



### **NAMI-OC**

NAMI Orange County conducts free educational programs, meetings and support groups throughout the entire county, addressing every aspect of mental health. Please take a few minutes to browse through our website to learn more about our many free programs, educational meetings, support groups and advocacy we provide for those families and clients dealing with the effects of mental illness.

<https://www.namioc.org/>

### **Mental Health America**

MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal. MHA's programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research and services.

<https://www.mhac.org/>

### **Mental Health Association of Orange County**

The Mental Health Association of Orange County is dedicated to improving the quality of life of Orange County residents impacted by mental illness through direct service, advocacy, education and information dissemination.

<https://mhaoc.org/>

### **Directing Change**

The Directing Change Program and Film Contest engages students and young people throughout California to learn about the topics of suicide prevention and mental health in an innovative way: a film contest. We learn through actions and when we apply knowledge our minds begin to change. Anyone can read about the signs of suicide or mental illness, but to create a 60-second film about them, be respectful, and think deeply about impacting the opinion of others requires a level of involvement that has lasting impact. The Directing Change Program starts with exposing youth to knowledge about the topics of mental health and suicide prevention by providing instructional tools to educators, educational resources to youth, and additional resources to further learning about the basic components of suicide prevention. From here, youth must apply suicide prevention knowledge to formulate and create their own unique message about suicide prevention for their peers.

<https://www.directingchange.ca.org/>



### **Each Mind Matters**

Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. The mental health movement certainly didn’t start with us, but Each Mind Matters was created to unite all of us who share a vision of improved mental health and equality. Every day, millions of people face stigma related to mental health because they or their loved ones are facing a challenge. Many of these people feel isolated and alone, going years before receiving any help. Our goal is to amplify the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve.

<https://www.eachmindmatters.org/>

### **Orangewood Foundation**

Orangewood Foundation is a 501(c)(3) nonprofit (Fed’l tax ID #95-3616628) and one of the leading providers of services to current and former foster youth in Orange County. We help almost 2,000 foster and community youth annually prepare for independent adulthood. The “Orangewood Way” recognizes that our relationship with our youth is one of collaboration and partnership. Our staff work one-on-one with our youth to help them identify their own strengths, attributes, and aptitudes to empower them to overcome their challenges and reach their greatest potential. Our staff work with youth in four critical areas: health & wellness, housing, life skills & employment, and education. We meet a broad array of needs: from groceries and a hot meal, to transitional housing, to life skills workshops and employment leads, to our innovative Samueli Academy charter high school and scholarships for college and graduate school.

<https://orangewoodfoundation.org/>

### **Restored Minds**

OCD awareness organization <https://www.restoredminds.com/>

### **MECCA**

MECCA’s member agencies specialize in providing targeted outreach to hard-to-reach and under-served community members with linguistically and culturally competent services. MECCA’s member agencies, however, are much more than just linguistic and culturally competent; MECCA’s member agencies are trailblazing community-based organizations which embody the very ethnic and cultural identity of the community members the agency purports to serve.

<https://www.ocmecca.org/>



### **OC Strong Families**

SFSC's mission is to improve the health and well-being of veterans, military families and children throughout Orange County by engaging the community, building resiliency, and creating safer, more stable home environments.

We provide free support for all of Orange County's military- and veteran-connected families with children, regardless of length of service, type of discharge, rate of disability, financial need or marital status. We also provide services to extended family members who are providing guardianship over the children of veterans, active duty and reservists.

<https://ocstrongfamilies.org/pages/about-strong-families-strong-children>

### **WISE Place**

[Our mission is] To lead the effort of ending homelessness for unaccompanied women through housing solutions and empowering wrap-around services that provide a path toward personal self-reliance.

<https://wiseplace.org/mission-history/>

### **MOMS Orange County**

As an organization, we were founded to increase access to quality prenatal care for women who, because of skin color or low-income, face worse maternal and birth outcomes than the general population. For nearly 28 years, we have partnered with mothers, fathers and their babies during the earliest years, removing barriers to equitable health care access, and along the way surrounding them with love and dignity, believing in the inherent worth of each member of our colorful, incredible human race. We stand together with all of those voices which are now being heard to enact change and move towards equality for all. We pledge to continue to serve each member of our community with the mission goal of helping families have healthy babies.

<https://www.momsorangecounty.org/>

### **Waymakers Sexual Assault Victims' Services (SAVS)**

The goals of Waymakers' victims' services programs include:

Mitigate emotional harm caused by acts of crime

Provide resources to meet emergency needs

Ease anxiety surrounding participation in the criminal justice system

Creation of safety plans

Assure victims' have a voice during criminal justice proceedings

<https://waymakersoc.org/supporting-victims/>



### **OC Human Relations**

The Orange County Human Relations Council (more commonly known as OC Human Relations) is a private, non-profit 501(c)3 organization founded in 1991 for the purpose of developing and implementing proactive human relations programs in partnership with schools, corporations, cities, foundations and individuals. OC Human Relations provides an award-winning inter-group and violence prevention program in the schools, and conflict resolution programs and inter-group relations initiatives in the communities all over Orange County. Supported through grants, donations, fees and contracts, the non-profit is governed by a Board of Directors consisting of diverse community leaders and guided by a Community Partners Advisory Board that is comprised of executives from major corporations and institutions. <https://www.ochumanrelations.org/about/mission/>

### **Promise to Talk**

Providence St. Joseph Health is activating Each Mind Matters, California's Mental Health Movement, in Orange County. Each Mind Matters is a campaign that recognizes the challenges each of us face on a daily basis and encourages us to support one another. The campaign promotes open and honest conversations with friends and family to improve community understanding, acceptance and support of mental health and wellness. Join us and together let's promise to talk and promise to listen! When we help each other and communicate, we are contributing towards creating a more supportive and understanding community.

Let's join together and [Make a Promise](https://promisetotalk.org/), or commitment, to start open and honest conversations. <https://promisetotalk.org/>

### **StandUp for Kids**

StandUp for Kids is a non-profit national organization that serves youth experiencing or at-risk of experiencing homelessness between the ages of 12-24. We offer services such as tutoring, mentoring, housing, employment readiness, identification services, and much more. The goal for StandUp for Kids is to provide individuals with the tools they need to be able to thrive on their own in a safe, comfortable environment.

I am reaching out as part of my community outreach for Orange County in hopes to spread awareness and to offer our services to youth within your community who may benefit from our programs and/or services.

If you know of any individuals who may be experiencing or are at-risk of experiencing homelessness, please feel free to reach out. I am more than happy to provide additional information about StandUp for Kids and how we can be of help to the youth in our communities. I believe we can work together to help our youth thrive.

<https://www.standupforkids.org/>