

RESOURCES FOR YOU

HEALTHCARE



Medi-Cal & Covered CA

Health plans for California residents who are uninsured and under-insured.

Medi-Cal offers free and low-cost medical plans for low-income residents. Covered California is California's healthcare marketplace, where you can shop for medical insurance and receive financial assistance if you qualify.

These separate programs have different qualifications, but you can apply to both with one application and find which fits you best by visiting:

<https://www.coveredca.com/apply/>

HealthCare.gov HealthCare.gov

Get support finding health insurance through the federal marketplace. Browse plan options, apply for coverage, and get information about open enrollment and answers to other questions you may have about Medicaid, "ObamaCare", & more!

<https://www.healthcare.gov/>



Planned Parenthood

Get reproductive health care regardless of your gender and insurance coverage. Planned Parenthood offers in-person and telehealth services, and provides abortion, family planning, STD testing and treatment, contraceptive support and prescriptions, emergency contraception, HIV services, vaccines, & more!

Find your local Planned Parenthood location as well as valuable, reliable information at:

<https://www.plannedparenthood.org>



FPA Women's Health

Get free gynecological services, birth control, abortion, and STD/STI testing!

Know someone in another state who needs to access abortion services? FPA offers telehealth as well as travel and financial assistance for those who need to access in-person care.

<https://www.fpawomenshealth.com/>



Coalition of OC Community Health Centers

A two-for-one opportunity - community members can find free and low-cost medical services near you, and healthcare employees can join a network of providers striving for equity in OC health!

<https://coalitionoc.org/>

Visit the Student Center (Room 1) for additional support & resources

MENTAL HEALTH RESOURCES

APPS & WEBSITES

CRISIS TEXT LINE |

Crisis Text Line

Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Check out their website for articles on how to deal with stress: <https://www.crisistextline.org/>



NAMI Warm Line

The NAMI OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County residents. If you, a family member, or a loved one are experiencing mental health concerns, substance abuse, loneliness or are in need of community resources, the WarmLine is for you!

Call or text: (714) 991-6412

Toll Free 877- 910-9276

Times: 9 a.m. - 3 a.m. (Mon. - Fri.) & 10 a.m. - 3 a.m. (Sat. - Sun.) or visit the OC Warmline Chat:

<https://www.namioc.org/oc-warmline>



Stop, Breathe, & Think

An app that helps you to stop what you are doing. Check in with what you are thinking and how you are feeling. Practice mindful breathing to create space between your thoughts, emotions and reactions. Broaden your perspective, and strengthen your force field of peace with personalized meditations and activities. Download the app or try it here for free:

<https://www.stopbreathethink.com/>



Psychology Today

Use the Psychology Today “Therapist Finder” tool to find a therapist, clinical counselor, psychiatrist, treatment center, or support group that meets your needs! Narrow your search to easily find support based on your insurance coverage, the type of challenges you face, and even specifics about the specialist like their gender!

IN-PERSON



Community Counseling & Supportive Services

Designed to serve un-insured and under-insured residents who have mild to moderate mental health needs. Especially geared toward those with a history of family or domestic violence and/or early childhood trauma, & Spanish-speaking residents. Specialized expertise working with the LGBTQ+ community.

Address: 4000 W Metropolitan, Suite 405, Orange, CA 92868

Phone number: [\(714\) 645-8000](tel:(714)645-8000)



NAMI Support groups

NAMI of OC offers in-person and virtual support groups for those with mental health and/or substance use concerns, as well as support groups for their loved ones. See a full list here:

<https://www.namioc.org/support-groups>

Visit the Student Center (Room 1) for additional support & resources