

DIALECTICAL BEHAVIORAL THERAPY (DBT)

CBT California

1-800-624-1475 | <http://www.cbtcalfornia.com>

Reduced fee clinic for eligible clients.

DBT Center of Orange

949-480-7767 | www.dbtcenteroc.com

DBT Center of Los Angeles – Clearview Treatment Programs

1-800-573-0770 | <http://www.clearviewtreatment.com/>

Residential, IOP, and OP programs for BPD, emotional dysregulation, dual diagnosis and primary addiction.

Harbor/UCLA Outpatient Psychiatry Clinic* ** ***

310-222-3151 | Accepts some private insurance, Medicare, Medi-Cal.

Home Visitation Programs – Orange County

Bridges-Maternal Child Health Network

949-764-6153 | bridgesprogram@hoag.org

Monthly home visits. Assistance with parental education, breastfeeding, newborn care, community resources, home safety, child development.

MOMS Orange County

714-972-2610

Monthly home visits and classes. Provides prenatal and infant health screenings, breastfeeding support, infant development screenings, education, support and referrals.

Serves pregnant women and their babies up to one year postpartum.

Nurse Family Partnership – Orange

714-771-8085

Home visits for screening and education. Serves First Time mothers. Up to one year postpartum. New Mother's Groups.

Orange County Parent Wellness Program (OCPWP)

714-480-5160

<http://ochealthinfo.com/bhs/about/pi/early/ppw>

Provides an array of mental health services to women who are at least five months pregnant and new mothers up to one year after childbirth.

Low Cost Psychotherapy/ Counseling

Melinda Hoag Smith Center for Healthy Living

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

General Adult Psychiatrists

Some of these physicians may have additional training in Child Psychiatry, Addiction Psychiatry, Geriatric Psychiatry, Forensic Psychiatry or Hospital Psychiatry (Psychosomatic Medicine). Services may include medication management and/or psychotherapy (also known as counseling)

ORANGE COUNTY

COSTA MESA

South Coast Psychiatry (Concierge Psychiatry)

714-556-5004

950 South Coast Drive, Suite 235, Costa Mesa, CA 92626

www.southcoastpsychiatry.com