

# MENTAL HEALTH RESOURCES

Wellness Centers and Public Agencies that are open and accepting new virtual clients during COVID-19 closures.

## Your Care Provider

Contact your insurance provider to confirm which mental health support is covered by your plan, and to receive recommendations of in-network providers available in your area.

## Other Providers

### *Western Youth Services*

Laguna Beach

949-595-8610

### *OC Health Care Agency*

Laguna Beach

949-499-5346

### *Wellness & Prevention Center*

San Clemente

949-680-0516

### *Child Guidance Center*

San Clemente

949-272-4444

## Crisis Hotlines

Suicide Prevention Lifeline

English 800-273-8255

Español 800-628-9454

Teen Line (peer counseling)

text TEEN to 839863

If you are experiencing life-threatening situation, or are considering suicide, call 911 immediately.