



MENTAL HEALTH RESOURCE GUIDE

COMPILED BY THE MENTAL HEALTH STRATEGIC PLANNING COMMITTEE

REVISED 11.11.2016



HOTLINES

NATIONAL HOTLINES

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
1-800-273-TALK (8255) (24/7 hotline)
1-888-628-9454 (Spanish)
1-800-799-4889 (TTY)

Suicide Prevention - The Trevor Helpline
Specializing in gay and lesbian youth suicide prevention
1-800-850-8078

National Alliance on Mental Illness
1-800-950-6264

National Domestic Violence Hotline
1-800-799-7233
1-800-787-3224 (TTY)

National Alliance on Mental Illness
1-800-950-6264

National Help Line for Substance Abuse
1-800-0262-2463

Adult Protective Services Mandated Reporter Hotline
1-888-202-4248

National Runaway Hotlines
1-800-621-4000

U.S. VETERAN HOTLINES

US Department of Veterans Affairs
www.va.gov
1-800-827-1000

Medical Centers
www.visn22.med.va.gov
1-877-222-8387

Gulf War Helpline
1-800-749-8387

Focus on Recovery Helpline
1-800-888-9383

National Coalition for Homeless Veterans
www.nchv.org
1-800-838-4357

CALIFORNIA & LA COUNTY HOTLINES

Child Abuse Hotline and Reporting
Within CA (800) 540-4000
Outside of CA (213-283-1960)

Battered Women's / DV
1-800-548-2722 (Bilingual)
1-800-978-3600

Emergency Shelter Info Line
1-800-548-6047 (call the day of)

Crisis Hot Line Rape and Battery
1-310-392-8381

Family Crisis Center
1-310-379-3620

Elder Abuse Hotline
1-800-992-1660

Alcohol/Drug Help Line
1-800-229-7708

Safely Surrender Baby Safe Hotline
1-877-222-9723

California HIV/AIDS Hotline
1-800-922-2437

L.A. Victim-Witness Assist Prog
1-213-978-2097

Hearing Impaired Interpret to Medical Services
1-800-422-7444

Rape/Sexual Abuse Hotlines
1-800-656-4673

Children of the Night
1-800-551-1300

Community Helpline
1-877-541-2525

LA County Mental Health Access Center
1-800-854-7771

Suicide Prevention Crisis Line
1-877-727-4747
1-800-273-8255

Year Round Emergency Shelter
1-800-548-6047
1-800-660-4026 (TTY)

California Youth Crisis Line
1-800-843-5200

American Red Cross
1-800-540-2000

Cri-Help
24 hour drug rehab referral
1-818-985-8323

National Vets Foundation
1-888-777-4443

211 LA
24 hour information line
1-800-339-6993 or 211+

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
C.A.R.E. Program and Clinic 1043 Elm Ave., Ste. 300 (562) 624.4999	Must be HIV (+) and 18 +	English & Spanish	Outpatient	New patients must set up appointment	Individual & Group	Most private insurance plans accepted, Medicare and Medical w/ HMO plan, cash	No
Coastal Asian Pacific Islander Family Health Center 14112 S. Kingsley Dr. Gardena, CA 90249 310-217-7312	General services for adults	Multiple languages	Outpatient	No referral needed	Individual	Medi-Cal, most insurance plans, payment based on sliding scale. No private insurance.	Yes
College Medical Center 2776 Pacific Ave Long Beach, CA 90806 (562) 997-2500	General Services for adults	English & Spanish Interpreter services available	Inpatient/ Outpatient	No referral needed	Individual	Accepts major health insurance plans	Yes
Community Hospital Long Beach 1720 Termino Ave. Long Beach, CA 90804 855-245-2443 (inpatient) 562-494-9388 (outpatient)	General Services for adults	English	Inpatient & Outpatient	Referral needed based on diagnosis	Individual, Group & Family	Accepts most private insurance plans, cash pay, and Medicare	
Genesis / FACTS FCCS Program 213-351-7284	Mobile Health Unit that visits seniors 60+	English, Spanish & Farsi	Outpatient	No referral needed	Individual & Family	Medi-Cal w/ HMO plan or Medicare	Yes
Harbor UCLA 1000 W. Carson St. Bldg. D-6 Torrance, CA 90509 310-222-3151	General services for adults	Multiple Languages	Outpatient and Inpatient	No referral needed	Psychiatry	Accepts most insurance plans	Yes
HealthView Behavioral Services 921 S. Beach St. San Pedro, CA 90731 310-984-3055	Field Capable Clinical Services (FCCS) and outpatient treatment for adults	English, Khmer, Hebrew, Spanish	FCCS and outpatient	No referral needed	FCCS, individual and group therapy	Medi-Cal and Medicare	Yes
LA County Mental Health Access Center 1-800-854-7771	Referral to services based on need	Multiple languages	Outpatient & Inpatient	No referral needed	Individual, Group & Family	Medi-Cal w/ HMO plan, most insurance plans, sliding scale fees	Yes
Long Beach Asian Pacific Mental Health Program 4510 E. PCH, Ste. #600 Long Beach, CA 90804 562-346-1100	General services for adults	Multiple languages	Outpatient	No referral needed	Full Service Partnership (FSP), counseling, case management	Medi-Cal, most insurance plans, payment based on sliding	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Long Beach/South Bay Geographic Initiative Office for Service Area 8 Department of Mental Health 100 Ocean Gate Ave, Ste. 550 Long Beach, CA 90802 562-435-3037	Refers to other mental health facilities in LA County	Multiple languages	Inpatient & Outpatient	No referral needed	Individual, Group & Family	Medi-Cal w/HMO plan, most insurance plans, payment based on sliding scale – income	Yes
Mental Health America Village ISA 456 Elm Ave. Long Beach, CA 90802 562-437-6717 www.mhavillage.org	General Services for adults 18 +	English only	Outpatient	No referral needed	Individual	Free services	Yes
MHA of Los Angeles 100 West Broadway, Ste. 5010 Long Beach, CA 90802 562-285-1330 http://www.mhala.org/	General Services for adults and HUD Disabled Homeless	English & Spanish	Outpatient	Referral to MSW based on diagnosis Walk-in: M - F 7:30 am – 12 pm W 10 am – 1 pm	Individual & Group	Medi-Cal, most insurance plans, cash pay	Yes
National Alliance for Mental Illness Long Beach Chapter 562-435-2264 (English) 310-567-0748 (Spanish) www.namilongbeach.org	Support groups for adult family members and caregivers of individuals with a mental illness	English & Spanish	Outpatient	No referral needed	Various days and times depending on class/group	Free	N/A
Nurturing the New You Support Group at Miller Children's Hospital 2801 Atlantic Ave. Long Beach, CA 90806 562-650-0474 Tara Sarajian	Support group for new parents with lactation support as well PPD	The group is in English but Spanish translation can be provided	Outpatient	No referral needed T 10 am – 12pm in Sibling Room No RSVP required	Group	Free group services; Parking validated	No
San Pedro Mental Health Clinic 150 W. 7th St. San Pedro, CA 90731 310-519-6100	Full Service Partnership, Field Capable Clinical Services, Counseling, Psychiatry for Adults	English, Spanish	Outpatient	No referral need No waiting list First time patient walk in: M - F 8:00 am	Individual & Group	Medi-Cal, most insurance plans, payment based on sliding scale. No private insurance	Yes
Tarzana Treatment Centers 5190 Atlantic Ave. Long Beach, CA 90805 562-428-4111	General Services for adults	English & Spanish	Outpatient	No referral needed Waiting list	Individual & Group	Most insurance plans accepted, including Medi-Cal w/ HMO plan & Medicare, cash pay	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Telecare La Case Mental Health Urgent Care 6060 Paramount Blvd Long Beach, CA 90805 562-634-9534	General services for adults 18+	English, Spanish & Tagalog	Inpatient & Outpatient	No referral needed Walk-in only 8:00 am – 7:00 pm	Individual	Medi-Cal, Medicare, No private insurance	Yes
The Wellness Center 830 Atlantic Ave Long Beach, CA 90813 (562) 285-0149 (562) 285-0156 (Fax)	Counseling for services for adults	English & Spanish	Outpatient	No referral needed	Individual	Medi-Cal	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

CHILD RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Child Net 5150 E. PPCH Ste. 100 Long Beach, CA. 90804 562-961-9403	Counseling for services for children	English & Spanish	Outpatient	No referral needed (phone intake)	Individual	Medi-Cal	Yes
Coastal API 14112 S Kingsley Dr. Gardena, CA 90247 310-217-7312	Counseling for services for children	English & Spanish	Outpatient	No referral needed	Individual & Family	Accepts indigent, no insurance, Medi-Cal and sliding scale	Yes
Counseling 4 Kids 197012 Hamilton Ave, Ste. 106 Torrance, CA 90502 310-817-2177	Counseling for services for children	English & Spanish	Outpatient	No referral needed	Individual & Family	Medi-Cal	No
For the Child 4001 Long Beach Blvd. Long Beach, CA. 90807 562-427-7671 562-595-4704 (Fax)	Counseling for services for children	English & Spanish	Outpatient	No referral needed	Individual	Medi-Cal	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

CHILD RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Harbor View Community Services Center 850 E. Wardlow Rd. Long Beach, CA. 90807 562-981-9392 562-981-2622 (Fax)	Counseling for services for individuals aged 5 to 21	English & Spanish	Outpatient	No referral needed (phone intake)	Individual & Family	Medi-Cal	Yes
South Bay Children's Health Center 1617 Cravens Ave Torrance, CA 90501 310-328-0855	Counseling for services	English & Spanish	Outpatient	No referral needed	Individual & Family	Medi-Cal	Yes
Star View Community Service 100 E. Wardlow Rd. Long Beach, CA. 90807 888-535-3288 (Intake) 562-427-6818 310-868-5396	Counseling for services for children	English, Spanish & Khmer	Outpatient	No referral needed (phone intake)	Individual	Medi-Cal	Yes
Ties for Families 21081 S Western Ave Ste. 295 Torrance, CA 90501 310-533-6600	Counseling for services for children	English & Spanish	Outpatient	No referral needed	Individual	Accepts indigent, no insurance, Medi-Cal and sliding scale	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT, CHILD & FAMILY RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Asian American Drug Abuse Program (AADAP) 13931 S. Van Ness Ave Gardena, CA 90249 310-768-8018	General mental health and substance abuse treatment for teens and adults	English, Korean, & Spanish	Inpatient & Outpatient	No referral needed	Individual, Group & Family	Medi-Cal	No

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT, CHILD & FAMILY RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Asian Pacific Islander Family Mental Health Center 4510 E. Pacific Coast Highway, Ste. 600 Long Beach, CA 90804 562-346-1100 562-961-7604 (Fax)	General Services for adults and children	English & Multiple Asian Languages	Outpatient	No referral needed	Individual, Group & Family	Medi-Cal w/ HMO plan & Medicare	Yes
Didi Hirsch Mental Health Services 323 Prairie N. Ave Inglewood, CA 90301 888-807-7250	General services for children and adults including crisis mgmt., Full Service Partnership for adults, Substance Abuse treatment	English	Outpatient	No referral needed	Individual & Group	Medi-Cal	Yes
The Guidance Center Parenting Education 1301 Pine Ave. Long Beach, CA 90813 562-595-1159 www.tgclb.org	Intensive mental health treatment for children & families	English & Spanish	Outpatient	No referral needed Waitlist for services	Individual, Group & Family	Medi-Cal w/ HMO plan	Yes
Jewish Family & Children Services 3801 E. Willow St. Long Beach, CA 90815 562-427-7916 www.jfcslongbeach.org	Counseling services for adults and children	English & Spanish	Outpatient	No referral needed	Individual, Group & Family	Sliding Fee, PPO, No Medi-Cal	No
The LGBTQ Center Long Beach 2017 E. 4th St. Long Beach, CA 90814 562-434-4455	Counseling services for adults and children	English	Outpatient	No referral needed	Individual & Family	Fees based on sliding scale income. No insurance.	N/A
Long Beach Child and Adolescent Program (LB CAP) 240 E. 20th St. Long Beach, CA 90806 562-599-9271	Counseling for services for children and adults	English & Spanish	Outpatient & Partial Inpatient	No referral needed	Individual	Accepts indigent, no insurance, Medi-Cal	Yes
Long Beach Mental Health 1975 Long Beach Blvd. Long Beach, CA 90806 562-599-9280	Full Service Partnership for adults, Field Capable Clinical Services, Counseling, Psychiatry	English & Spanish	Outpatient	No referra No waiting list First time patient walk-in: M – F 8:00 am	Individual & Group	Medi-Cal, most insurances, payment based on sliding scale. No private insurance	Yes

MENTAL HEALTH RESOURCES FOR LONG BEACH

ADULT, CHILD & FAMILY RESOURCES

Name/ Address/ Phone #	Services	Languages Spoken	Outpatient / Inpatient	Referral / Waiting Lists	Group or Individual Counseling	Payment	Meds. Offered
Memorial Counseling Associates 4525 E. Atherton St., 2nd Floor Long Beach, CA 90815 562-961-0155 mcamh.com	Counseling services for adults and children	English, Spanish, Armenian, Korean & Hindi	Outpatient	Referral may be needed with some HMO plans	Individual & Family	Most private insurances accepted, Medicare and Medi-Cal w/ HMO plan, cash	Yes
New Hope 3443 San Anselme Ave. Long Beach, CA 90808 562-429-0075 www.newhopegrief.org	Grief support for children & adults (support groups, camps, workshops)	English & Spanish	Outpatient	No referral needed	Groups vary by day and time	\$60 for registration fee & materials. Scholarships may be provided for those who are unable to pay	No
Pacific Asian Counseling Services 3530 Atlantic Ave., Ste. 210 Long Beach, CA 90807 562-424-1886 pacsla.org	General services for adults and children	English, Spanish & Several Asian Languages	Outpatient	No referral needed	Individual, Couple & Family	Sliding scale fee	N/A