

Mental Health Resources

If you have any questions or need additional resources then please reach out to:

- Mary Woo – maryap80@gmail.com
 - Becky Anderson – beckytanderson@gmail.com
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Counseling Referrals:

Michelle Craig, LMFT

Pacific Coast Psychological Associates

(424) 543-4757

michellemcraig@outlook.com

Michelle accepts insurance (Blue Shield and United and Oscar Insurance). Her fee is \$125/session, but she is willing to offer a sliding scale. She works with trauma and utilizes a very effective type of healing prayer. I would highly recommend her.

Teletherapy available.

Jenny Carroll, LMFT

Fullerton, CA

(714)-681-2977

Jenny specializes in anxiety, depression, PTSD, EMDR, couples, children, and teens. Her fee is \$130/session, but will offer a church discount of \$100/session based on availability of spots and demonstrated need. Teletherapy available.

Roy Kim, LMFT

www.newlegacycounseling.com

His specialty is sex addiction though, but he may be helpful for people that have wounded by the church. Last I checked his fee is fixed at \$140/session.

He has groups for men with sex or porn addiction, pastors with sex/porn addiction, and co-ed group of people betrayed by their partners (infidelity). Each group fee is about \$50/session.

Diana Chaparro-Clark, LMFT

Hope Culture Counseling in Tustin

(657) 205-6611

www.hopeculturecounseling.com

English and **Spanish speaking**. Diana specializes in the treatment of Anxiety as well as Family Issues (marriage, divorce, blended families, adolescents). Fee is \$125/session private pay or can provide a superbill for PPO.

Also has a male therapist on staff who provided EMDR treatment for trauma.

Kimberlee Mendoza, AMFT

Emmaus Road Christian Counseling

kmendoza@emmausroadcounseling.com

Kimberlee works with adolescents, young adults, and couples. She works with a variety of issues including grief and loss, depression, anxiety, and various relational problems. She integrates faith into her practice if you desire that. She has offices in Tustin and San Dimas.

Jack Gershfeld, LMFT

Couples TLC

(714) 725-7121

<https://couplestlc.com/>

Jack's expertise and focus is working with couples. He uses Emotionally Focused Therapy (EFT), which is an attachment based theory. He focuses on any relational distress.

Jen Drader, AMFT

<https://www.psychologytoday.com/us/therapists/jen-drader-la-crescenta-ca/462620>

Jen works with individuals, families, and couples looking for support in their relationships. She is trained in EMDR as well. She sees clients at *Straight Talk Counseling Clinic* in La Mirada and *Heal the Hurt Counseling* in La Crescenta.

CIFT Christian Counseling

Brea, Los Alamitos, Santa Ana

www.ciftcounseling.com

Multiple locations and a long list of therapists with a variety of specialties. Fee: private pay/ superbill for PPO.

For Pastors & Pastor's Wives:

Soul Care Group

Through CIFT Counseling

(for men in ministry, women in ministry, and pastor's wives)

(714) 558-9266

info@ciftcounseling.com

CIFT Soul Care group is a safe place where participants can relax and be refreshed. No lesson to prepare, and no expectation that you must be "on" or ready to lead. This is a chance for you to quiet your heart, tune into the presence of Christ, and listen to his voice through Scripture meditation. No matter the circumstance you might be facing in life or in ministry, we invite you to come as you are, open to the care and healing that awaits. Groups typically meet monthly and are facilitated by CIFT therapists with both a knowledge of ministry life and special training in serving as a spiritual friend and mentor.

Classes:

Karla Downing, LMFT

www.changemyrelationship.com

Boundaries: Setting Healthy Relationship Limits. Class runs five Monday evenings beginning June 17 – July 15, 2019 , 6:30 – 8:30 pm at Friends Church, Yorba Linda, California. \$20 for materials. Open to men and women.

Women Thriving in Difficult Marriages. Friends Church Yorba Linda, California, Monday evenings 7 -9 pm. Class runs ten weeks beginning September 9 – November 11, 2019. **Spanish translation and Spanish materials available.**

Dealing with Difficult People. Class runs five Friday evenings starting October 2019, 6:30 – 8:30 pm at EV Free Fullerton Church, Brea, California. \$20 for materials. Open to men and women. Childcare available. Topics include: Abuse & Crazy-makers; Anxiety & Depressive Disorders; Emotional Manipulators, Narcissists & Passive Aggressives; Codependency; Addicts & Their Addictions.

Abortion Recovery Class

<https://www.living-well.org/arc>

This 10-week class helps women emotionally and spiritually process their struggles following an abortion. With a small class size and compassionate support, you will find the courage to face the pain of a previous abortion (or abortions), no matter how long it's been. Classes are completely confidential. We understand, and we care about you. Trust us to help you put the pain in the past and start living the life you were meant to. \$25 to cover cost of the materials. You are required to register in advance. Please feel free to also register via phone 714-637-9664 or email Kathryn kdeiters@living-well.org

Support Groups:

Domestic Violence

This meeting is for anyone experiencing any form of abuse: verbal/emotional, physical, spiritual, sexual, psychological/mental. All are welcome, whether you are currently in an abusive relationship or are free from the abuser. Come for support, encouragement, empowerment, growth. Meetings are held Mondays at 7:00pm at the Fullerton Police Department. For more information, please contact Donna at 714-928-7434 or OC United 714-515-3085.

Foster Family & Adoption Support Group

If you are currently fostering or have adopted please join us for a time of fellowship, encouragement and prayer. Group meets the second and fourth Sunday of the month at 10:00am in north campus room 100. Contact Amy Gaw, 714-809-5324, for more information.

Grief Support Group

The Grief Support Group meets weekly to facilitate healthy grief work for those who have lost a loved one by death. A small group for school-age children who have lost a parent may be available upon request. Please make prior arrangements by calling the church office. Adult groups include parental/sibling loss, loss of a child, widows/widowers. The Grief Support Group is free of charge, open to the community and no registration is required. *Contact Cheri Ross*

Tuesdays | 7:00–8:30pm

Location: EVFREE Fullerton Room NC190

Healing Hearts

Healing Hearts is an on-going therapy/support group for wives whose marriages have experienced any form of sexual betrayal. This confidential group is led by a licensed, CSAT certified* female therapist in an off campus location. To register, call Barb at 951-741-0015

*Certified Sex Addiction Therapist

Foster Care Support

OC UNITED

<https://ocunited.org/what-we-do/fostercare/>

OC United provides resources and support to caregivers, children, and young adults from the foster care system through programs for parents and caregivers (RESPITE) and aged-out foster youth (THRIVE).

Crisis/Hotlines: (Phone, Text, and Online Chat)

SAMHSA's National Helpline

Substance Abuse and Mental Health Services Administration

1-800-662-HELP (4357)

A confidential free, 24-hour-a-day, 365-day-a-year, information service, **in English and Spanish**, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

National Suicide Prevention Lifeline

Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7. This connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

Crisis Text Line

Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline

Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in **Spanish and other languages**.

National Sexual Assault Hotline

Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis **chat** support is available at Online Hotline: <https://www.rainn.org/> Free help, 24/7. **English and Spanish available**.