

Mental Health

KHEMARA MEDICAL GROUP, INC.

1533 Alamitos Ave # B, Long Beach, CA 90813 • (562) 218-5350

M-F 9-5 pm Contact secretary Offers mental health services. Accepts Medi-cal.

Fee: Varies

LONG BEACH ASIAN PACIFIC MENTAL HEALTH PROGRAM

1975 Long Beach Blvd; Long Beach 90806 • (562) 599-9401

<http://www2.longbeach.gov/youth/browse.asp?id=332&cat=81>

Mon-Fri, 8am-5pm

Contact receptionist

Offers County-funded counseling services to Asian children and adults with psychological and behavior problems.

Eligibility: Must be Asian child or adult with psychological/behavioral problems.

Fee: Private insurance, Medicare, Medi-Cal and sliding scale for uninsured.

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

1975 Long Beach Blvd., Long Beach, CA 90806 • (562) 599-5580 •

www.dmh.lacounty.gov

ykimsasaki@lacdmh.org

M-F 8:00-5:00

Contact Youngsook Kim-Sasaki, RN, MSN, Mental Health Clinical Program Head

Offers an Adult program (mental health & case management), CalWorks program

(mental health & selfsufficiency), Dual-Diagnosis program (mental health &

substance abuse), HIV services (mental health & HIV), and the Long Beach Asian-

Pacific Mental Health Center (includes Adult program, Dual-Diagnosis program,

CalWorks program, Child program—3-18 years, and ATCM/API Alliance program).

Eligibility: Low income. **Fee:** Sliding scale, insurance, MediCal

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH (LONG BEACH)- CHILD AND ADOLESCENT PROGRAM

240 E. 20th St., Long Beach, CA 90806 • (562)599-9271, (800) 854-7771 •

<http://dmh.lacounty.gov>

Mon, Tues and Thurs, 8:00am to 6:00pm; Wed, 8:00am to 7:00pm;

Fri, 8:00am to 5:00pm.

Contact Ken Kondo/Public Information Officer

The program provides outpatient mental health services targeted to children ages 0 to 18 and their families who are Medi-Cal recipients or indigent and living in the Long Beach service area. Services include clinical psychiatric evaluation services, crisis intervention services, group counseling services, individual counseling services, and psychiatric medication monitoring services.

Eligibility: Must be 0-18 years of age. Telephone to apply for and receive service.

Proof of residence, income and age is required to receive service. ID can include a

driver license, state ID card, social security card, or Medi-Cal card. **Fee:** The agency

accepts Medi-Cal, Healthy Families, Healthy Kids, private insurance and has fees on

a sliding scale related to

income.

PACIFIC HOSPITAL OF LONG BEACH SOUTH CAMPUS: PSYCHIATRIC OUTPATIENT DAY TREATMENT PROGRAM (PARTIAL HOSPITALIZATION PROGRAM)

1740 Pacific Ave Long Beach, CA 90813 • (562) 997-2577

www.mcapsych.com (find the clinic in the outpatient services: Psychiatric Partial Hospitalization Program)

Mon-Sat: 9-2:30pm Groups: 10-10:30am, 2:30pm-4:30pm, and late classes at 7:30pm

The program offers 1 to 5 day per week psychiatric outpatient treatment programs

with psychiatric groups, individual therapy, and therapeutic activities. Groups are

multifaceted and include education, symptom and crisis management, functional

skills improvement, discharge planning, relationship building, and dual

diagnosis (mental illness with chemical dependency issues). The professionals

include psychiatrists, registered nurses, psychologists, psychotherapists, social

workers, and mental health workers. **Eligibility:** Medi-Medi (MediCal & Medicare)

TARZANA TREATMENT CENTER

2101 Magnolia Ave., Long Beach, CA 90806 • (562) 218-1868 (Service/Intake)

<http://www.tarzanatc.org>

treatment@tarzanatc.org

Mon- Sun, 24 hours per day (services), Mon- Fri-, 8:30am to 5:00pm

(Administration) Contact Gina Nassi, Intake Specialist

Offers Dual Diagnosis (for substance abuse and mental health), Family Services, Teen and Adult Specific Services, Women's Services, Mental Health Services, Outreach and Community Education, court services, domestic violence services, HIV/AIDS (services for both HIV infected and HIV affected clients with vital health education, nutritional consulting, and treatment strategies for an improved and extended quality of life.), mental health services for adults, residential treatment for substance abuse, shelter, substance abuse services, and welfare-to-work support services.

Eligibility: Low income, resident of Los Angeles County. **Fee:** Some programs require nominal fee, depends on whether or not client has health insurance. Health services are free to those without insurance.

THE DENTAL SALON

1075 E. Pacific Coast Highway, Suite D, Long Beach, CA 90806 • (562) 591-4023

Mon-Fri 9-6pm, Sat 9-3pm, Closed Thurs and Sun

Contact Francine I. Bickham, D.D.S.

Offers basic dental services. **Eligibility:** Open to anyone with PPO, cash.

Pharmacy

CVS PHARMACY

(562) 218-0080

<http://www.cvs.com>

Mon.-Fri., 8:00 AM-10:00 PM; Sat., 9:00 AM-7:00 PM; Sun., 10:00 AM-6:00 PM

Several pharmacists available to dispense medications. Almost all insurances accepted except Community health and workers comp.

FAMILY PHARMACY

100 Atlantic Ave., Long Beach, CA 90813 • (562) 591-4417

yourpharmacy@aol.com

Monday-Friday 9pm-6pm, Saturday 9am-3pm

Fills prescriptions, free delivery service, utility bill payments, UPS shipping. Accepts Medi-cal. **Fee:** Varies

GORDON'S FAIRVIEW PHARMACY

861 E. Anaheim St., Long Beach, CA 90813 • (562) 599-3966

Monday-Friday 930am-6pm, Saturday 10am-2pm

Contact Chi Thanh Nguyen, Sau (Bill) Tran, Registered Pharmacists

Fills prescriptions, free delivery service, utility bill payments, UPS shipping. Accepts Medi-cal. Speaks Vietnamese, English. **Fee:** Varies

P&H PHARMACY

1259 E. Anaheim St., Long Beach, CA 90813 • (562) 599-6935 or (562) 599-1055

Monday-Tuesday-Thursday-Friday 930am-6pm, Wednesday-Saturday 930am-2pm

Contact Thao P. Mai, Doctor of Pharmacy fill prescriptions, discount coupons available, free delivery. speaks Khmer, Vietnamese, Spanish, Chinese, English.

Accepts Medi-cal. **Fee:** varies

REXALL PHARMACY

1942 E. Anaheim St., Long Beach, CA 90813 • (562) 591-0549 or (562) 591-0540

General store Monday – Friday 9am – 6pm; utilities Monday-Friday 930am – 5pm

Contact DJ & Vicky Patel, store owners

Fill prescriptions, utility bill payments, bus pass. Accepts Medi-cal. **Fee:** varies

HELP

Counseling

AFRICAN AMERICAN INFANT HEALTH PROGRAM

1133 Rhea St., Long Beach, CA 90806 • (562) 570-4410

<http://www.longbeach.gov/health/bureau/ph/aaihp.asp>

Monday-Friday 8am-5pm

Offers Referrals and support network for African-Americans of child bearing age; help clients obtain prenatal care, referral services to WID, dental, etc., referral to housing, social support and empowerment (group therapy for African American women), classes such as self esteem, parenting, self awareness, healthy birth outcome, issues within the family unit, domestic violence awareness, abuse prevention, nutrition, car seat workshop. Services are FREE.

Eligibility: African American women, pregnant, or with a child under 2

CATHOLIC CHARITIES COMMUNITY SERVICES OF LONG BEACH

123 East 14th Street, Long Beach, CA 90813

(562) 591-1351

<http://www.catholiccharitiesla.org/sanpedro.html> (Long Beach falls under San Pedro Region)

atotta@ccharities.org

Phones are answered Monday-Thursday 8:30am-12pm & 2-4pm, Friday: closed.

Contact Anna Totta, Regional Director (562) 591-1641

Offers counseling services, services for seniors, immigration and refugee services, youth programs, job skill and employment training, homeless shelters (none are listed in Long Beach). Services are FREE.

CENTRO SHALOM

2131 Long Beach Blvd., Long Beach, CA 90806

(562) 591-2214

centroshalom1@aol.com

M-F 8:00-4:00 PM

Contact Amelia Nieto, Director or Cornell

Offers assistance with divorce, eviction, custody, child support, public assistance, social security, translations, immigration, and counseling. Services are FREE.

Eligibility: Low income

LONG BEACH POLYTECHNIC HIGH SCHOOL

1600 Atlantic Ave Long Beach, California, 90813

(562) 591-0581

<http://www.lbusd.k12.ca.us/POLY/index.htm>

dhughes@lbusd.k12.ca.us

Regular school hours

Contact Debbie Hughes, Head Counselor

Services: Student Support Personnel Team (SSPT)-early identification and timely intervention for students who are struggling academically, emotionally, and/or socially. Programs that promote student safety and well-being include:

- Yellow Ribbon Program- Designed to address teen suicide issues, providing students information about suicide prevention and lending support to those who are grappling with suicide ideation
 - Peer Counselor and Advanced Peer Counselors- Peer mediators and counselors to address personal/social issues, including conflict resolution, family dynamics, and a variety of other challenges
- Eligibility:** Students at Long Beach Polytechnic High School

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Contact Ken Kondo/Public Information Officer

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Eligibility: Must be 0-18 years of age. Telephone to apply for and receive service.

Proof of residence, income and age is required to receive service. ID can include a driver license, state ID card, social security card, or Medi-Cal card.

Fee: The agency accepts Medi-Cal, Healthy Families, Healthy Kids, private insurance and has fees on a sliding scale related to income.

LUTHERAN SOCIAL SERVICES

1611 Pine Avenue, Long Beach 90813

(562) 599-1321

<http://www.lsssc.org/>.

rfoelber@lsssc.org.

M-Th: 8am-4pm

Contact Ruth Foelber, program coordinator.

Offers Emergency assistance and referrals, education and literacy training. ESL courses, family and grief counseling, vocational education. Anger management courses, food, transportation and clothing assistance, emergency housing, transitional housing and youth work programs. **Eligibility:** The homeless, the abused, the frail, or any person who needs counseling, emergency services, job training, transitional housing, help for the elderly, utility assistance, who needs help.

SEA LONG BEACH SCHOOL

2290 Pacific Ave., Long Beach, Ca 90806

(562) 595-9100

<http://www.seacharter.org/>

hcarrera@charter.net

Monday through Friday, 8:00am to 4:45pm

Contact Hilda Carrera/ Office Manager

Youth services- Services include alternative education; continuation high schools; crisis intervention for gang-related problems; extended day care programs for at risk youth and gang programs for children, ages 8 through 12, Family life education- Services include parenting skills development and technical assistance for youth services, Substance abuse services- Services include alcohol abuse counseling and drug abuse counseling; individual and group counseling is available. Counseling also addresses problems related to gangs and AIDS.

Eligibility: Application process, services given on a need basis (for example at risk youth would be first provided youth services). **Fee:** There are fixed fees for services; parenting skills development is \$5 per class, no fees for substance abuse services, no fee for youth services, fixed fee for youth camp.

TARZANA TREATMENT CENTER

2101 Magnolia Ave., Long Beach, Ca 90806

(562) 218-1868 (Service/Intake)

www.tarzanatc.org

treatment@tarzanatc.org

Monday through Sunday, 24 hours per day (services), Monday through Friday,
8:30am to 5:00pm

(Administration)

Contact Gina Nassi, Intake Specialist

Dual Diagnosis (for substance abuse and mental health), Family Services, Teen and Adult Specific Services, Women's Services, Mental Health Services, Outreach and Community Education, court services, domestic violence services, HIV/AIDS (services for both HIV infected and HIV affected clients with vital health education, nutritional consulting, and treatment strategies for an improved and extended quality of life.), mental health services for adults, residential treatment for substance abuse, shelter, substance abuse services, and welfare-to-work support services.

Eligibility: Low income, resident of Los Angeles County.

Fee: Some programs require nominal fee, depends on whether or not client has health insurance. Health services are free to those without insurance.

SHALOM SERVICE CENTER

2131 Long Beach Blvd.; Long Beach, CA 90806

(562) 591-2214

M-F 9-4:30 pm

Paralegal services and counseling. Appointment required. Bilingual Spanish. Services are FREE and everyone is welcomed.