

Mental Health Resource Guide

If you or a loved one is in a life-threatening emergency, please call 988 or 911.

DMH ACCESS Line Phone Number: (800) 854-7771

Crisis Text Line: Text “LA” to 741741

About the guide: This guide was created to connect Long Beach residents to local mental health care providers.

Translations: Resource guide will also be available in Spanish.

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Updated April 2023

National/County Hotlines

Name	Contact Info	Description
<u>988 Suicide and Crisis Lifeline</u>	Dial or Text: 988, Chat at 988lifeline.org 24-hours a day, 7-days a week	A nationwide network of local crisis centers that provides free and confidential support to individuals with mental health worries or dealing with a mental health crisis.
<u>California Youth Crisis Line</u>	Dial or Text: (800) 843-5200 24-hours a day, 7-days a week	The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 17,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community. Access to more than 5,500 free or low-cost resources for youth and families across California.
<u>Crisis Text Line</u>	Text LA to 741-741 24 hours a day, 7 days a week	Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
<u>Friendship Line - Institute on Aging</u>	(800) 971-0016 (800) 670-1360 24-hours a day, 7-days a week	The Friendship Line is for Older Adults and Adults Living with Disabilities and acts as both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders and well-being check-ins.
<u>National Alliance on Mental Illness</u>	(800) 950-NAMI (6264) or info@nami.org Monday through Friday, 10 am–6 pm, ET.	The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public.
<u>National Domestic Violence Hotline</u>	Call 1(800) 799-SAFE (7233) 24 hours a day, 7 days a week	Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services.

National/County Hotlines

Name	Contact Info	Description
<u>National Sexual Assault Hotline - RAINN (Rape, Abuse & Incest National Network)</u>	(800) 656-4673 24 hours a day, 7 days a week	The National Sexual Assault Hotline helps caller access confidential services including confidential support from a trained staff member, support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams, someone to help you talk through what happened, local resources that can assist with your next steps toward healing and recovery, referrals for long term support in your area, information about the laws in your community, basic information about medical concerns.
<u>Postpartum Support International</u>	(800) 944-4773 OR TEXT: English: (503) 894-9453 Español: (971) 420-0294	The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. The HelpLine messages are returned every day of the week.
<u>Sage LGBTQ Elder Hotline</u>	(877) 360-LGBT(5428) 24-hours a day, 7-days a week	Connects LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline. Provides crisis response, support without judgement, and information about resources.
<u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u>	(800) 662-HELP (4357) TTY: (800) 487-4889 24 hours a day, 7 days a week	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
<u>SAMHSA Disaster Distress Hotline</u>	(800) 985-5990 24 hours a day, 7 days a week	The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

National/County Hotlines

Name	Contact Info	Description
Trans Lifeline	(877) 565-8860 24-hours a day, 7-days a week	Provides trans peer support for our community. Run by and for trans people. Non-profit organization offering direct emotional and financial support to trans people in crisis.
Trevor Project Lifeline	(800) 788-7386 Text: "START" to 678-678 Chat at: https://www.thetrevorproject.org/get-help-now/ 24 hours a day, 7 days a week	The Trevor Lifeline provides support to LGBTQ youths and allies in crisis, having suicidal thoughts, or in need of a safe and judgment-free place to talk.
Veterans Crisis Line	Dial 988, then press 1 Or text: 838255 Chat at: https://www.veteranscrisisline.net/get-help-now/chat/ 24-hours a day, 7-days a week	The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them. Access free, confidential support 24/7, 365 days a year.

Los Angeles County Hotlines

Name	Contact Info	Description
Interval House	24-hour crisis hotline (562) 594-4555 (hotline)	<ul style="list-style-type: none"> • Emergency Response Teams • Community Service Centers • Housing Programs • Emergency Shelters • Transitional Housing • Permanent Housing • Counseling • Legal Assistance • "Second Generation" Teen Dating Violence Prevention • Children's Program • Elder Abuse
Los Angeles County Substance Abuse Service Helpline	(844) 804-7500	Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources, and service referrals regarding substance use disorders.
Los Angeles County Department of Mental Health	(800) 854-7771	The DMH Help Line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health. Services provided by our staff include: <ul style="list-style-type: none"> • Mental health screening and assessment • Referral to a service provider • Crisis counseling • Mobilizing field response teams • Linkages to other resources

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Alzheimer's Los Angeles</u>	Phone: (844) HELP-ALZ or (844) 435-7259	Support Groups are FREE, led by a trained group facilitator. Services are confidential and are held throughout Los Angeles County. Organization also offers one on one support services to caregivers and educational workshops.	English, Spanish. Translation services are available	No Referral needed	Individual Group	Free	No
<u>APLA Long Beach Health Center - Behavioral Health Clinic</u>	Phone: (562) 247-7740 Address: 1043 Elm Ave., Ste. 302 Long Beach, CA 90813 (on the campus of St. Mary Medical Center)	Provides outpatient services for behavioral health, substance use, and medication-assisted treatment.	English, Spanish	No referral needed	Individual Group	Medi-Cal, Medicare, Private insurance, Sliding scale, *FQHC	No

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Bayfront Youth and Family Services</u>	<p>Phone: (562) 595-8111</p> <p>Krystal Mallory (562) 595-4525 Ext. 233</p> <p>Address: 900 East Wardlow Rd. Long Beach, CA 90807</p>	<p>Provides clinical and therapeutic services for children and their families. They are able to provide mental health services targeting elevated anxiety and stress due to COVID-19 while also providing outpatient services.</p>	<p>English, Spanish</p>	<p>No referral needed</p>	<p>Individual, Family, Group</p>	<p>Free Medi-Cal recipients only</p>	<p>Yes</p>
<u>Benevolence Health Centers</u>	<p>Phone: (562) 437-1888</p> <p>Address: 934 Atlantic Ave. Long Beach, CA 90813</p>	<p>Provides Mental health support and case management with outpatient services. They are currently Offering both in-person and telehealth mental health services</p>	<p>English, Spanish, Khmer</p>	<p>No referral needed</p>	<p>Individual</p>	<p>Medi-Cal, Medicare, *FQHC</p>	<p>Yes</p>

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
Cambodian Association of America	<p>Address: 2501 Atlantic Ave., Long Beach, CA 90806</p> <p>Phone: (562) 424-6105</p> <p>Address: 2390 Pacific Ave., Long Beach, CA 90806</p> <p>Phone: (562) 988-1863</p>	<p>Offers outpatient program for substance use, individual sessions, drug testing, group sessions, services for case management, therapy, domestic violence prevention, parenting classes, Medi-Cal access, and other government programs</p>	<p>English, Spanish, Khmer</p>	<p>Atlantic Ave. Location - No referral needed</p> <p>Pacific Ave. Location - Call for more details</p>	<p>Group</p>	<p>Free for Medi-Cal recipients</p>	<p>No</p>
C.A.R.E.	<p>To schedule an intake, call the main number: (562) 624-4999</p> <p>C.A.R.E. Program: (562) 624-4900</p>	<p>Provides outpatient services for social services, health education, housing assistance, and mental health. Applicants Must be HIV+ and over 18.</p>	<p>English, Spanish</p>	<p>Some insurances require a referral</p>	<p>Individual, Group, Family</p>	<p>Medi-Cal, some HMO and PPO plans</p>	<p>Can make referrals</p>

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>The Children's Bureau</u>	Address: 850 E. Wardlow Rd. Long Beach, CA 90807 Phone: (800) 520-2445 (562) 981-9392 Fax: (562)981-2622	Offers outpatient mental health services for children and adolescents (0-21 years old) and their families, including therapy and medication support.	N/A	No referral needed	Individual, Family	Medi-Cal	Yes
<u>The Children's Institute</u>	Address: 1500 Hughes Way, Ste. C100 Long Beach, CA 90810 Phone: (213) 385-5100	Offers resources for behavioral health and wellness, early childhood education, strengthening families, community innovations, community schools, project fatherhood, healthy homes, prenatal support. Services for early childhood (0-5), school aged children (6-12), teenagers, as well as parents and caregivers.	English, Spanish	No referral needed	Individual, Family	Medi-Cal	Yes
<u>ChildNet</u>	Address: 3545 Long Beach Blvd., Long Beach, CA 90807 Phone: (562) 490-7600	Offers outpatient counseling services for children up to the age of 18.	English, Spanish	No referral needed. Phone intake available.	Individual, Family, WRAP	Medi-Cal	No

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>College Medical Center</u>	Address: 2776 Pacific Ave., Long Beach, CA 90806 Phone: (562) 997-2511	Offers general inpatient services for adults.	English, Spanish, Interpreter services available	No referral needed	Individual, Group	Accepts major health insurance plans	Yes
<u>Community Medical Wellness Centers USA</u>	Address: 1360 E. Anaheim St., Ste, 101 Long Beach, CA 90813 Phone: (562) 270-0324	Provides behavioral health, case management, psychiatry, substance abuse treatment in an outpatient setting. Can deliver services via telehealth if needed.	English, Spanish, Khmer	No referral needed	Individual, Group, *FQHC	Medi-Cal, Medicare	Yes
<u>Crittenton Family and Child Services</u>	Address: 4300 Long Beach Blvd. Long Beach, CA 90807 Phone: (562) 427-2006	Offers outpatient counseling services for children and adults.	English, Spanish, Interpreter services available	Referral needed	Individual, Family	Medi-Cal	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Didi Hirsch</u>	<p>Address: 323 N. Prairie Ave. Inglewood, CA 90310</p> <p>Phone: (310) 677-7808</p>	Offers outpatient mental health services. All appointments are over the phone.	English, Spanish, Armenian	No referral needed	Individual, Couples, Family, Group	Medi-Cal, Medicare	Yes
<u>Dimondale Adolescent</u>	<p>Address: 1461 N. Anaheim Pl, #4, Long Beach, CA 90804</p> <p>Phone: 310-791-3064, Ext 400</p>	Accepting patients that are children/youth (12 - 18). Can provide Short-Term Residential Therapeutic Program (STRTP), crisis intervention, medication support services, mental health services, and targeted case management.	English, Spanish	No referral needed	Individual, Group	N/A	Yes
<u>For the Child - Cedar House</u>	<p>Address: 4565 California Ave. Long Beach, CA 90807</p> <p>Phone: (562) 422-8472</p> <p>Fax: (562) 422-1102</p>	Provides counseling services for children and their caregivers as well as trauma specialized treatment for children in an outpatient setting. Counseling for children is available up until age of 18. Services are provided by telephone, telehealth (Zoom), and in person as needed.	English, Spanish	No referral needed	N/A	Medi-Cal Some capacity for uninsured	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>For the Child -Sarah Center</u>	Address: 4001 Long Beach Blvd. Long Beach, CA 90807 Phone: (562) 427-7671 Fax: (562) 595-4704	Offers counseling services for children and their caregivers and psychiatric services for children in an outpatient setting.	English, Spanish	Referral needed	Individual, Family	N/A	N/A
<u>Genesis County Wide Older Adults Program</u>	Address: 510 S. Vermont St. Los Angeles, CA 90020 Phone: (213) 351-7284	A Mobile Health Unit that visits seniors 60+ and offers case management, medication services, and therapy.	English, Spanish, Russian, Tagalog	Referral needed	Individual, Family	Medi-Cal with HMO plan, Medicare, out of pocket	Yes
<u>Heritage Clinic</u>	Address: 3939 Atlantic Ave., Ste. 103, Long Beach, CA 90807 Phone: (562) 264-6001	Provides older adult services for clients 55+. This includes mental health services, case management, and medication support in an outpatient setting. All services are currently available via Telehealth and telephone	English, Spanish	No referral needed	Individual	Medi-Cal, Medicare	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Independence at Home</u>	Address: 3800 Kilroy Airport Way, Ste. 100, Long Beach, CA 90806 Phone: 866) 421-1964	Offers services for patients 55+ and their caregivers through short-term therapy, mental health services, and therapy/counseling in an outpatient setting.	English, Spanish, Vietnamese, Korean	Call for details	Individual, Group	Free for SCAN members	No
<u>Jewish Family and Children's Service Long Beach & West Orange County</u>	Address: 3801 E. Willow St. Long Beach, CA 90815 Phone: (562) 427-7916	Provides counseling services for adults and children, domestic violence support groups for women, and caregiver's support. Telehealth appointments are offered.	English, Spanish	No referral needed	Individual, Couple, Family, Group	Sliding Fee Medical from Health Net	No
<u>La Casa</u>	Address: 6060 S Paramount Blvd., Long Beach, CA 90805 Phone: (562) 634-9534 Email: mcavalheiro@telecarecorp.com	Telecare's Spectrum of Services includes community-based, acute, crisis, residential, and longer-term recovery programs. Their programs help consumers work toward wellness and recovery by using their own hopes and dreams as a guide. All programs are designed with Telecare's Recovery-Centered Clinical System (RCCS) as their foundation. The RCCS encompasses evidence-based practices and unique approaches developed over the company's history.	English, Spanish	Referrals through DMH; need to be on conservatorship	Group	Medi-Care, Medi-Cal, uninsured, and most private insurances	Yes

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<u>Los Angeles County, Dept of Mental Health</u>	<p>Long Beach Office Service Area (SA) 8 Administration</p> <p>1975 N Long Beach Blvd, Long Beach, CA 90806</p>	<p>Refers to other mental health facilities in LA County.</p> <p>Adult service intake and admin (562) 599-9280</p> <p>Asian Pacific program service/intake (562) 599-9401</p> <p>Access Center (800) 854-7771</p> <p>Dial 1: PRMT Emergency Triage</p> <p>Dial 2: Emotional Support</p> <p>Dial 3: Veteran Line</p>	Multiple languages	No referral needed	Individual, Group & Family	Medi-Cal, most insurances, payment based on sliding scale - income	Yes, if needed
<u>Long Beach Asian Pacific Islander Family Mental Health Center</u>	<p>Address: 4510 E. PCH, Ste. 600 Long Beach, CA 90804</p> <p>Phone: (562) 346-1100</p> <p>Fax: (562) 961-7604</p>	Offers general Services for adults and children through outpatient services. Also offers telehealth.	English, multiple Asian languages	No referral needed	Individual, Group, Family	Medi-Cal, Medicare	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
Long Beach Center for Psychotherapy	Address: 5855 E. Naples Plaza Long Beach, CA 90803 Phone: (562) 987-3535 (562) 619-7724	Offers counseling services for adults and children through outpatient services.	English, Spanish	No referral needed	Individual, Family	Most private PPO insurances accepted, Medicare, Cash pay	No
<u>Long Beach Mental Health</u>	Address: 2600 Redondo Ave, 3rd Floor Long, CA Beach 90806 Phone: (562) 256-2900	Offers general services for adults through outpatient services. Can provide home visits if necessary.	English, Spanish, Interpreter services available	No referral needed	Individual, Group	Medi-Cal, sliding scale fee based on income	Yes
<u>Long Beach Trauma Recovery Center</u>	Address: 1045 Atlantic Ave. Suite 801 Long Beach CA 90813 Phone: (562) 985-1366 Email: <u>LBTRC@csulb.edu</u>	Offers general services for trauma-exposed children and adults through outpatient services.	English, Spanish	Referral needed	Individual, Group	Free	No

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
Memorial Counseling Associates (MCA)	Address: 4525 E. Atherton Street Second Floor Long Beach, CA 90815 Phone: (562) 961-0155	Offers outpatient services with a team of psychiatrists, psychologists, nurse practitioners, marriage and family therapists, and licensed clinical social workers.	English, Spanish, Egypt, Hindi	Referral may be needed	Individual, Group, Family	Most private insurances accepted, Medicare and Medi-Cal w/ HMO plan, cash pay	Yes
Mental Health America-Village ISA	Address: 1955 Long Beach Blvd. Long Beach, CA 90806 Phone: (562) 437-6717	Provides homeless services and case management for adults 18+ through Outpatient services.	English	No referral needed	Individual	Free services	Yes
Mental Health America of Los Angeles	Address: 200 Pine Avenue Suite 400 Long Beach, CA 90802-2310 Phone: (562)-285-1330 Email: info@mhala.org	Offers general services for adults and children, and services for Postpartum Depression through outpatient services.	English, Spanish	Referral to MSW based on diagnosis	Individual, Family	Medi-Cal, most insurances, cash pay	No

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Moms & Babies Support Group at Miller Children's Hospital</u>	<p>Transitions In Motherhood 4301 Atlantic Ave. Suite 6 Long Beach, CA 90806</p> <p>Tara Farajian, LCSW (562) 650-0474</p>	<p>Hosts support group meetings for new moms through zoom called Nurturing the New You, Prenatal and Postpartum Services, and therapy service in an outpatient setting. Also provides individual counseling for participants.</p>	<p>Support Group: English</p> <p>Therapy: 1-2 Spanish speakers</p>	<p>No referral needed</p> <p>Please call before, leave message for inquiries/needs</p>	<p>Zoom (Online) Support Group Tuesday 10am-12pm</p>	<p>Support Group: Free</p> <p>Therapy: Insurance/Sliding Scale</p>	<p>No</p>
<u>National Alliance for Mental Illness (NAMI) - Greater Los Angeles County</u>		<p>NAMI GLAC promotes wellness for individuals and families affected by mental illness. It offers programs for families as well as those living with a mental health condition and support groups. Fill out this link to be placed: https://bit.ly/LBsupportWHIT</p>	<p>English, Spanish, Chinese, Japanese, Armenian</p>	<p>No referral required</p>	<p>Group</p>	<p>Free</p>	<p>No</p>
<u>New Hope Grief Support Community</u>	<p>Address: 3505 Long Beach Blvd., Ste. 2C Long Beach, CA 90807</p> <p>Address: (562) 429-0075, Ext. 2</p>	<p>Offers grief support for children and adults through outpatient services. Also has school-based grief support and training. Family at Camp. The groups last for 8 weeks, and they are now offering in-person groups and groups via Zoom.</p>	<p>English</p>	<p>No referral needed. Can register weekly by phone or online.</p>	<p>Group</p>	<p>\$100 for registration and materials. Scholarships available for those who are unable to pay</p>	<p>No</p>

Local/Regional Mental Health Resources

Local/Regional Mental Health Resources							
Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Olive Crest</u>	<p>Address: 4510 E. Pacific Coast Hwy., Ste. 450 Long Beach, CA 90804</p> <p>Phone: (562) 216-8841</p> <p>Email: jennifer-mitzner@olivecrest.org</p>	Serves children and youth (6 - 17) with co-occurring substance use disorders and focuses on homelessness/housing, race/ethnicity, trauma, and underrepresented populations by providing wraparound services.	English, Spanish	By Referral Only through DCSF and probation	Individual	Medi-Cal	Therapist will schedule appointment with psychiatrist
<u>Pacific Asian Counseling Services</u>	<p>Address: 3530 Atlantic Ave., Ste. 210 Long Beach, CA 90807</p> <p>Phone: (562) 424-1886</p>	Provides adults with Individual, family, and group counseling, case management, rehab services, medication services, outreach and education, parent education, home visitation, and prevention and early intervention programs.	English, Spanish, Japanese, Korean, Khmer, Tagalog, Samoan, Vietnamese	No referral needed	Individual, Couples, Family, Parenting	Medi-Cal	Yes
Pacific Resources Psych Solutions	<p>Address: 4300 Long Beach Blvd., Ste. 340 Long Beach, CA 90807</p> <p>Phone: (562) 294-4024</p>	Offers counseling services for adults through outpatient services.	English	No referral needed	Individual	Most insurances accepted, including Medi-Cal w/HMO plan & Medicare, cash pay	No

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Project Return - Hacienda of Hope</u>	<p>Address: 2241 W Williams St., Ste. A Long Beach, CA 90810</p> <p>Phone: (562) 388-8183</p>	<p>Hacienda of Hope is a safe alternative to emergency hospitalization for individuals living with mental health challenges who are experiencing a stressful life event or crisis. This short-term respite home offers the space where peer-guests are able to stay short periods of time (usually a few days) to work on their personal growth and wellness in a safe space free of charge.</p>	<p>English, Spanish</p>	<p>No referral needed</p>	<p>Individual, Group</p>	<p>Free</p>	<p>No</p>
<u>Rainbow Services</u>	<p>Phone: 24-hour hotline (310) 547-9343</p> <p>Resource Center Line (310) 548-5450</p>	<p>Provides shelter and support to anyone impacted by domestic violence, empowering them to move beyond trauma, towards safety & stability.</p>	<p>English, Spanish</p>	<p>No referral needed; intake if available space in shelter; call and make an appointment for outpatient services</p>	<p>Individual, Group</p> <p>Offered over the phone and via Zoom currently</p>	<p>No insurance needed; Free</p>	<p>No</p>

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Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Shields for Families MST</u>	Address: 121 W Victoria St., Long Beach, CA 90805 Phone: (323) 242-5000	Provides adults, children 0-5, and children 6 and over from underrepresented populations with general outpatient care services, Prevention & Early Intervention (PEI), community outreach services, crisis intervention, medication support services, mental health services, and targeted case management.	English, Spanish	Referral needed			
<u>SSG - Cambodian Association of America</u>	Address: 2501 Atlantic Ave., Long Beach, CA 90806 Email: ssg@ssg.org	Provides services for gender identity, homeless/housing, race/ethnicity, community outreach services, mental health services, and targeted case management in an outpatient program for substance use disorders, counseling, and drug testing.	English, Spanish, Khmer	No referral needed	Individual, Group	Medi-Cal	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
Star View Community Service	<p>Address: 4500 E. PCH, Ste. 100, Long Beach, CA 90804</p> <p>Phone: Intake (562) 344-1140 (888) 535-3288 (Intake)</p> <p>Administrative (562) 427-6818</p> <p>School-Based (562) 548- 6500</p>	<p>Provides mental health services for children, adults, and families through outpatient services.</p>	<p>English, Spanish, Khmer</p>	<p>No referral needed</p>	<p>Individual PCIT- Parent Child Interaction Therapy</p>	<p>Medi-Cal</p>	<p>Yes</p>
Starview Behavioral Health Urgent Care Center	<p>Address: 3210 Long Beach Blvd. Long Beach, CA 90807</p> <p>Phone: (562) 548-6565</p>	<p>Agency is open 24/7/365 as an alternative to the emergency room for crisis stabilization and referrals.</p>	<p>English, Spanish, Translation available for any</p>	<p>No referral needed</p>	<p>Individual, Crisis counseling, Crisis Management</p>	<p>All insurance accepted Will see individuals regardless of ability</p>	<p>Yes</p>

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Tarzana Treatment Centers</u>	Address: 5190 Atlantic Ave. Long Beach, CA 90805 Phone: (562) 428-4111	Offers general services for adults that include cost-effective substance abuse and mental health treatment through outpatient services	English, Spanish	No referral needed	Individual, Group	Most insurances accepted, including Medi-Cal, Medicare, and cash pay	Yes
<u>TCC Family Health</u>	Phone: (844) 822-4646	Provides mental health care for all ages for 6-8 weeks and will refer out after that time if needed.	English, Spanish, Multiple languages	No outside referral	Short-term Individual	Medi-Cal	Yes
<u>Telecare IMD Step-Down</u>	Address: 4335 Atlantic Ave., Long Beach, CA 90807 Phone: (562) 216-4900 Email: mcavalheiro@telecarecorp.com	Provides enriched residential care, community outreach services, crisis intervention, mental health services, and targeted case management.	N/A	N/A	N/A	N/A	Yes

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>The LGBTQ Center Long Beach</u>	Address: 2017 East 4th Street Long Beach, CA 90814 Phone: (562) 434-4455 Email: centerinfo@centerlb.org	Offers counseling services for adults, youth, and families through outpatient services. They also have programs for children/youth/families, older adults, and legal services. The Center also offers STI and HIV testing.	English, Spanish	No referral needed	Individual, Group, Family	Fees based on sliding scale income. No Insurance.	No
<u>The Guidance Center</u>	Address: 1301 Pine Ave. Long Beach, CA 90813 Phone: (562) 595- 1159	Provides intensive mental health treatment for children 18 and under through outpatient services.	English, Spanish	No referral needed	Individual	Medi-Cal	Yes
The Relationship Counseling Center	Address: 1232 E. Wardlow Rd. Long Beach, CA 90807 Phone: (562) 293-1737	Therapy services specializing in couples.	English	No referral needed	Individual, Couples	\$150/hr	N/A

Local/Regional Mental Health Resources

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
The Wellness Center	Address: 830 Atlantic Ave. Long Beach, CA 90813 Phone: Wellness@mhala.org	Provides counseling services for adults through outpatient services. Offers skill building psychotherapy, medication services, physical health and wellness guidance. Individualized support from an advocate or therapist, employment, educational, and vocational support groups, workshops and classes, and linkages to community services.	English, Spanish	Referral needed	Individual, Therapy	Medi-Cal	Yes
Women Shelter of Long Beach	Phone: (562) 437-7233 Domestic Violence Resource Center: (562) 437-7233	Offers free and confidential services including case management, DV support classes, and safe housing for people experiencing domestic violence.	English, Spanish	N/A	Call for information	Free	No

Faith-Based Services

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<u>Christ Second Baptist Church - A Healing Oasis</u>	Address: 1471 Martin Luther King Jr. Ave., Long Beach, CA 90813 Phone: (562) 599-3421 Ruby Richards (714) 580-7103	Offers counseling services that are open to all community members.	English	No referral needed	Individual, Couples, Family	Free	No
<u>First Providence Missionary Baptist Church-Long Beach Church Collective</u>	Address: 801 East Hill St, Long Beach, CA 90806 Phone: (562) 426-5840 Email: Firstprovidencembclb@gmail.com	Offers Individual, couples, family, trauma counseling, and spiritual guidance counseling. Open to community 1:30-5:30pm, Monday-Friday with Saturday appointments also available.	English, Spanish, Interpreter services available.	No referral needed	Individual, Group	Free, Donation-Based	No
<u>Long Beach Islamic Center</u>	Address: 955 East 27th St., Signal Hill, CA 90755 Phone: (562) 754-1670 Email: Info@Islamiccenter.com	Provides individual or couples counseling.	English, Arabic	No referral needed. Call to make an appt. with Imam/Clergy	Individual, Couples	Free	No

Faith-Based Services

Name	Address and Contact Information	Description of Services	Languages Spoken	Referral Process	Type of Counseling	Forms of Payment	Meds. Offered
<p><u>Willow Street Church of God</u> (part of the Long Beach Ministers Alliance)</p>	<p>Address: 1455 W. Willow Street, Long Beach, CA 90810</p> <p>Phone: (562) 507-5787</p> <p>Email: <u>gsanders@therocktoday.com</u></p>	<p>Long Beach Ministerial Alliance has 20-25 congregants who can provide mental health services and private practices.</p> <p>Church can refer to providers.</p>	<p>English, Spanish</p>	<p>Church-goers may refer family members or friends outside of church.</p>	<p>Individual</p>	<p>Often subsidized</p> <p>Alliance will partner with provider to subsidize based on need.</p>	<p>No</p>