

LGBTQIA2S+ Mental Health Resources



Name	Contact Information / Address	Description of Services	Types of Counseling	Forms of Payment
APLA Health Long Beach	Phone: (562) 247-7740 Address: 1043 Elm Ave, Ste 302 Long Beach, CA 90813 (On the campus of St. Mary's Medical Center)	APLA Health provides outpatient services for behavioral health, substance use, and medication- assisted treatment.	Individual, Group	Medi-cal, Medicare, Medicare Advantage, Blue Shield, Cigna, Health Net, Anthem Blue Cross, United Health Care
Atlantic Alano Club	Phone: (562) 337-9688 Address: 600½ Redondo Ave Long Beach, CA 90814	The Atlantic Alano Club (AAC) is a recovery club dedicated to providing the LGBTQIA2S+ community a safe place to attend 12-Step recovery meetings and associated events.	Group	Free
Bienestar	Phone: (866) 590-6411 Address: 2690 Pacific Ave #300 Long Beach, CA 90806	Bienestar offers 3-6 months of long-term mental health treatment, connections to other health and social support services you may need and opportunities to join support groups with those who have similar experiences to you.	Individual, Couples, Family	Free
CARE Center at Dignity Health - St. Mary Medical Center	Phone: (562) 624-4900 Address: 1040 Elm Ave #200, Long Beach, CA 90813	The CARE Center at Dignity Health provides outpatient services for social services, health education, housing assistance, and mental health. Applicants must be HIV+ and over 18.	Individual, Group, Family	Medi-Cal, some HMO and PPO plans
Earthlodge Center for Transformation	Phone or by text: (323) 387-8739 Email: info@earthlodgecenter.org	The Earthlodge Center for Transformation is a spiritual sanctuary for people to transform their trauma into healing and justice. Their programming includes drum wellness circles, group meditations, gatherings, leadership programs and more. You can learn more by going to their website.	N/A	Free
The LGBTQ Center Long Beach	Phone: (562) 434-4455 Email: centerinfo@centerlb.org Address: 2017 East 4th Street Long Beach, CA 90814	The LGBTQ Center Long Beach 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.	Individual, Group, Family	Fees based on sliding scale income. No Insurance.



Helpline and Peer Support



Agency Name	Phone Number	Description of Services
Trevor Project	(800) 788-7386 or text "start" to 678-678	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.
Trans Lifeline	(877) 565-8860	The Trans Lifeline provides trans peer support, run by and for trans people, offering direct emotional and financial support to trans people in crisis.
THRIVE Lifeline	(313) 662-8209 (Text ONLY)	THRIVE Lifeline is Trans-led and operated volunteer run and operated group of certified suicide interventionists who offer support during times of acute mental health crises.
Sage LGBTQ Elder Hotline	(877) 360-LGBT (5428)	The Sage LGBTQ Elder Hotline connects LGBTQ+ older people who want to talk with friendly responders who are ready to listen.
National Suicide Prevention & Mental Health Crisis Lifeline	988	For support with suicidal crisis of mental health-related distress
LA vs. Hate	Report hate crimes online (https://www.lavshate.org/) or by phone by calling 211.	LA vs Hate is a community-centered system designed to support all residents of Los Angeles County who have experienced a hate crime.
DMH ACCESS Line Phone Number	(800) 854-7771 or Text "LA" to 741741	For crisis response teams in the field or referral to mental health resources through the 24/7 LACDMH Help Line.
Call BlackLine	(800) 604-5841	Call BlackLine provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
211 LA	211	For general information on local resources or linkages and referrals to health, human, and social services.