

Dear Hoag Patient,

This resource is a compilation of publicly available information about local resources for Mental Health. The list of resources is not exhaustive and is for reference only. While every reasonable effort has been made to include accurate and current information, Hoag cannot be held responsible for any errors or omissions in the information, so please be sure to check your insurance directory for current information on contracted providers or call the provider to confirm insurance eligibility.

In addition, an individual's or an organization's inclusion in this resource does not represent an endorsement by Hoag (unless Hoag is expressly providing the service).

TABLE OF CONTENTS:

Mental Health Resources at Hoag 1

Referral Phone Lines 2

Helpful Websites 3

Women's Mental Health Programs
in Southern California 4

Reproductive Psychiatrists..... 6

Reproductive Tele-Psychiatrists 10

Therapists Specializing
in Women's Mental Health 10

Therapists Specializing in CBT/DBT 11

Home Visitation Programs
in Southern California 13

Low Cost Psychotherapy/Counseling..... 13

General Adult Psychiatrists 14

Transcranial Magnetic Stimulation (TMS) 19

Mental Health Resources at Hoag

MELINDA HOAG SMITH CENTER FOR HEALTHY LIVING

307 PLACENTIA AVE., NEWPORT BEACH, CA 92663

Mental Health Center

949-764-6542 | www.hoag.org/mental-health

307 Placentia Ave., Suite 100B, Newport Beach, CA 92663

This is a full-service program for low income uninsured or underinsured people. The Center offers individual, couple, family and group psychotherapy. Women's services include empowerment support groups and maternal mental health. Affordable for individual, family and couples counseling, Client fees are based on a low sliding scale. No one will be turned away due to lack of funding. Services in English, Spanish and Farsi. Office hours are Monday-Friday, 9-7pm.

Costa Mesa Family Resource Center

949-764-8100

307 Placentia Ave., Suite 203, Newport Beach, CA 92663

The Family Resource Center offers a variety of Skills groups, Support Groups, Family Counseling services, and Classes for the residents of Costa Mesa and Newport Beach.

HOAG'S POSTPARTUM ADJUSTMENT SUPPORT GROUP

Call the Babyline at 949-764-2229 for more information.

This free, ongoing support group focuses on teaching positive coping skills and providing support and education. Facilitated by Laura Navarro Pickens, LCSW.

TEEN BRAIN

949-764-8333

Teen Brain offers psychological testing coupled with neurological, psychiatric, and psychological evaluations conducted by a collaborative team of top-tier adolescent specialists to definitively diagnose children and teens with mental health concerns. Upon completion of their individual evaluations, the doctors meet together to jointly diagnose the patient based on the team's collective findings. The entire Teen Brain team then meets with the family to discuss their findings and create a personalized course of treatment.

AFTER-SCHOOL PROGRAM INTERVENTIONS AND RESILIENCY EDUCATION (ASPIRE)

949-764-8333

Hoag offers the acclaimed After-School Program Interventions and Resiliency Education (ASPIRE), an evidence-based intensive outpatient program to treat teen anxiety, depression and other mental health conditions. ASPIRE offers teens and their families practical tools to overcome current mental health concerns and effectively navigate future challenges. The multidisciplinary treatment team combines education and multiple counseling and training modalities to prepare teens with healthy coping strategies.

Referral Phone Lines

ORANGE COUNTY MENTAL HEALTH REFERRAL LINE

Orange County Mental Health Programs. They can connect you to services such as outpatient mental health, inpatient and crisis intervention, substance abuse/rehabs, post-partum wellness program, home-visitation programs, mental health services for seniors and children.

For Patients: Call 855-OC-LINKS (855-625-4657)

For Providers: To obtain brochures call 714-834-2077
JAustin@ochca.com

POSTPARTUM SUPPORT INTERNATIONAL

949-246-5062 | <http://postpartum.net>

International organizations that provide referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Orange County Coordinator: Elisabeth Farnsworth

HOAG HOSPITAL BABYLINE

949-764-2229 for additional information on lo mental health referrals.