**COMMERCIAL**

**Commercial Insurance:** Please refer to the back of the patient’s insurance card for the mental health referral phone number/process.

**CALOPTIMA | MEDI-CAL**

**Mild-Moderate Services needed:**

CalOptima Behavioral Health: 1-855-877-3885 Available 24 hours a day, 7 days a week for members seeking outpatient mental health services.

**Moderate-Severe Services needed:**

OC Links: 1-855-OC-Links or 1-855-625-4657 Provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency’s Behavioral Health Services.

Orange County Mental Health Plan Access Line: 1-800-723-8641 Specialty mental health and/or substance use services. Available 24 hours a day, 7 days a week.

Orange County Health Care Agency (OCHCA): www.ochealthinfo.com/bhs Information on county resources.

**EMERGENCY SERVICES NEEDED**

If this is a life-threatening emergency: Dial 911

**Crisis Text Line:** 741-741, text HOME to 741741. Free text support for people in crisis 24 hours a day, 7 days a week. www.crisistextline.org

**Didi Hirsch Suicide Crisis Hotline:** 1-877-727-4747

Crisis prevention hotline, over-the-phone suicide prevention services: Available to talk 24 hours a day, 7 days a week.

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255), www.suicidepreventionlifeline.org

**Crisis Assessment Team (CAT):** 1-866-830-6011 or 1-714-517-6353

CAT provides crisis evaluations for children and adults who are experiencing a mental health crisis, such as self-harm, suicidal thoughts, harm to others, and aggressive behaviors. Provides services in the home, school, and community 24 hours a day, 7 days a week.

www.ochealthinfo.com/bhs/about/aoabh/catpert
www.ochealthinfo.com/bhs/about/cys/crisis_services

Should a crisis arise in the future, please take your child to the nearest emergency department.