.com/bhs
- 714-480-6767
- 714-480-6750 (TDD)
- 401 W. Civic Center Dr., Ste. 800, Santa Ana, 92701
- Monday–Thursday: 8AM – 6PM
- Friday: 8AM – 5PM

CalOptima Behavioral Healthline

- 855-877-3885 (24-hour hotline)
- 800-735-2929 (TTY)

Medi-Cal Non-Medical Transportation (NMT)

Non-medical Transportation (NMT) is a benefit for patients with Medi-Cal. It provides transportation to Medi-Cal covered services by use of passenger car, taxicab, or any other forms of public or private transportation including private vehicles. Members using NMT must be able to walk without assistance from the driver.

- **IEHP**
800-440-4347 Option 2
Monday–Sunday: 8:30AM – 5PM

- **CalOptima**
714-246-8500
Monday–Friday: 8:30AM – 5PM
- **Molina**
844-292-2688
Monday–Friday: 7AM – 7PM
- **Monarch**
714-246-8500
Monday–Friday: 8:30AM – 5PM

Counseling and Mental Health Support

Mariposa Women and Family Center

Provides caring, affordable mental health and recovery counseling, life skills education, and supportive services to women and families. Offering both in-person and virtual services. Individual, couples, children therapy, and family therapy are also available in Spanish. Services are provided by sliding scale fee. No insurance accepted.

- MariposaCenter.org
- 714-547-6494
- 1845 W. Orangewood, Ste. 300, Orange 92868

Mental Health Association of Orange County

This county-contracted agency provides mental health recovery and drop-in programs for adults who are uninsured or on MediCal.

- MHAOC.org
- 714-547-7559

Most programs *require a referral* from the Orange County Health Care Agency/OCLinks:

- 855-625-4657

Homeless services are available to unhoused individuals with mental health conditions

- 714-668-1530

The *Wellness Center in Garden Grove* is open six days a week for people experiencing mental health conditions with services available in English and Vietnamese. Languages spoken: English, Spanish, Vietnamese, Farsi and Cantonese, but language line can be accessed for additional assistance

- 657-667-6455

National Alliance on Mental Illness

A local organization for mental health services, education, and outreach, including classes, support groups, presentations, resources and more. Offering virtual, hybrid and in-person services.

- NAMIOC.org
- 714-544-8488 (Administrative Office)
- 1810 E 17th St., Santa Ana (Administrative Office)
- 714-991-6412 (24/7 NAMI OC WarmLine) Call/Text
- namioc.org/oc-warmline (Chat Online)
- es.namioc.org (Spanish)

- vi.namioc.org (Vietnamese)

Pepperdine University Community Counseling Center

Provides psychological services to individuals, couples, and families who are struggling with challenges, including unplanned pregnancy. Payment is based on a sliding scale. Therapists are trainees working on Masters or PhD degrees and are supervised by licensed mental health professionals. Counseling services are available in English and Spanish. Virtual support groups are also offered. Currently have no waitlist, any potential clients can call our main number to complete a short screening over the phone.

- gsep.pepperdine.edu/about/clinics/irvine
- occlin@pepperdine.edu
- 949-223-2570
- 18111 Von Karman Ave., Ste. 401, Irvine

LifeStance Health

At LifeStance, there's no one-size-fits-all approach to mental health. We tailor our care plans to fit each person's unique needs. Our clinicians include psychiatrists, psychologists, and licensed therapists who are ready to support you. LifeStance offers both in-person and telehealth appointments, so you get the care you need in the format that serves you best. We also accept most insurance plans, allowing you to get the most from your personalized care plan.

- lifestance.com/location/state/California (find your nearest provider)

Living Success Center

Living Success Center provides comprehensive mental health services on a sliding scale fee. Services are available both in-person and virtually. Call to make an appointment.

- LivingSuccessCenter.org
- 949-645-4723

Turning Point Center for Families

Provides affordable prevention, intervention, and therapeutic counseling services to youth, individuals, couples, and families. Anger management, parenting, and substance abuse classes are provided in Spanish.

- TurningPointOC.org
- 714-547-8111
- 3151 Airway Ave., Ste. F 206A, Costa Mesa

National Suicide Prevention Lifeline

Connect with a skilled, trained counselor at a crisis center in your area, anytime 24/7. English and Spanish-speaking representatives are available.

- 988lifeline.org

- <https://988lifeline.org/es/home/>
- <https://988lifeline.org/help-yourself/en-espanol/>
- 988 or 800-273-8255 (24-Hour Hotline)
- 711 then 988-273-8255 (TTY)

Orange County Health Care Agency: Alcohol and Drug Abuse Services

Provides structured outpatient alcohol and drug treatment services for adults, including mental health support and information and referral. Medi-Cal/Medicaid not accepted.

- ohealthinfo.com/services-programs/mental-health-crisis-recovery/alcohol-substance-use-services

Locations:

- **Aliso Viejo Alcohol & Drug Abuse Services**
5 Mareblu, Ste. 100, Aliso Viejo / (949) 643-6930
- **Santa Ana Alcohol & Drug Abuse Services**
401 W. Civic Center Dr., Santa Ana / (714) 480-6660
- **Anaheim Alcohol & Drug Abuse Services**
2035 E. Ball Rd., Ste. 100A, Anaheim / (714) 517-6140
- **Westminster Alcohol & Drug Abuse Services**
14140 Beach Blvd., Ste. 200, Westminster / (714) 896-7574

Cal-Optima Behavioral Health Services, Centralized Assessment Team – CAT

Provides emergency psychiatric evaluation services to the community and follow-up/referral services on all evaluations. Staff includes licensed clinical social workers, marriage and family therapists, behavioral health specialists, and bilingual/bi-cultural staff (Spanish and Vietnamese languages available).

- 866-830-6011 (24-Hour Hotline)
- 855-625-4657

California Family Institute

California Family Institute provides affordable, low-cost counseling for individuals, couples, children, and families. They work in response to a wide range of concerns including anxiety, depression, life transitions, substance misuse, spiritual issues, and relational health. Limited services available in Spanish and Farsi.

- CaliforniaFamilyInstitute.org
- 949-381-1510
- 2900 Bristol St., Ste. C-208, Costa Mesa

Hoag Mental Health Center

Full-service program with telehealth and in-person options offers individual, couple, family, and

group psychotherapy. Specializes in helping people overcome symptoms of depression, grief, and loss, anxiety, effects of trauma, self-esteem issues, poor family functioning, issues related to high-stress levels, illness, parenting, and relationship issues. Fees are based on a low sliding scale. No one will be turned away due to lack of funding. Services provided in English, Spanish, and Farsi.

- hoag.org/About-Hoag/Community-Benefit/Hoag-Programs/Mental-Health-Services
- To make an appointment with one of our Licensed Clinical Social Workers, please call [949-764-6542](tel:949-764-6542).
- 307 Placentia Ave., Ste. 100B, Newport Beach
- Monday–Friday: 8AM – 7PM
- Saturday: 8AM – 4PM

Renaissance Recovery

Renaissance Recovery provides structured substance abuse and mental health treatment services including psychotherapy, intensive outpatient programs, mental health counseling, dual diagnosis treatment, and more. Evidence-based treatment programs help individuals develop skills to fight addiction and achieve long-term sobriety.

- RenaissanceRecovery.com
- 866-330-9449
- 10175 Slater Ave., Ste, 200, Fountain Valley, 92708
- Open 24/7

Alumni Program

The Alliance Recovery is an outpatient addiction treatment and aftercare program that helps clients conquer substance abuse as well as any overlapping mental health disorders. Through our evidence-based care methods and our robust alumni community clients are set up for long-term success and sobriety.

- AllianceRecovery.com
- 877-511-4904 10175 Slater Ave, Suite 111, Fountain Valley, CA 92708 Open 24/7

Substance Abuse

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Visit the [online treatment locator](#), or send your zip code via text message to 435748 (HELP4U) to find help near you.

- sasmhsa.gov/find-help/national-helpline
- 800-662-4357
- 800-487-4889 (TTY)

Alcoholics Anonymous Orange County

Please call in advance to inquire about in-person and/or virtual meetings.

- OC-AA.org
- 714-556-4555

Addiction Resource

Resources for those looking for assistance with substance abuse.

- <https://www.addictionresource.net/best-drug-rehab-centers/california>
- <https://www.addictionresource.net/substance-abuse-and-domestic-violence/>

Associates in Counseling and Mediation

Offers an outpatient chemical dependency treatment program. Services include parenting classes, child visitation and exchange program, counseling services, reunification services, domestic violence support, outpatient substance abuse program, anger management, outpatient, co-dependency, and child abuse assistance. All programs are available to youth and adult in both English and Spanish. Fees are based on a sliding scale. Please call for appointments.

Until further notice, ACM Inc. is hosting video/phone call groups due to COVID-19. Clients currently enrolled into a program, please call the main office (Santa Ana) for further information on groups, enrollments, and other programs.

- OCACMInc.com
- 714-547-1404
- info@OCACMInc.com
- Monday–Friday: 9AM – 5PM
- Walk-ins

Available Locations:

- **Laguna Hills**
25201 Paseo De Alicia, Ste. 100, Laguna Hills

- **Santa Ana**
960 W. 17th St., Ste. C, Santa Ana

Pregnancy Options Support

All-Options

A national talk line and online forum with judgment-free support for people to talk about the decisions, experiences, and emotions of pregnancy, parenting, adoption, and abortion. Assistance available in Spanish, Hindi, and Hebrew.

- all-options.org
- 888-493-0092
- Monday – Friday: 10AM – 1AM (EST)
- Saturday – Sunday: 10AM – 6AM (EST)

Miscarriage & Abortion Support

[Planned Parenthood Support After a Miscarriage or Abortion](#)

Compassionate Friends of Orange County

A non-profit, self-help, support organization for bereaved parents/grandparents, children, over the age of 14 that have experienced the death of a child, of any age and from any cause. Call either phone number to get involved.

- CompassionateFriendsOC.com
- Maureen Hodges mhodgestcf@gmail.com
- Maureen Wolf (562) 458-2700
- Yolanda Villalva (714) 335-4763
- (562)-822-5563 (Español)

Locations:

- 820 W Imperial Highway Brea, 92821
1st Thursday of each month at 7PM
- 6575 Crescent Ave Buena Park, 90620
3rd Tuesday of each month at 7PM
- Virtual Zoom Meetings Available
4th Tuesday of each month

Pregnancy Options Workbooks

Provides workbooks for individuals facing pregnancy decisions or looking for emotional and spiritual support. Available in English and [Spanish](#).

- pregnancyoptions.info

Center for Child Birth Injuries

The Birth Injury Center educates the public and helps individuals identify if their family has fallen victim to negligence by an institution. The organization creates and distributes educational content and provides access to legal representation for these highly sensitive situations. Its website offers an in-depth knowledge base and connections to reputable resources across the United States.

- birthinjurycenter.org

Adoption Services

Adoption Services

A website that provides information on adoption services.

- Adoption.com

Adoption Law Office of Jan Rochelle-Chamerat, Adoption Attorney

Adoption attorney using integrity, respect, honesty, and hard work in bringing children into loving homes through her adoption law practice.

- jrochellelaw@aol.com
- 805-705-5952
- P.O. Box 1500 Solvang, CA 93464

Seneca Family of Agencies SoCal

Provides adoption and foster care services and education for parents and professionals. Individual, family, and group counseling in areas of adoption, attachment issues, depression, grief, anxiety, and behavioral issues.

- SenecaFOA.org/seneca-southern-california
- 714-309-1847 Sherry Gimple, Resource Family Recruiter
- info@senecacenter.org

Locations:

- 233 S. Quintana Dr., Anaheim
714-202-2106
- 1801 Park Court Place Ste. H, Santa Ana, 92701
714-957-1004

A is 4 Adoption

Free living expenses, housing and cell phone for birthmothers. Advisors assist throughout the entire adoption process and tend to every detail, from beginning to end.

- Ais4adoption.com
- 833-416-9018 (24-hour hotline, se habla español)
- 151 Kalmus Dr., Ste. D-220, Costa Mesa

After-Abortion Support

Exhale Pro-Voice

Exhale Pro-Voice offers a free, national text line that provides after-abortion emotional support, resources and information. All communication is completely confidential and counselors offer support and respect without judgment. The Exhale text line is available to individuals who have had abortions, and to their partners, friends, allies, and family members in the US and Canada.

- ExhaleProVoice.org
- 617-749-2948 (Text)
- Monday-Friday 3PM–9PM
- Saturday 1PM–9PM
- Sunday 3PM–7PM

Se habla español.

Due to high text volume, please expect a response within 24 hours.

Smoking Cessation

California Smokers' Helpline

A free program that can help you quit smoking, including self-help materials, referrals, and one-on-one counseling over the phone.

- kickitca.org
- kickitca.org/es (Español)
- 800-300-8086
- 800-600-8191 (Español)

Quit Coaches are available Monday-Friday 7AM – 9PM and Saturday 9AM – 5PM

Residential Programs and Daily Living Assistance

Casa Teresa

Residential program for pregnant women (18 years old and older) who are planning to parent or thinking about adoption. Residents may stay up two months after giving birth and may apply for transitional housing.

- CasaTeresa.org
- 714-538-4860

Illumination Foundation Stanton Multi-Service Center

Meet with a case manager to discuss resources and create a housing plan. This meeting does not guarantee that you will receive housing services from them, but they will work with you to find stability for yourself and your family. Call for information on coordinated entry.

- ifhomeless.org
- 949-273-0555
- help@ifhomeless.org
- 7855 Katella Ave. Stanton, 90680
- Monday–Friday: 9AM – 5PM

Salvation Army Family Services

Aiding low-income families and individuals by meeting basic needs and providing financial assistance, emotional/spiritual support, and case management services. Services provided in English and Spanish.

- orangecounty.salvationarmy.org/orange_county_ca/family-services-1
- 714-783-2344
- 818 E. 3rd St., Santa Ana, 92701

Clothing

Salvation Army Santa Ana Temple

- 1710 W. Edinger Ave., Santa Ana

- 714-545-2937
- Monday - Friday: 8AM – 5PM
- Sunday: 8AM – 12PM
- Closed Saturdays

Salvation Army Fountain Valley Family Store and Donation Center

- 16119 Brookhurst St., Fountain Valley
- 714-775-7124
- Monday-Saturday: 9AM – 9PM
- Sunday: 10AM – 6PM

Salvation Army Costa Mesa Family Store and Donation Dropbox

- 2126 Harbor Blvd., Costa Mesa
- 949-642 3636
- Monday-Saturday: 9AM – 8PM
- Sunday: 10AM – 6PM

Provides clothing vouchers for individuals with new jobs, appointment and picture ID needed.

Grocery Assistance

Hoag Center for Healthy Living – Food Distribution

Must register to participate by calling or texting and include full name, number of people in family, and zip code. You'll receive a confirmation text that will provide pick up time and instructions. Please bring your own grocery bag/carts. Items can be heavy

- Hoag.org
- 949-764-8100
- 510-926-6393 (text)
- 307 Placentia Ave., Newport Beach
- 2nd & 4th Monday of every month.

Mercado El Sol

Mercado El Sol is a mini-market restocked each day with meat, dairy, fresh produce, canned goods, toiletries, paper goods, and more. This new market is open to the community and is completely free. **Appointments are needed** to shop, and there is a 5-minute shopping limit. Families may visit the market at most once a week. Bring your own reusable bag. Applications are available online and in person at the Mercado.

- jbautista@elsolacademy.org
- 714-788-1041
- 1002 N. Broadway, Santa Ana
- Monday, Tuesday, Thursday: 12PM – 2PM
- Wednesday: 1PM – 3PM

- Friday: 3PM – 5PM

Emergency Food Assistance

El Modena Community Center

Providing parenting classes, Medi-Cal assistance, counseling, and workshops. Masks are required while participants are in the facility.

- EIModenaFRC@factoc.org
- 714-532-3595
- 18672 E. Center St., Orange
- Monday & Wednesday: 10AM – 8PM
- Tuesday, Thursday, & Friday: 8:30AM – 5:30PM
- Saturday & Sunday: Closed

BenefitsCal

BenefitsCal is a one-stop shop to apply for:

- CalFresh
- CalWORKs
- Medi-Cal
- County Medical Services Program (CMSP)
- Disaster CalFresh
- General Assistance (GA) and General Relief (GR)
- benefitscal.com

Friendly Center

Offering emergency groceries, emergency food assistance, ESL classes, counseling services, utility assistance, tutoring, diaper program, parenting classes offered in Spanish, and WIC services. Call for more information.

Call 211 for assistance in accessing free and low-cost services in Orange County.

- FriendlyCenter.org
- 714-771-5300
- Monday & Wednesday: 11:30AM – 8PM
- Tuesday, Thursday, Friday: 9AM – 5:30PM

Locations

- 147 W. Rose Ave., Orange, 92867
- 6688 Beach Blvd., Buena Park, 90621

Intimate Partner Violence and Sexual Assault Support

National Sexual Assault Hotline

- 800-656-HOPE (4673)

Waymakers

Waymakers is a nonprofit resource building safer communities by helping people find their way. Whether redirecting youth offenders, helping sheltered children get back on track, unifying troubled families, resolving community conflicts or empowering victims of violence. Waymakers clears the path so clients can advance beyond crisis.

- waymakersoc.org/supporting-victims
- 714-957-2737
- 949-831-9110 (24-Hour Hotline)

Call 211 for assistance in accessing free and low-cost services in Orange County. Spanish available.

RAINN: Rape, Abuse & Incest National Network

Provides free 24-hour confidential counseling, crisis intervention, and support to victims of sexual assault. Also provides referrals, information for friends and family, and offers out programs to prevent sexual assault, help victims, and make sure that rapists are brought to justice.

- RAINN.org
- RAINN.org/es (Spanish)
- 800-656-4673

The Safe Place

Anaheim Regional Medical Center provides the only 24/7 sexual assault examination unit in Orange County. The Safe Place was founded in 1999 as a 'safe place' for victims of sexual abuse to receive appropriate medical care, emotional support, and individual comprehensive medical-legal examinations by a team of specially trained medical professionals.

- ahmchealth.com/armc/armc/armc/getpage.php?name=Emergency_Services
- 714-999-6111 (24/7 Hotline)
- 1111 W. La Palma Ave., Anaheim, 92801

Domestic Violence Support

California Secretary of State's Safe at Home

The Safe at Home program serves victims of domestic violence, stalking, sexual assault, human trafficking, and elder/dependent adult abuse, as well as reproductive health care workers, volunteers, and patients, and public entity employees and contractors. Safe at Home provides these individuals a substitute mailing address that can be used to help keep their home, work, and school address confidential and out of the hands of someone who has harmed or wants to harm them. There are fees for reproductive health and public entity applicants and participants.

- sos.ca.gov/registries/safe-home
- safeathome@sos.ca.gov
- 877-322-5227
- 916-651-1304 (TTY/TDD)
- Monday–Friday 8AM – 5PM

Human Options

Human Options ignites social change by educating Orange County to recognize relationship violence as an issue that threatens everyone, and advocates for those affected by abuse, extending a safe place for victims, and empowering survivors on their journey of healing. They are committed to a future in which every person and family in Orange County experiences safe, healthy relationships and lives free of fear.

- HumanOptions.org
- 877-854-3594 (24-Hour Hotline)

Haven Hills

Provides 24-hour crisis line, 45-day crisis shelter, counseling, 18-month transitional housing, children's program, and LGBTQ services.

- HavenHills.org
- HavenHills.org/es/casa (Spanish)
- safe@havenhills.org
- (818) 887-6589 (24-Hour Hotline)

House of Ruth

Free domestic violence support, including emergency shelter, crisis intervention counseling, case management services, legal advocacy, adult and children's therapy, support groups, and 24-hour hotline. Counseling offered in both English and Spanish.

- HouseofRuthInc.org
- 877-988-5559 (24-Hour Hotline)

National Domestic Violence Hotline

Provides free 24-hour information and referrals for victims of domestic violence. Also provides crisis intervention, resource materials, and bilingual advocates.

- NDVH.org
- espanol.thehotline.org (Español)
- 800-799-SAFE (7233)
- 800-787-3224 (TTY)
- Text "START" to 88788

National Teen Dating Abuse Helpline

Peer advocates offer support, information, and advocacy to those involved in abusive dating relationships, as well as concerned parents, teachers, clergy, law enforcement, and service providers.

- LovesRespect.org
- espanol.loveisrespect.org (Spanish)
- 866-331-9474
- Text LOVEIS to 22522

Radiant Futures

Radiant Futures is committed to serving all survivors of domestic violence and trafficking, including women, men, LGBTQIA+ persons, and families. Services provided: 24-hour bilingual helpline, residential program, therapeutic children's program, counseling, legal advocacy, community education and advocacy, and LGBTQ services.

- radiantfutures.org
- info@radiantfutures.org 877-531-5522 (24-Hour Bilingual Helpline)

Laura's House

Services provided: 24-Hour Hotline for resources, referrals and safety planning; emergency shelter and support services for safe refuge, therapy and case management; transitional living center for long-term housing and supportive services; counseling and resource center for individual and group counseling and education and prevention; and legal services for restraining orders, court accompaniment and legal clinics. Services are currently offered in English and Spanish.

- LaurasHouse.org
- Laurashouse.org/?language=es (Spanish)
- 866-498-1511 24/7 hotline
- Text "HEART" to 949-484-8440

Interval House

Services provided: 24-hour crisis hotline, shelter, counseling and a range of supportive services for victims of domestic violence and their children.

- IntervalHouse.org
- admin@intervalhouse.org
- 714-891-8121
- 6615 E. Pacific Coast Hwy., Ste. 170 Long Beach

Human Trafficking

National Human Trafficking Resource Center

Anonymous and confidential, accessible in more than 200 languages, this hotline is able to provide help, referral to services, training and general information.

- [humantraffickinghotline.org](https://www.humantraffickinghotline.org)
- [humantraffickinghotline.org/obtenga-ayuda](https://www.humantraffickinghotline.org/obtenga-ayuda) (Español)
- 888-373-7888 (24-Hour Hotline)
- 711 888-373-7888 (TTY)
- 233733 (Text)

California Coalition to Abolish Slavery and Trafficking

Services provided specifically for human trafficking survivors in Los Angeles County Area: anonymous and confidential, accessible in more than 160 languages, able to provide help, referral to services, training and general information. Resources/legal services offered in Spanish.

- [castla.org](https://www.castla.org)
- 888-KEY-2-FREE
- 888-539-2373 (24-Hour Hotline)

Legal Support

ACLU

Get information on your rights.

- aclusocal.org

Community Legal Aid SoCal

Provides legal services and referrals, including restraining orders, divorce, child custody, and more.

- CommunityLegalSoCal.org
- 714-571-5200
- 800-834-5001 (hotline)

Locations:

- **Anaheim**
250 E. Center St., Anaheim
- **Compton**
725 W. Rosecrans Ave., Compton
- **Santa Ana**
2101 N. Tustin Ave., Santa Ana
- **Norwalk**
12501 Imperial Hwy., Ste. 250, Norwalk

Public Law Center

Provides low-income Orange County residents with no-cost legal services for housing, veterans, immigration, consumer, federal tax, small businesses & nonprofits, health, and family law issues – which includes domestic violence and human trafficking. Services are provided both in-person and virtually.

- PublicLawCenter.org
- info@publiclawcenter.org
- 714-541-1010
- 601 Civic Center Dr. W., Santa Ana
- Monday-Friday, 9AM – 12:30PM & 1:30PM – 4:30PM

LGBTQ+ Services

Social Support

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

Supports the health and well-being of LGBTQ persons, their family, and friends through support, education, and advocacy.

- PFLAG.org

South Orange County PFLAG

- socialpflag.org
- pflagsouthoc@gmail.com
- 949-424-3987
- Contact directly for meeting dates, times and location.

Orange County PFLAG

- lbpflag.org
- brendathompsonpflag@gmail.com
- 562-569-1767
- 161 S. Orange St., Orange
- Meetings: First United Methodist Church, 1st Wednesday of each month, 7:30PM – 9:00PM

Long Beach PFLAG

- LBPFLAG.org
- PFLAGLB@yahoo.com
- 562-533-1123
- 269 Loma Ave., Long Beach
- Meeting: Temple Israel of Long Beach – Social Hall, 2nd Wednesday of each month, 7PM – 8:30PM

Los Angeles PFLAG

- PFLAGLA.org
- info@pflagla.org
- 888-735-2488
- 10497 Wilshire Blvd., Los Angeles
- Meeting: via Zoom, 3rd Wednesday of every month, 7 PM

Visit the website for the most current information on the three-monthly support meetings offered (in English & Spanish).

LGBTQ Center OC

The LGBTQ Center Orange County provides services to more than 23,000 individuals annually across a broad spectrum of culture, ethnicity, age, and economic background. Programming is especially designed for gay men, lesbians, youth, the transgender community, the Spanish-speaking LGBTQ community, the bisexual community, and LGBTQ families. Counseling is conducted via both telehealth and in-person appointments with COVID-19 health precautions in place.

- [LGBTQCenterOC.org](https://www.lgbtqcenteroc.org)
- info@lgbtqcenteroc.org
- 714-953-5428
- 714-953-5428 x3300 (Counseling)

TG Rainbow

An all-inclusive transgender support group. Online meetings take place via Zoom on the 1st Friday of each month. In-person meetings take place on the 3rd Friday of each month at Church of Foothills. Both meetings are from 7:30 – 9:30PM Please email with any questions or for the Zoom link.

- [Mach25Media.com/TGR.html](https://www.Mach25Media.com/TGR.html)
- mach25@sbcglobal.net
- 949-770-0702
- 19211 Dodge Ave., Santa Ana

Metamorphosis Medical Center

Metamorphosis Medical Center and Dr. Kristen Vierregger are dedicated to improving the overall health and well-being of members of the transgender, non-binary, gender-expansive and gender-diverse community by providing medically-supervised hormone therapy in an atmosphere that is compassionate, safe, and understanding.

- [MetaTransHormone.com](https://www.MetaTransHormone.com)
- 714-484-8000
- 8081 Stanton Ave., Ste. 300, Buena Park 90620

FOLX Health

FOLX Health is a digital healthcare service provider specifically designed to support LGBTQIA+ people. The FOLX team of largely queer, trans, and nonbinary clinicians currently provides testosterone and estrogen hormone replacement therapy (HRT), erectile dysfunction medication, PrEP — all able to be shipped directly to members' doors — as well as required lab monitoring through at-home kits or Quest Diagnostics locations. Members communicate with FOLX through secure digital video visits and/or messaging.

- [folxhealth.com](https://www.folxhealth.com)

- support@folxhealth.com

Help Lines

LGBT National Help Center

The LGBT National Help Center provides vital support through our national hotlines, one-to-one online chats and email peer support, as well as factual information and local resources for cities and towns across the US and Canada. We speak to anyone of any age, regardless of gender, sexuality, gender identity, ethnicity, or location about coming out issues, relationship concerns, parent issues, HIV/AIDS anxiety, safer sex information, suicide prevention, discrimination, isolation and much more.

- lgbthotline.org
- Monday–Friday: 1PM – 9PM
- Saturday: 9AM – 2PM
- National Hotline: 888-843-4564
- Youth Hotline: 800-246-7743
- Senior Hotline (Ages 50+): 888-234-7243
- Coming Out Support Hotline: 888-688-5428
- One-to-One Chat: LGBThotline.org/chat

The Trevor Project

Crisis and suicide prevention services for LGBTQ youth, including toll-free and online chat hotlines.

- TheTrevorProject.org
- 866-4U-TREVOR
- 866-488-7386
- Text “START” to 678-678
- Available 24/7, 365 days a year

LGBTQ Support Centers

The Center Long Beach

Mental health/support services and groups, addiction support, youth services, parenting support, cyber center, LGBT library, Rapid HIV testing (oral), STD testing and treatment, HIV case management referrals, hate crimes support, legal services, and more. Fully open to the public (vaccination and masks are required).

- CenterLB.org
- 562-434-4455
- 2017 E. 4th St., Long Beach
- Mon/Tues/Weds/Fri: 10:30 – 7PM
- Thurs: 10:30 – 9PM
- Closed Saturday and Sunday

LGBTQ+ Healthcare Directory

It is a free, searchable database of all kinds of doctors, medical professionals, and healthcare providers who are knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the USA and Canada.

- lgbtqhealthcaredirectory.org

Bienestar

Provides case management, housing assistance, mental health counseling, peer support, substance abuse services to persons with HIV/AIDS. Serves the Latina/o LGBT community and offers HIV testing, referrals, support groups, and addiction support services in English and Spanish. Some locations may have more services.

- bienstar.org
- bienstar.org/es (Spanish)
- 866-590-6411

Locations:

- **Long Beach**
2690 Pacific Ave. #300, Long Beach
- **Pomona**
180 E. Mission Blvd., Pomona

Legal Services

Lambda Legal (Western Regional Office)

Legal information and help with discrimination or unfair treatment because of sexual orientation, gender identity and expression, and HIV status.

- LambdaLegal.org
- 213-382-7600
- 800 South Figueroa Street Suite 1260. Los Angeles, CA

OC Hate Crime Victim Assistance Partnership

Call or text to report a hate crime.

- wearegroundswell.org/anti-hate/
- 714-480-6570
- 1801 E. Edinger Ave., Ste. 115, Santa Ana

Transgender Law Center (TLC)

Transgender legal advocacy, community advocacy, client intake, legal referrals.

- [TransGenderLawCenter.org](https://www.transgenderlawcenter.org)
- 510-587-9696

Translifeline

Peer to peer hotline support for trans, gender diverse, and questioning individuals. This resource pledges that they will not engage in nonconsensual active rescue (calling 911 or law enforcement).

- [translifeline.org](https://www.translifeline.org)
- [translifeline.org/es/quienes-somos](https://www.translifeline.org/es/quienes-somos) (Spanish)
- M-F 10AM – 6PM
- 877-565-8860

Health and Human Services

Orange County 211

Get linked to thousands of local health and human services programs. It's a free resource that provides referrals to community health and social services, including food, shelter, transportation, prenatal care, substance abuse, government assistance programs, workforce development, health insurance access programs, elder care, child development care, safety services, and more.

- 211oc.org
- 888-600-4357
- Dial 211

AIDS Drug Assistance Program, Orange County Health Care Agency

The AIDS Drug Assistance Program (ADAP) provides drugs to individuals who otherwise could not afford them. The drugs provided by ADAP have been determined to prolong quality of life and to delay the deterioration of health among individuals infected with HIV.

- www.ochealthinfo.com/services-programs/disease-prevention/diseases-conditions/hiv-care-clinic-17th-street-care
- HIV Clinic: 714-834-7991
- STD Clinic: 714-834-8787
- PrEP Services 714-834-7737

HIVinfo

Offers information on HIV treatment and research, customized clinical trial searches, and referrals to a host of other useful, government-approved resources. Health information specialists can confidentially answer questions in both English and Spanish.

- hivinfo.nih.gov
- 800-448-0440
- 1PM – 4PM ET

Radiant Health Centers

Free HIV tests, food, transportation, housing, emergency financial assistance, children and family programs, mental health counseling, support groups, and HIV education and prevention services. Clients can choose between remote or in-person appointments. Radiant Health Centers also offer Mental Health/Counseling groups in English and in Spanish at radianthealthcenters.org/lgbtq-counseling.

- radianthealthcenters.org
- 949-809-5700
- 17982 Sky Park Circle, Ste. J, Irvine
- Monday–Friday 8:30AM – 5PM

Delhi Center

Spanish-language support groups, case management, help with food and housing, legal services, mental health counseling, transportation, prevention, and education. Please call to inquire about services being offered.

- delhicerter.org
- 714-481-9600
- 505 E. Central Ave., Santa Ana

Shanti Orange County

Shanti Orange County provides a wide range of mental health services to individuals with Medical, Medicare, and commercial insurances, as well as to those need a reduced fee. Specializations in underserved and marginalized communities ages 14+ including low income, LGBTQ+ individuals, and those living with HIV or other chronic illness. Services are available both in-person and via telehealth.

- ShantiOC.org
- 949-452-0888
- 23461 South Point Dr. Ste. 100, Laguna Hills

Weight Management

Calorie Calculator

This free tool estimates the number of calories a person needs to consume each day. Can be used as a guideline for how many calories to consume each day to maintain, lose, or gain weight at a chosen rate.

- calculator.net/calorie-calculator.html

Calorie Counter by FatSecret

This free app helps users track and log food intake and physical activity, nutritional information, ingredients and recipes that fit user's nutritional plan; weight chart and journal; Apple Health, Google Fit, Samsung Health, and Fitbit exercise tracking integration; access to community support. The Premium version includes nutritional meal plans created by dietitian, and advanced meal planning. Languages: English, Spanish, and others.

- fatsecret.com

Choose My Plate

This free tool provides education and resources from the U.S. Department of Agriculture to find a healthy eating style that can be maintained and built on throughout the lifetime considering the individual's needs. Users can set food goals, see daily progress towards and tips to help meet food goals, earn badges as goals completed, sync to smartwatch.

- choosemyplate.gov

Eat This Much

Eat This Much Free – Daily meal planning based on user's nutritional goals and food preferences, grocery list and cooking instructions, nutrition and weight logging and tracking. Eat This Much Premium – fee required – All of the above services plus weekly meal planning, customizable daily meal planning, automatic and customizable grocery lists, sync with Apple Health.

- eatthismuch.com

Lose It!

Basic – Personalized weight loss plan based on user's goals, food and physical activity logging and tracking, sync Apple Health and Google Fit apps, access to community support. Premium (fee required) – All of the above services plus additional logging and tracking options, meal and physical activity planning, sync devices like fitness trackers or scale. Languages: English, Spanish, and others.

- loseit.com

Move Your Way

Services: Tools, videos, and fact sheets from the U.S. Department of Health and Human Services to make it easier to get more physical activity. Languages: English and Spanish.

- health.gov/moveyourway

MyFitnessPal

MyFitnessPal Free – Personalized nutrition profile based on user’s goals, food and physical activity logging and tracking, personal food database, sync to numerous apps and devices, access to community support. MyFitnessPal Premium (Fee required) – All of the above services plus additional and customizable logging and tracking options, guided fitness and nutrition plans, meals and recipes. Languages: English, Spanish, and others.

- myfitnesspal.com

Obesity Action Coalition

Education, advocacy, and support for individuals affected by the disease of obesity by a national non-profit organization; can join the Obesity Action Coalition (OAC) Community for access to additional news, health and wellness information, events and educational opportunities, and getting involved with OAC.

- obesityaction.org

Community

Hoag Center for Healthy Living - Fitness & Health Education Classes

Free fitness classes like Zumba and body conditioning, and wellness classes like healthy goal setting. All current classes and program services are being offered virtually only. Open to the general community (you do not have to have medical insurance).

- 949-764-6542
- 307 Placentia Ave., Newport Beach, 92663
- Class Calendar: hoag.org/specialties-services/other-programs-services/melinda-hoag-smith-center-for-healthy-living/education-resources/classes-groups

UCI Health - Patient Education

Program offers virtual and in person fitness and wellness classes; several classes offered in Spanish. Open to the general community (you do not have to have medical insurance). Classes are free except Weight Management – Simple Choices class requires a fee for all participants.

- ucihealth.org/patients-visitors/patient-education
- 657-282-6357

City Parks, Recreation, & Community Services

Anaheim Community Services

- Programs available virtually and in-person.
- Open to: General community (you do not have to be a resident of Anaheim)
- Cost: Fees required for classes
- Services: Recreational activities and classes, parks, community & youth centers
- Activity Guide: anaheim.net/1226/Classes-Activities
- anaheim.net/895/Community-Services
- 714-765-5191

Costa Mesa Parks and Community Services

- Programs available virtually and in-person.
- Open to: General community (you do not have to be a resident of Costa Mesa)
- Cost: Fees required for classes (non-resident fee per class)
- Services: Recreational activities and classes, parks, community centers
- anc.apm.activecommunities.com/costamesarec/home?onlineSiteId=0&from_original_cui=true
- 714-754-5300

Mission Viejo Recreation and Community Services

- Virtual activities offered. See below link to access the Virtual Activity Center. Some locations reopening.
- Open to: General community (you do not have to be a resident of Mission Viejo)
- Cost: Fees required for most classes and recreational and fitness facilities. Some free classes.
- Services: Recreational activities and classes, parks. Recreational, fitness, and community centers.
- Activity Guides: www.cityofmissionviejo.org/activity-guides
- Virtual Activity Center: www.cityofmissionviejo.org/departments/recreation/virtual-activities-mv
- cityofmissionviejo.org/departments/recreation
- 949-859-4348

City of Orange Community Services

- Limited number of classes virtually and outdoors. See below link for the Virtual Recreation Center. Parks, outdoor fitness equipment open.
- Open to: General community (you do not have to be a resident of Orange)
- Cost: Fees required for classes
- Services: Recreational activities and classes, parks, outdoor fitness equipment.
- Schedule of Classes: secure.rec1.com/CA/orange-ca/catalog
- cityoforange.org/our-city/departments/community-services
- 714-744-7274

Santa Ana Parks, Recreation, and Community Services Agency

- Currently all of our buildings, parks and outdoor fitness areas are open for recreation and leisure services.
- Open to: General community
- Cost: Fees required for classes
- Services: Recreational activities and classes, parks, outdoor fitness zones.
- Recreation Class Programs: secure.rec1.com/CA/santa-ana-ca/catalog
- Recreation, Library, and Zoo Guide: <https://www.santa-ana.org/departments/parks-recreation>
- 714-571-4200

Westminster Community Services & Recreation

- Mix of virtual and in-person services available.
- Open to: General community
- Cost: Fees required for classes
- Services: Recreational activities and classes, parks
- westminster-ca.gov/departments/community-services
- 714-895-2860