2-1-1 is a free accessible telephone number available to you 24/7. This enables everyone to access the vital community services they need. 2-1-1 provides a “one-stop” service for vital information by providing the “right” phone number for the “right” resource needed.

It is the equivalent of 9-1-1 but for non-emergency health and human services.

Benefits of 2-1-1
2-1-1 eliminates the need to navigate the complicated web of health and human services by providing one simple number to link community services to the people who need them.

Is available to you 24/7 via phone

Services Provided
Every hour of every day, someone requires essential services such as:
- Child Care
- Emergency Financial Assistance
- Health Care
- Food
- Shelter/Housing Alternatives
- Jobs
- Mental Health Support
- Services for Persons with Disabilities
- Resources for Older Adults and their Caregivers
- Alcohol and Drug Services
- Safe Surrender Sites for Newborns
TREATMENT FOR SUBSTANCE ABUSE

T: 800.852.4465
www.surehavensober.com
www.rocksolidtreatment.com

Sure Haven and Rock Solid Treatment Centers are located in Costa Mesa AND Long Beach, CA.

Committed to provide gender-specific, safe, supportive and structured environments where young men and women can embrace life-long sobriety and restore physical, mental and emotional well-being. Their goal is to help our clients rebuild the life skills and self-esteem that may have been lost because of a substance-related or behavioral addiction.

**Take most insurances

VICTIMS OF CRIME RESOURCE CENTER

Surviving a violent crime is difficult, and while the crime may only have taken seconds or minutes, the healing process can take quite a while. It will be important for you to find support during your healing process. Talk with friends, family, a therapist, a support group or other Survivors in the Connect with Others section of the Witness Justice site.

**If you need immediate help, you may want to call a hotline for anonymous support.**

Some hotlines include:

Victims of Crime Resource Center.........................800-VICTIMS  800-842-8467
National Center for Victims of Crime ..... 800-FYI-CALL .... 800/394-2255

24-hour hotline and link to local resources
National Domestic Violence Hotline ....800-799-SAFE, 800/799-7233 and 800/787-3224 (TDD)

National Hopeline Network ................. 800-SUI-CIDE (800-784-2433)

Victim Witness Assistance.........................800-492-5944

Victims Compensation Program: pays for 15, 30, or 40 free psychotherapy sessions as long as there is a police report (800) 777-9229
Primary Focus: Substance abuse treatment services
Services Provided: Substance abuse treatment, Detoxification
Type of Care: Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)

Forms of Payment Accepted:
Self-payment, private health insurance
Payment Assistance: Sliding fee scale based on income and other factors

1775 Chestnut Avenue
Long Beach CA 90813
(562) 599-8444 ext. 299
(562) 599-8444 ext. 213
Web Site: bhs-inc.org
The Day Center provides three meals — breakfast, lunch and a hearty afternoon snack — seven days a week. Women come to use clean, private bathrooms and showers. They rest in day beds, use laundry facilities, make phone calls, secure a mailing address, or get a fresh change of clothes.

- 200 women visit the drop-in Day Center each day
- More than 103,000 meals were prepared in 2013
- Popular services include: Meals, Showers, Computers, Telephones and Mail, and Counseling

The DWC Residence offers a total of 119 apartments and provides permanent supportive housing in a community environment. Residents typically share certain characteristics — a mental illness, physical or emotional disability, and circumstances of aging and misfortune that have led to homelessness.

Current Day Center hours are:
Monday thru Friday, 6am to 4pm
Saturday and Sunday, 7am to 3pm

Day Center Phone:
(213) 613-0761

442 S. San Pedro St.,
Los Angeles, CA, 90013

info@DWCweb.org
Funded by the Los Angeles County Department of Mental Health (MHSA), CAPPS specializes in identifying and treating adolescents and young adults (between the ages of 16 and 25) at high risk for developing a psychotic disorder. CAPPS aims to prevent individuals from developing a full-blown mental health illness.

**Who can participate in CAPPS?**

Individuals 16-25 years of age who live in the SPA 8 areas including cities in the South Bay, Torrance, Inglewood and Long Beach and are experiencing symptoms such as:

- Unusual thoughts and perceptions
- Increased depression or anxiety
- Social anxiety, withdrawal, or awkwardness
- Frequent irritability
- Greater difficulty with work, school, friends, and family.

For more information, contact Carla Means Ransom at (310)323-6887 ext. 259
Dr. Jean Marie Bradshaw, MFT, LPCC
Sliding scale of $40.00 an hour.

17215 #180 Studebaker Road,
Cerritos, California 90703
(562) 400-2135

Jim Palato LMFT
Offers sliding fee scale. Regular fees are from $80 to $120 per session. However, offers only two weekly slots for students at a $40 per session rate

1945 Palo Verde Ave
Suite 203
Long Beach, California 90815
(310) 736-1431

Beth Nadel LMFT
Offers sliding fee scale $45.00 - $55.00 per session

4433 E. Village Road # I
Long Beach, California 90808
(562) 239-2281

Thomson and Associates Counseling
Offers sliding fee scale starting at $50.00 per session

4401 Atlantic Av, Suite 200
Long Beach, California 90808
714-321-6862
Mary VanValkenburgh

Willing to see LBCC students for $50 per session

4182 Viking Way #205
Long Beach, California 90808
(562) 846-1045

Lisa Langdale, MS, LMFT

Offers a sliding scale and her lowest fee is usually $80 per session. Would be willing to slide it lower for LBCC students to $50 per session. When scheduling an appointment, need to mention they are LBCC students.

4132 Katella Ave, Ste 202
Los Alamitos, CA 90720
(562) 243-5891

www.lisalangdalemft.com

Lisa Pines Marriage and Family Therapist Registered Intern #65363

Supervised by Mary M. Read, Ph.D., LMFT #25112

Bilingual Spanish speaking therapist who provides low-cost counseling. Fees for individual counseling are $60 per 50 minute session and $100 per a 90-minute couples/family session. Provides a sliding scale, based upon a client's income, which is determined during the initial intake session.

5152 Katella Avenue, Suite 201
Los Alamitos, CA 907

Tel: (949) 436-8068

Patrick Clevelant LMFT

Starting at $60.00 per session

4182 North Viking Way,
Long Beach, CA 90802
(562) 513-6387
Susan Merrill, M.A.
Licensed Marriage & Family Therapist
714-595-5070

Offers a sliding scale fee of $80 per 50 minute session to students. Specialties include couples counseling and trauma work (EMDR). When students call for an appointment, state that you are from Long Beach City College.

4132 Katella Avenue #202
Los Alamitos, CA 90720
714-595-5070

Huntington Psychological Services

Connie Hurst LMFT

Lowest fee is $80 per session and would need to be scheduled before 2:00pm.

16052 Beach Blvd, Suite 228
Huntington Beach, California 92647
(949) 391-2311 x8

ConnieHurst.com

Megan Layton

Offers sliding scale. Normal session fee is $100 per session, and can be adjusted based on what a person can afford.

1777 N Bellflower Blvd, Suite 205
Long Beach, California 90815
(562) 774-2658

Bridges to Healing: Counseling & Training Center

Mahima Mohan, MFT

Offers a sliding scale for services, which is typically from $90-150, but has the potential to be lower. Offers a free initial consultation. At that time, the circumstances of each person will determine an agreement regarding fees/services. Please feel free to call me if you have any additional questions.
Lisa Langdale, MS. LMFT

Offers a sliding scale and her lowest fee is usually $80 per session. Would be willing to slide it lower for LBCC students to $50 per session. When scheduling an appointment, need to mention they are LBCC students.

Karen Ziccardi

**Does NOT offer sliding scale** but takes most insurances

10900 183rd Street
Long Beach, California 90703
(562) 920-2599