

# Mental Health Resource Guide

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

**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.

**Follow us:** Follow the City of Long Beach on [Facebook](#), [Instagram](#), or [Twitter](#), where we will continue sharing information and resources.

## National/County Hotlines

Name	Contact Info	Description
<a href="#"><u>Crisis Text Line</u></a>	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.
<a href="#"><u>National Alliance on Mental Illness</u></a>	1-800-950-NAMI (6264) or <a href="mailto:info@nami.org">info@nami.org</a>  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.
<a href="#"><u>National Domestic Violence Hotline</u></a>	Call 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.
<a href="#"><u>National Sexual Assault Hotline - RAINN (Rape, Abuse &amp; Incest National Network)</u></a>	(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.
<a href="#"><u>National Suicide Prevention Lifeline</u></a>	Call 800-273-TALK (8255)  24 hours a day, 7 days a week	The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.
<a href="#"><u>Postpartum Support International</u></a>	1-800-944-4773 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.

<p><b><u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u></b></p>	<p>1-800-662-HELP (4357), TTY: 1-800-487-4889</p> <p>24 hours a day, 7 days a week</p>	<p>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.</p>
<p><b><u>SAMHSA Disaster Distress Hotline</u></b></p>	<p>(800) 985-5990</p> <p>24 hours a day, 7 days a week</p>	<p>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.</p>
<p><b><u>Trevor Project Lifeline</u></b></p>	<p>(800) 788-7386</p> <p>Text: "START" to 678-678</p> <p>Chat at: <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a></p> <p>24 hours a day, 7 days a week</p>	<p>The Trevor Life line provides support to LGBTQ youths and allies in crisis, having suicidal thoughts, or in need of a safe and judgment-free place to talk.</p>

## Los Angeles County Hotlines

Name	Contact Info	Description
<a href="#">Los Angeles County-Substance Abuse Service Helpline</a>	(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.
<a href="#">Los Angeles County-Department of Mental Health</a>	(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"><li>● Mental health screening and assessment</li><li>● Referral to a service provider</li><li>● Crisis counseling</li><li>● Mobilizing field response teams</li><li>● Linkages to other resources</li></ul>

## Long Beach Area Providers

Name/ Address/ Phone #	Service Description	Languages Spoken?	Outpatient or Inpatient?	Referra l/ Waiting Lists	Group or Individual Counseling	Insurance Accepted/ Payment	Meds. Offered	Notes
<p><b>Alzheimer's Los Angeles</b></p> <p><b>844.HELP.ALZ or 844.435.7259</b></p> <p><a href="https://www.alzheimersla.org/alzheimers-los-angeles-services">https://www.alzheimersla.org/alzheimers-los-angeles-services</a></p>	<p>Support Groups are FREE, led by a trained group facilitators, completely confidential and are held throughout Los Angeles County in multiple languages.</p>	<p>English, Spanish. Translation services are available</p>	<p>Outpatient</p>	<p>No Referral</p>	<p>Both</p>	<p>Free</p>	<p>No</p>	
<p><b>APLA Long Beach Health Center – Behavioral Health Clinic</b></p> <p>1043 Elm Ave., Ste. 302 (on the campus of St. Mary Medical Center) Long Beach, CA 90813 (562) 247-7740 <a href="https://aplahealth.org/">https://aplahealth.org/</a></p>	<p>Behavioral health, substance abuse, Medication-Assisted</p>	<p>English, Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual &amp; Group</p>	<p>Medi-Cal, Medicare, private insurance, sliding scale, *FQHC</p>	<p>No</p>	<p>Behavioral health services being offered via telehealth</p>

<p><b>Bayfront Youth and Family Services</b>  900 East Wardlow Rd.  Long Beach, CA.  90807  (562) 595-8111  <a href="http://www.bayfrontyfs.org">www.bayfrontyfs.org</a></p>	<p>Clinical and therapeutic services for children and their families. Able to provide mental health services targeting elevated anxiety and stress due to COVID-19.</p>	<p>English, Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, family, group</p>		<p>Yes</p>	<p>Contact George Castro, Outpatient Director: (310) 310-4826,  <a href="mailto:gcastro@bayfrontyfs.org">gcastro@bayfrontyfs.org</a>  and  <a href="mailto:kmallory@bayfrontyfs.org">kmallory@bayfrontyfs.org</a></p>
<p><b>Benevolence Health Centers</b>  934 Atlantic Ave  Long Beach, CA 90813  (562) 437-1888  <a href="http://bhchealth.org/index.php">http://bhchealth.org/index.php</a></p>	<p>Mental health/case management</p>	<p>English, Spanish, Khmer</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, Group, Couples &amp; Family</p>	<p>Medi-Cal, Medicare, *FQHC</p>	<p>Yes</p>	<p>Offering both in-person and telehealth mental health services</p>
<p><b>C.A.R.E.</b>   To schedule an intake, call the main number: 562-624-4999  Care Center: 562-270-1816;  Care Program: (562) 624-4900</p>	<p>CARE offers many services, including social services, health education, housing assistance, and mental health</p>	<p>English and Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>All</p>			<p>Must be HIV+ over 18.   <a href="https://www.dignityhealth.org/social/locations/stmarymedical/services/care-center">https://www.dignityhealth.org/social/locations/stmarymedical/services/care-center</a></p>

	services.							
<b>Children's Bureau</b> (800) 520-2445 <a href="http://www.all4kids.org">www.all4kids.org</a>	Mental health services including therapy and medication support	Children and adolescents 0-21 (and their families)	Outpatient	No referral needed	Individual & Family	Medi-Cal	Yes	Services delivered via telephone and videoconferencing during COVID-19
<b>ChildNet</b> 5150 E. PCH, Ste. 100 Long Beach, CA 90804 (562) 490-7600 <a href="http://childnet.net">childnet.net</a>	Counseling services for children up to the age of 18	English & Spanish	Outpatient	No referral needed, phone intake available	Individual, Family & WRAP	Medi-Cal	Yes	Currently doing Tele-zoom and Tele-health visits.
<b>College Medical Center</b> 2776 Pacific Ave. Long Beach, CA 90806 (562) 997-2500 <a href="https://www.college-medicalcenter.com/">https://www.college-medicalcenter.com/</a>	General Services for adults	English & Spanish. Interpreter services is available	Inpatient	No referral needed	Individual	Accepts major health insurances	Yes	

<p><b>Community Medical Wellness Centers USA</b>  1360 E. Anaheim St., Ste. 101  Long Beach, CA 90813  (562) 270-0324  <a href="http://www.cmwcsusa.org/">http://www.cmwcsusa.org/</a></p>	<p>Behavioral health, case management, psychiatry, substance abuse treatment</p>	<p>English, Spanish, Khmer</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, Group, Couples &amp; Family</p>	<p>Medi-Cal, Medicare, *FQHC</p>	<p>Yes</p>	<p>Able to do teletherapy during COVID-19; Designated Countywide Certified Benefits Entitlements Services Team</p>
<p><b>Crittenton Family and Child Services</b>  4300 Long Beach Blvd.  Long Beach, CA 90807  (562) 427-2006  <a href="http://crittentonsocal.org">crittentonsocal.org</a></p>	<p>Counseling services for children and adults</p>	<p>English, Spanish &amp; translators available for other languages</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual &amp; Family</p>	<p>Medi-Cal</p>	<p>Yes</p>	<p>Gabby</p>
<p><b>Didi Hirsch</b>  323 N. Prairie Ave.  Inglewood, CA 90310  (319) 390-8896  <a href="http://didihirsch.org">didihirsch.org</a></p>	<p>Therapy, case management, medication services</p>	<p>English, Spanish, Armenian</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, couples, family, group</p>	<p>Medi-Cal, Medicare</p>	<p>Yes</p>	<p>All appointments will be over the phone</p>



<p><b>Friendship Line</b></p> <p>Hotline: (800) 971-0016; (Institute on Aging Friendship Line Info and Referrals): 415-750-4111; 650-424-1411;</p>	<p>24-hour toll-free Friendship Line makes outreach calls to depressed, isolated, frail and/or suicidal older adults.</p>	<p>English, Spanish, Cantonese, Russian. Language line available</p>						
<p><b>For the Child – Cedar House</b></p> <p>4565 California Ave. Long Beach, CA 90807 (562) 422-8472 (562) 422-1102 - Fax</p>	<p>Counseling services for children and their caregivers. Trauma specialized treatment for children.</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>Referral needed</p>	<p>Individual &amp; Family , Parent Support Groups</p>	<p>Medi-Cal Some capacity for uninsured</p>	<p>Yes</p>	<p>Services provided by Telephone, Telehealth (Zoom) and in person as needed.</p>
<p><b>For the Child –Sarah Center</b></p> <p>4001 Long Beach Blvd. Long Beach, CA 90807 (562) 427-7671 (562) 595-4704 - Fax</p>	<p>Counseling services for children and their caregivers. Psychiatric services for children</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>Referral needed</p>	<p>Individual &amp; Family</p>	<p>Medi-Cal</p>	<p>Yes</p>	<p>Services provided by Telephone and Telehealth (Zoom)</p>

<b>Genesis/FACTS FCCS Program</b> 550 S. Vermont St. Los Angeles, CA 90020 (213) 351-7284	Mobile Health Unit that visits seniors 60+; Case management and medication services	English, Spanish & Farsi	Outpatient	Referral only	Individual & Family	Medi-Cal w/HMO plan or Medicare	Yes	Contact Kathryn L. Crane, L.C.S.W. (310) 519-6221 (310) 732-5817
<b>Gold Talk</b>  (888) 60-GOLDEN (888) 604-6533	The chat line assists seniors facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.							
<b>Harbor View Community Services Center</b> 850 E. Wardlow Rd. Long Beach, CA. 90807 562-981-9392 Fax #: 562-981-2622	Counseling services for children	English & Spanish	Outpatient	No referral needed (phone intake)	Individual & Family	Medi-Cal	Yes	
<b>Heritage Clinic</b> 3939 Atlantic Ave., Ste. 103, Long Beach, CA 90807 Telephone: 626-577-8480 ext 0 Fax: 626-577-8978  www.heritageclinic.org	Older adult services, 55+. Mental health services, case management and medication support	English, Spanish	Outpatient	No referral needed	Individual, couple, family sessions	Medi-Cal, Medicare	Yes	All services currently available via Telehealth and telephone during COVID 19 Intake contact person Angel

<p><b>Independence at Home</b></p> <p>(866) 421-1964</p> <p>3800 Kilroy Airport Way, Suite 100 Long Beach, CA</p>	<p>55+ and caregivers of age 55+ Mental health and physical health</p>	<p>English, Spanish and other languages</p>	<p>Outpatient</p>	<p>Individual plans have their own eligibility requirements. Please call for details.</p>				
<p><b>Interval House</b></p> <p><b>24-hour crisis hotline</b> 562-594-4555 (hotline)</p> <p><a href="http://www.intervalhouse.org">http://www.intervalhouse.org</a></p>	<p>Domestic Violence</p> <p><b>Specialized Programs and Services Available in over 70 Languages</b></p> <ul style="list-style-type: none"> <li>o Emergency Response Teams</li> <li>o Community Service Centers</li> <li>o Housing Programs <ul style="list-style-type: none"> <li>o Emergency Shelters</li> <li>o Transitional Housing</li> <li>o Permanent Housing</li> </ul> </li> <li>o Counseling</li> <li>o Legal Assistance</li> <li>o "Second Generation" Teen Dating Violence Prevention</li> <li>o Children's Program</li> <li>o Elder Abuse</li> </ul>							
<p><b>Jewish Family and Children's Service Long Beach &amp; West Orange County</b></p> <p>3801 E. Willow St. Long Beach, CA 90815 (562) 427-7916 <a href="http://www.jfcslongbeach.org">www.jfcslongbeach.org</a></p>	<p>Counseling services for adults and children. Domestic Violence support groups for women, and caregivers support</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, Group &amp; Family</p>	<p>Sliding Fee</p>	<p>No</p>	<p>Telehealth currently</p>

	groups							
<b>Long Beach Asian Pacific Islander Family Mental Health Center</b> 4510 E. PCH, Ste. 600 Long Beach, CA 90804 (562) 346-1100 Main (562) 961-7604 Fax	General Services for adults and children	English, multiple Asian languages	Outpatient	Referral needed	Individual, Group & Family	Medi-Cal & Medicare	Yes	Erik Currently only providing services via Tele-health.
<b>Long Beach Center for Psychotherapy</b> 5855 E. Naples Plaza Long Beach, CA 90803 (562) 987-3535 (562) 619-7724	Counseling services for adults and children	English & Spanish	Outpatient	No referral needed	Individual & Family	Most private PPO insurances accepted, Medicare & cash pay	No	Brittany
<b>Long Beach Mental Health</b> 2600 Redondo Ave, 5th floor, Long Beach 90815  562-256-2900	General services for adults and children	English, Spanish, (Interpreter services available)	Outpatient/ Home Visits if necessary	No referral /no waiting list First time pt. (walk-in M-F 8am)	Individual & Group	Medi-Cal, sliding scale fee based on income	Yes, if needed	Sabrina Currently providing services via telephone or telehealth

<p><b>Long Beach Trauma Recovery Center</b>  1045 Atlantic Ave., Ste. 801  Long Beach, CA 90803  (562) 985-1366  <a href="https://www.csulb.edu/college-of-education/long-beach-trauma-recovery-center">https://www.csulb.edu/college-of-education/long-beach-trauma-recovery-center</a></p>	<p>General services for trauma-exposed individuals (children and adults)</p>	<p>English and Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual &amp; Group</p>	<p>Free</p>	<p>No</p>	<p>Telehealth during COVID-19. Please call (562) 985-1366 and leave a voicemail.</p>
<p><b>Los Angeles County, Dept of Mental Health</b></p> <p><b>Access Center</b>  (800) 854-7771</p> <p><b>Long Beach Office</b>  Service Area (SA) 8 Administration  2600 Redondo Ave, 6th floor, Room 6.72  Long Beach, CA 90806  213-840-7283</p>	<p>Refers to other mental health facilities in LA County</p>	<p>Multiple Languages</p>	<p>Outpatient &amp; Inpatient</p>		<p>Individual, Group &amp; Family</p>	<p>Medi-cal, most insurances, payment based on sliding scale – income</p>	<p>Yes, if needed</p>	<p>Mizzy  They are currently seeing clients at certain agency sites if it is a crisis matter. Keeley Gilmore - Community Worker / Parent Advocate FSP (Full Service Partnerships)</p>
<p><b>Memorial Counseling Associates</b>  4525 E. Atherton Street Second Floor  Long Beach, CA 90815  (562)-961-0155  Mcamh.com</p>	<p>Counseling and Psychiatry services for adults and children</p>	<p>English, Spanish, Egypt, Hindi</p>	<p>Outpatient</p>	<p>Referral may be needed</p>	<p>Individual, Group &amp; Family</p>	<p>Most private insurances accepted, Medicare and Medi-cal w/HMO plan, cash pay</p>	<p>Yes</p>	<p>Karen  Currently doing on-site visits and Tele-visits.</p>

<p><b>Mental Health America-Village ISA</b>  456 Elm Ave.  Long Beach, CA  90802  (562) 437-6717  <a href="http://www.mhavillage.org">www.mhavillage.org</a></p>	<p>Homeless services/case management for adults 18+</p>	<p>English only</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual</p>	<p>Free services</p>	<p>Yes</p>	<p>Currently not accepting any new clients. Clients are being referred to the Multi-Service Center</p>
<p><b>MHA of Los Angeles</b>  100 West Broadway,  Ste. 5010  Long Beach, CA  90802  (562)-285-1330  <a href="http://www.mhala.org/">http://www.mhala.org/</a></p>	<p>General Services for adults and children, Postpartum Depression</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>Referral to MSW based on diagnosis</p>	<p>Individual &amp; Family</p>	<p>Medi-cal, most insurances, cash pay</p>	<p>No</p>	<p>Agency is providing masks and gloves for their clients. They provide services via phone or in person.</p>
<p><b>Moms &amp; Babies Support Group at Miller Children's Hospital</b>  2801 Atlantic Ave.  Long Beach, CA  90806  (562) 650-0474 – Tara  <a href="https://www.millerchildrenshospitallb.org/docs/mcwh_MaternityOrientation_BF%2BOR_1-Sheet_p4-2020.pdf">https://www.millerchildrenshospitallb.org/docs/mcwh_MaternityOrientation_BF%2BOR_1-Sheet_p4-2020.pdf</a></p>	<p>Support group for new moms   Postpartum Depression</p>	<p>English</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Free group  Tuesday  10am-12pm</p>	<p>Free</p>	<p>No</p>	<p>Tara Sarajian (will also provide individual counseling for participants)  Group meeting through zoom.</p>

<p><b>National Alliance for Mental Illness (NAMI) – Long Beach Chapter</b>  (562) 435-2264  (English)  (310) 567-0748  (Spanish)  <a href="http://www.namilongbeach.org">www.namilongbeach.org</a></p> <p><b>NAMI Long Beach Office</b>  5230 Clark Ave, Suite 2  Lakewood, CA 90712</p>	<p>Support group for adult family members and caregivers of individuals with a mental illness</p>	<p>English &amp; Spanish</p>	<p>N/A</p>	<p>No referral needed</p>	<p>Meets 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month except for holidays from 7-8:30pm at College Medical Center or NAMI LB office. NO registration required</p>	<p>Free</p>	<p>N/A</p>	
<p><b>New Hope Grief Support Community</b>  3505 Long Beach Blvd., Ste. 2C  Long Beach, CA 90807  (562) 429-0075, Ext. 2  <a href="http://www.newhopegrief.org/">http://www.newhopegrief.org/</a></p>	<p>Grief support for children &amp; adults</p>	<p>English</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Support Groups Weeknights from 7-8:30pm for nine weeks</p>	<p>\$100 for registration fee &amp; materials. Scholarships may be provided for those who are unable to pay</p>	<p>Free</p>	<p>David Leonard Currently doing support groups via Tele-Zoom, register weekly by phone or online</p>
<p><b>Pacific Asian Counseling Services</b>  3530 Atlantic Ave., Ste. 210  Long Beach, CA 90807  (562) 424-1886  <a href="https://www.pacsla.com/">https://www.pacsla.com/</a></p>	<p>General Services for adults and children</p>	<p>English, Spanish &amp; many other Asian languages</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, Couples &amp; Family</p>	<p>Sliding Fee Based Scale</p>	<p>Yes</p>	<p>All offices are closed and staff are working remotely. They are providing services via telehealth and telephone.</p>

<p><b>Pacific Resources Psych Solutions</b> 4300 Long Beach Blvd., Ste. 340 Long Beach, CA 90807 (562)294-4024</p>	<p>Counseling services for adults</p>	<p>English</p>	<p>Outpatient</p>	<p>No referral / there is a waitlist</p>	<p>Individual</p>	<p>Most insurances accepted, including Medi-cal w/HMO plan &amp; Medicare, cash pay</p>	<p>No</p>	<p>Priscilla Currently not taking clients. Can call back July 2020 and see if there is any changes.</p>
<p><b>Perinatal Mood &amp; Anxiety Support Group</b> 406 E. 3<sup>rd</sup> St. Long Beach, CA 90802 (562) 506-6103</p>	<p>Perinatal Mental Health , Postpartum Depression</p>	<p>English only</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Group Thursdays at 2:00pm</p>	<p>\$20 fee</p>	<p>No</p>	<p>Chai Benson</p>
<p><b>Rainbow Services</b> 310-547-9343 (24hr hotline); 310-548-5450 (direct Resource Center Line); (310) 507-0206 FAX  www.rainbowservicesdv.org</p>	<p>Provides shelter and support to anyone impacted by domestic violence, empowering them to move beyond trauma, towards safety &amp; stability.</p>	<p>English, Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Both</p>			



<p><b>Star View Community Service</b>  4500 E. PCH, Ste. 100,  Long Beach, Ca  90804  (888) 535-3288  (Intake)  (562) 427-6818  Administrative  (562) 344-1140  (310) 868-5396</p>	<p>Counseling services for children and adults</p>	<p>English, Spanish &amp; Khmer</p>	<p>Outpatient</p>	<p>No referral needed (phone intake)</p>	<p>Individual</p>	<p>Medi-Cal</p>	<p>Yes</p>	<p>Genesis  Currently doing Telehealth</p>
<p><b>Starview Behavioral Health Urgent Care Center</b>  3210 Long Beach Blvd.  Long Beach, CA  90807  (562) 548-6565  <a href="https://www.starsinc.com/bhucc-longbeach/">https://www.starsinc.com/bhucc-longbeach/</a></p>	<p>24/7 behavioral health urgent care</p>	<p>English, Spanish, translation available</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual Crisis Management</p>	<p>Will see individuals regardless of ability pay</p>	<p>Yes</p>	<p>Open 24/7/365 as an alternative to the emergency room for crisis stabilization and referral</p>
<p><b>Tarzana Treatment Centers</b>  5190 Atlantic Ave.  Long Beach, CA  90805  (562)-428-4111  <a href="https://www.tarzanatc.org/">https://www.tarzanatc.org/</a></p>	<p>General Services for adults-cost-effective substance abuse and mental health treatment to adults and youth</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>No referral needed /may be a waiting list</p>	<p>Individual &amp; Group</p>	<p>Most insurances accepted, including Medi-cal &amp; Medicare, cash pay</p>	<p>Yes, if needed</p>	<p>Agency is still seeing clients on site but are also offering Tele-health.</p>

<p><b>TCC Family Health</b> (844) 822-4646</p>	<p>Mental health care for all ages</p>	<p>Multiple languages</p>	<p>Outpatient</p>	<p>Call for information</p>		<p>Call</p>	<p>Yes</p>	
<p><b>Telecare La Casa Mental Health Center – Mental Health Urgent Care</b> 6060 Paramount Blvd. Long Beach, CA 90805 (562) 634-9534 (8:00 am – 7:00 pm, Walk-in services only, Psychiatrist on duty)</p>	<p>Crisis stabilization, psychiatric assessment, referral to outside therapists</p>	<p>English, Spanish, additional languages via language line</p>	<p>Outpatient</p>	<p>No referral needed; Walk in only Monday - Friday 8am-5:30pm</p>	<p>No therapy offered, crisis stabilization and medication intervention only with referral to outside therapists</p>	<p>Medi-Cal, Medicare, no insurance</p>	<p>Yes</p>	<p>Open during COVID-19, Psychiatrist can provide bridge medication for those who cannot get appointments otherwise</p>
<p><b>The C.A.R.E. Program and Clinic</b> 1043 Elm Ave., Ste. 300 Long Beach, CA 90813 (562) 453-3766 <a href="https://www.dignityhealth.org/socal/locations/stmarymedical/services/care-center">https://www.dignityhealth.org/socal/locations/stmarymedical/services/care-center</a></p>	<p>Must be HIV (+)</p>	<p>English &amp; Spanish</p>	<p>Outpatient</p>	<p>No referral needed</p>	<p>Individual, Group, Partner &amp; Relational</p>	<p>Most private insurances accepted, Medicare and Medi-cal w/HMO plan, cash pay</p>	<p>No</p>	<p>Veronica</p>

<b>The Center Long Beach</b> 2017 East 4 <sup>th</sup> Street Long Beach, CA 90814 (562) 434-4455 <a href="https://www.centerlb.org/">https://www.centerlb.org/</a>	Counseling services for adults, youth, and families	English, Spanish	Outpatient	No referral needed	Individual & Family	Fees based on sliding scale income. No insurance	No	Currently have a Warm Line that connects individuals to support. (562) 800-6852, centerinfo@centerlb.org
<b>The Guidance Center</b> 1301 Pine Ave. Long Beach, CA 90813 (562) 595- 1159 <a href="http://www.tgclb.org">www.tgclb.org</a>	Intensive mental health treatment for children & families	English & Spanish	Outpatient	No referral needed /waiting list	Individual, Group & Family	Medi-cal w/HMO plan	Yes, if needed	They will be providing clinical care remotely until further notice. Currently doing therapy sessions via Tele-Zoom
<b>The Relationship Counseling Center</b> 1232 E. Wardlow Rd. Long Beach, CA 90807 (562) 293-1737	Marriage & Family Therapy	English	Outpatient	No referral needed	Individual & Family	Cash pay \$175/hr. \$100/hr. for MFT interns	No	Linda Nusbaum, MA, MFT Specializes in couples therapy. Currently providing services via telehealth
<b>The Wellness Center</b> 830 Atlantic Ave. Long Beach, CA 90813 (562) 285-0149 (562) 285-0156 Fax	Counseling services for adults	English & Spanish	Outpatient	Referral needed	Individual & Couples	Medi-cal	Yes	Staff working remotely and currently not taking in new clients

<b>Women Shelter of Long Beach</b>  562-437-4663 (24h Domestic Hotline); Office Phone: (562) 437-7233; Domestic Violence Resource Center: 562-437-7233  <a href="http://www.womenshelterlb.org">http://www.womenshelterlb.org</a>	Offers free and confidential services including safe housing for people experiencing domestic violence.	English and Spanish		Call for information				
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