

Crisis & Support Resources

A quick-reference guide to trusted hotlines and support services for mental health, substance use, and emotional distress.

If this is a medical emergency, call 911. If you or someone you know is in crisis, help is available right now — you are not alone.

Help & Hotlines

988 Suicide & Crisis Lifeline Call or Text 988 24/7 · English / Spanish · 988lifeline.org/chat	Crisis Text Line Text HOME to 741741 24/7 · English / Spanish · crisistextline.org
SAMHSA National Helpline (800) 662-4357 24/7 · English / Spanish · samhsa.gov	National Domestic Violence Hotline (800) 799-7233 24/7 · Text START to 88788 · thehotline.org
Laura's House DV Housing & Counseling (866) 498-1511 24/7 · laurashouse.org	OC Behavioral Health Crisis Assessment Team (714) 517-6353 24/7 · Orange County residents

Self-Assessments

- Alcohol Addiction Self-Test
- Drug Addiction Self-Test
- Anxiety Self-Test
- Depression Self-Test
- Borderline Personality Disorder Self-Test
- Sex Addiction Self-Test
- Dual Diagnosis Self-Test

Available at califcare.com/resources

Our Resources

- Aftercare & Alumni Services
- Insurance & Coverage Info
- Virtual Tour of Our Locations
- Blog & Educational Articles

Available at califcare.com/resources

Help Is Just a Call Away

Open 24/7 with same-day admissions available. Don't wait — take the first step toward healing.

(949) 281-7823

Licensed Clinical Oversight · Individualized Treatment · Same-Day Admissions · Open 24/7

