



 **NAMI** Long Beach
National Alliance on Mental Illness

Local Resource Guide

HOUSING

New Life Beginnings Inc.

835 E. 6th St., Long Beach, CA 90802

☎ (562) 590-1538 @ www.newlb.org

Mon.—Fri. 10AM—4PM

Housing services for women.

Chirp Los Angeles

2121 S. Flower St., Los Angeles, CA 90007

☎ (213) 741-1951 @ www.chirpla.org

Mon.-Fri. 9AM-5PM

Housing information and referral program to prevent homelessness and assist people with HIV/AIDS.

Interval House

6615 East Pacific Coast Highway, Long Beach, CA 90803 ☎ (562) 593-4555 @

www.intervalhouse.org 24 hour hotline and by appointment. Emergency and transitional shelter for victims of abuse of all ages, females, and their children. 30 days emergency shelter. Up to 7 year transitional.

LB Homeless Access: New Image

Emergency Shelter

401 E. Ocean Blvd, Long Beach, CA 90802

☎ (562) 983-7289 @ www.lbrm.org

24 hours a day, 7 days a week.

Provides case management and supportive housing services for homeless individuals and families in Long Beach.

Long Beach Rescue Mission

1335 Pacific Ave., Long Beach, CA 90813

☎ (562) 591-1292 @ www.lbrm.org

Mon.-Fri. 9AM-5PM

Short term and Long-term shelters, meals and other services. 90 days of case management. Contact them directly at (562) 597-7335.

Multi-Service Center

1301 W. 12th St., Long Beach, CA 90813

(562) 570 4500

Mon., Tues., Wed., Fri. 8:30AM-4PM

Main entry point into finding homeless shelter in Long Beach and LA county. All persons seeking homeless services must first contact the MSC.

Precious Life

3622 Florista St., Los Alamitos, CA 90720

☎ (562) 431-5025

@www.preciouslifeshelter.org

Mon.-Fri. 9AM-5PM

Residential/supportive services for homeless pregnant woman. 30 days of no cost housing/ case management.

Project Achieve

1368 Oregon Ave., Long Beach, CA 90813

☎ (562) 218-9864 @ www.stbarnabaslb.org

Mon.—Fri.8:30AM-7PM

Emergency Shelter for single adults. 30-60 day stay. Need ID: Social security and proof of income. Men and women. Must register with Multi-Service first.

Su Casa

3750 E. Anaheim St. Ste 100, Long Beach, CA 90804

☎ (562) 421-6537 @ www.sucasadv.org

Mon.-Fri. 9AM-5PM

Emergency shelter and transitional housing for women/ children affected by domestic violence. Hotline: (562) 402-4888

Transition In Place

456 Elm Ave., Long Beach, CA 90802

☎ (562) 437-6717 ext. 234

@ www.mhavillage.squarespace.com

Mon.-Fri. 9AM-5PM

A project of MHA, TIP provides up to one year of transitional housing services for homeless youths age 18-22.

Villages at Cabrillo

2001 River Ave., Long Beach, CA 90810

☎ (562) 200-7300 @ www.centuryvillages.org

Mon.-Fri. 8AM-5PM

Residential housing community providing supportive housing with wrap around services.

Women's Shelter of Long Beach

930 Pacific Ave., Long Beach, CA 90813

☎ (562) 437-4663 @ www.womenshelterlb.org

24 hour hotline. 30 days of emergency shelter for victims of domestic violence. They serve women, men and children.

FOOD & GROCERIES

7th St. Church

668 N. Obispo Ave., Long Beach, CA 90814

☎ (562) 434-3408 @ www.7thSt.church.com

Sat 10AM-11:30am Food distribution on the 4th Saturday of the month.

Beacon for Him

439 W. Anaheim St., Long Beach, CA 90813

☎ (562) 591-2299 @ www.beaconforhelp.org

Breakfast is served Mondays from 9AM—12PM

Catholic Charities

123 E. 14th St., Long Beach, CA 90813

☎ (213) 251-3432 @ www.catholiccharitiessf.org

Sandwiches distributed on Tuesdays and Wednesdays at 10AM.

Centro Shalom

2131 Long Beach Blvd., Long Beach, CA 90806

☎ (562) 591-2214 @ www.centroshalom.org

Food distribution on Tues. and Thurs. at 10AM

Christian Outreach in Action

515 E. Third St., Long Beach, CA 90802

☎ (562) 432-1440 @ www.coalongbeach.org

Breakfast 7 days (7AM-8AM), Dinner M-F (4:30-5:30PM) Lunch Sat. (11:30AM—1PM). Breakfast is served 7 days and dinner 5 days a week.

Emmanuel Presbyterian

4017 E. 6th St., Long Beach, CA 90814

☎ (562) 439-8946 www.epcfriends.org

Meals on the 3rd Saturday from 9AM—11AM.

Help Me Help You (HMHY)

2640 Santa Fe Ave., Long Beach, CA 90810

☎ (562) 674-8131 @ www.helpmehelpu.org

Food distribution on the 2nd and 4th Wednesday of the month from 1:3PM-3PM

Iglesia Cristiana Emmanuel

1309 E. 3rd St., Long Beach, CA 90802

☎ (562) 225-7350 @ www.icelaredo.com

Meals distributed on the 2nd and Last Saturday from 9AM-11AM

Lakewood First United Methodist

4300 Bellflower Blvd., Lakewood, CA 90713

☎ (562) 425-1219 @ www.lakewoodfirstumc.org

Receive a meal on Saturdays from 9AM—11AM.

Lutheran Social Services

1611 Pine St., Long Beach CA 90813

☎ (562) 599-1321 @ www.lsssc.org

Meals provided on Mondays, Tuesdays, Thursdays from 10AM—NOON, and 12:30PM—2PM . Wednesdays from 11AM—2PM

Marian Outreach Center

2344 Cota Ave., Long Beach, CA 90810

☎ (562) 989-1954 @ www.daughtersofcharity.com

Mon.—Fri. 9AM—5PM • Meals provided on Thursdays from 10AM-1:30PM.

Parkcrest Church

3936 Woodruff Ave., Long Beach, CA 90808

(562) 421-9374 www.parkcrest.org

Food distribution on the 4th Thursday of the month 10AM—11AM (except during Nov/Dec).

Rosewood Christian Reformed

10115 Rose St., Bellflower, CA 90706

☎ (562) 804-4778 @ www.rosewoodchurch.com

Fri. 3PM—4PM. Meals provided on Friday afternoons.

FOOD & GROCERIES CONT

Salvation Army

3092 Long Beach Blvd., Long Beach, CA 90807

☎ (562) 247-3525 @ www.salvationarmyusa.org
Meals provided on Wednesdays and Thursdays
1:30AM-12PM & 1:30PM-3PM.

Second Samoan Church

655 Cedar Ave., Long Beach, CA 90802

☎ (562) 628-9282 @ www.secondsamoan.org
Mon.—Fri. 9AM—5PM. Hot Lunch: M—Th Noon
Hot Dinner: Every day at 5:30PM

Spiritual Truth East

717 Pacific Coast Highway, Long Beach, CA 90806

☎ (562) 489-1017 Mon. & Thurs. 11AM-3PM

Snack/Lunch on Mondays & Thursdays 11AM-3PM

St. Isadore Heart of the City

10941 Reagan St., Los Alamitos, CA 90720

☎ (562) 596-9918 @
www.stisadorehistoricalplaza.org 2nd and 3rd
Saturday of the month, 7AM—9:30AM. Must show
ID.

St. Luke's Episcopal Church

525 E. 7th St., Long Beach, CA 90813

☎ (562) 436-4047 @ www.stlukeslb.org
Mon.—Fri. 8AM-4PM
2nd and 4th Saturday Lunch from 11AM—1PM; 1st
and 3rd Saturday Breakfast from 8AM—11AM.

Westside Baptist

1490 W. 23rd St., Long Beach, CA 90810

☎ (562) 426-2775 @ www.stlukeslb.org

@ www.westsidebaptistchurch.com

Receive a meal on the 4th Thursday of the month from
11AM—2PM.

Wherever He Goes

1001 E. Third St., Long Beach, CA 90802

(562) 331-4433

Receive a breakfast meal on the 3rd Sunday of the
month from 8AM—10AM.

Burns Community Center

5510 Clark Ave., Lakewood, CA 90712

☎ (562) 925-7512 @ www.lakewoodcity.org
Mon.-Fri. 9AM-5PM

If you call two days in advance, they will prepare a
bag of groceries for you. Must be a resident of
Lakewood.

Carson Assembly of God

4103 Cherry Ave., Long Beach, CA 90807

☎ (562) 424-8412

Food distribution on Sundays from 12PM—3PM.
While supplies last.

Cityline Church Food Bank

6236 Woodruff Ave., Lakewood, CA 90713

☎ (562) 925-0251 www.citylineonline.org

Third Saturday of each month from 11AM—
12PM.

Greatful Hearts

5420 Katella, Los Alamitos, CA 90720

☎ (562) 431-0880 @ wwwv.greatfulhearts.org

Food distribution by appointment. Please call for
an appointment.

North Long Beach Ministry

5239 Atlantic Ave., Long Beach, CA 90805

☎ (562) 822-9957 @ www.nlbcc.net

Fri. 8AM—1PM. Food distribution on Fridays from
11AM—12:30PM. Arrive early at 8AM—10AM
to sign up.

St. Gregory's Episcopal Church

6201 Willow St., Long Beach, CA 90815

☎ (562) 420-1311 @ www.stgregoryschurch.com

1st Wednesday of the month from 9:30AM-
12PM Must have photo ID.

Stevenson Food Bank

515 Lime Ave., Long Beach, CA 90802

☎ (562) 674-8131

Receive groceries the 1st and 3rd Friday of the month from 1:30PM-3PM.

CLOTHING

Assistance League Thrift

Store 2100 E. 4th St., Long Beach, CA 90814 ☎ (562) 434-7121
@www.allb.org Mon. 10AM-4PM
• Tues.-Sat. 10AM-6PM Low cost used clothing and furniture.

First Baptist

1000 Pine Ave., Long Beach, CA 90813
☎ (562) 432-8447 @ www.fbclb.org
Sun. 2PM-3:30PM
Last Sunday of the month receive a hot meal.

Goodwill Store # 1

8020 W. Pacific Coast Highway, Long Beach, CA 90806
☎ (562) 435-8214 @ www.thinkgood.org
Mon.-sat. 9AM-9PM • sun, 10AM-8PM Low cost clothing and furniture.

Goodwill Store # 2

2610 Atlantic Ave., Long Beach, CA 90806
☎ (562) 989-3630 @ www.thinkgood.org
Mon-sat. 9AM-9PM • Sun. 10AM-8PM
Low cost clothing and furniture.

Goodwill Store # 3

1130 Redondo Ave., Long Beach, CA 90804
☎ (562) 498-0040 @ www.thinkgood.org
Mon.-Sat. 9AM-9PM • Sun. 10AM-8PM
Low cost clothing and furniture.

Goodwill Store # 4

MEDICAL CARE

8155 E. Wardlow Ave., Long Beach, CA 90808
☎ (562) 719-9242 @ www.thinkgood.org

Mon.-Sat. 9AM-9PM • Sun. 10AM-8PM Low cost clothing and furniture.

Goodwill Store # 5

730 W. Esther St., Long Beach, CA 90813
☎ (562) 435-4761 @ www.thinkgood.org
Mon.-Sat. 9AM-9PM • Sun. 10AM-8PM Low cost clothing and furniture.

Long Beach Rescue Mission Thrift Store

702 W. Anaheim St., Long Beach, CA 90813
☎ (562) 495-8900 @ www.lbrm.org
Mon.-Fri. 9AM-6PM • Sat. 11AM-6PM
Low cost clothing and furniture.

Out of the Closet

9500 E. Pacific Coast Highway, Long Beach, CA 90804
☎ (562) 494-0340 @ www.outofthecloset.org
Mon.-Sat. 10AM-6PM
Low cost clothing and household goods.

LGBTQ+

The LGBTQ Center of Long Beach

2017 E. Fourth St., Long Beach, CA 90814
☎ (562) 434-4455 @ www.centerlb.org
Mon.-Fri. 10AM-9PM • Sat. 10AM-4PM
Provides social services, legal services, workshops, STI testing and many more services.

SEXUAL ASSAULT

YWCA

920 Atlantic Ave., Ste 100, Long Beach, CA 90813
☎ (562) 590-6400 @ www.ywca.org
Mon.-Fri. 9AM-5:30PM
Services for victims of sexual assault and other services.

College Medical Center

2776 Pacific Ave., Long Beach, CA 90806

📞 (562) 997-2000

M/T/Th/F 8AM-8PM • Wed. 8AM-8PM

Free TB and STI testing. Free chest x-rays. Consultation \$79.

Harbor UCLA Medical Center

1000 W. Carson, Torrance, CA 90502

📞 (310) 222-2345 @ www.harbor-ucla.org

Mon.—Fri. 8AM—5PM • Emergencies 24 hours
Emergency/ Non-emergency. Immunizations,
dental, vision, chest x-rays, Sliding scale. Medi-
Cal.

Long Beach Comprehensive Health Center

1333 Chestnut Ave., Long Beach, CA 90813

📞 (562)599-2153 @ www.dhs.lacounty.gov

Mon.—Fri. 8AM—4:30PM • Sat. 8AM—
4PM Sliding scale. Physicals, STI/HIV
testing. No immunizations or x-rays.

Long Beach Health and Human Services

2525 Grand Ave., Long Beach, CA 90815

📞 (562) 570-4000 @

www.longbeach.gov Mon.-Fri. 7:30AM-
4:30PM

Urgent Care on Saturdays 7:30AM—4:30PM

Physicals, immunizations, dental, vision, Medi-Cal.
\$60 per visit based on income. Chest x-rays w/
referral.

Planned Parenthood

2690 Pacific Ave. Suite 370, Long Beach, CA 90806

📞 (800) 576-5544 @ www.plannedparenthood.org

Mon.-Fri. 7AM-5PM • Sat. 8AM-12PM

Contraceptives, family planning, STI/HIV testing. For
uninsured and on a sliding scale.

Torrance Health Clinic

711 Del Amo Blvd., Torrance, CA 90502

(310) 354-2300

Mon.-Fri. 9AM-5PM

TB testing, sports physicals. No chest x-rays. \$40 per
visit/sliding scale. No insurance.

Westside Neighborhood Clinic

2125 Santa Fe Ave., Long Beach, CA 90801

📞 (562) 264-4859

Mon.-Fri. 9AM-5PM

Immunizations, STI/HIV care, family planning, chest

MENTAL HEALTH

x-rays. Call for pricing. By appointment.

College Medical Center

2776 Pacific Ave., Long Beach, CA

90806

📞 (562) 997-2000 @ www.chc.la

24 hours a day, 7 days a week.

Inpatient-Crisis Intervention, psychiatric evaluation,
Medi-Cal. Some out of pocket costs.

Del Amo Hospital

23700 Camino del sol, Torrance, CA 90505

📞 (800) 533-5266

24 hours a day, 7 days a week.

Crisis Stabilization, disassociated disorders, PTSD,
addictions, eating disorders. 24/7 Medi-Cal and
some out of pocket costs.

Didi Hirsch Mental Health Services

4760 S. Sepulveda Blvd., Culver City, CA 90230

📞 (800) 807-7250 @ www.didihirsch.org

Mon.-Fri. 9AM-5PM

Provides mental health services and substance abuse
services. Suicide Prevention Hotline (800) 273-8255

Family Health Care Center

22310 Wardham Ave., Hawaiian Gardens, CA 90716

📞 (562) 420-2433

Mon.—Fri. 8AM—4:30PM • Sat. 8AM—4PM

Psychiatric evaluation, PTSD, Substance
abuse treatment. Must be veteran eligible.

Jewish Family and Children Services

3801 East Willow St., Long Beach, CA 90815

📞 (562) 427-7916 @ www.jfcslongbeach.org

Mon.-Thurs. 8:30AM-8PM • Fri. 8:30AM-4PM

Individuals, families and children can receive

services related to depression, anxiety and other services.

A non-profit providing free legal services to individuals with mental disabilities.

LA County Mental Health Emergency Assessment

505 South Virgil Ave., Los Angeles, CA 90020

☎ (800) 854-7771

24 hours a day, 7 days a week

Referral Crisis Intervention. Fee varies depending on family size, resources, and income.

Long Beach Asian Pacific Islander Family Mental Health Clinic

4510 E. Pacific Coast Hwy Suite 600, Long Beach, CA 90815

☎ (562) 346-1100

Mon.-Fri. 8AM-5PM

Provides targeted case management, medication support and mental health services.

Long Beach Department of Health and Human Services

2525 Grand Ave., Long Beach, CA 90815

☎ (562)570-4000 @ www.longbeach.gov/health

Mon.—Fri. 7:30AM-7PM

Provides numerous health services for community members of Long Beach.

LEGAL SERVICES

Legal Aid Foundation of Los Angeles

601 Pacific Ave., Long Beach, CA 90802

☎ (800) 399-4529 @ www.lafla.org

Mon.-Fri. 9AM-5PM

Legal support for low-income people. They help with immigration, eviction, family law and other matters.

Mental Health Advocacy Services

3255 Wilshire Blvd. Suite 902, Los Angeles, CA 90010

☎ (213) 389-2077 @ www.mhas-la.org

Mon.-Fri. 9AM-5PM



Contact NAMI Long Beach

5230 Clark Ave #2

Lakewood, CA 90712

(562)435-2264

Email:

nami@namilongbeach.org