

Mental Health Resources

On Campus Resources

Campus Assessment, Response, and Evaluation for Students (CARES) Team

562.985.8670 • studentdean@csulb.edu • www.csulb.edu/cares

The CARES Team works with individual students who are referred by faculty and staff to provide individualized referrals, an individual action plan, and on-going case management support. Faculty are encouraged to complete a CARES report for any student who exhibits behaviors or discloses personal challenges related to their personal, physical, and emotional well-being. The CARES team will then reach out to that student and help connect them with appropriate campus and community resources.

Counseling & Psychological Services (CAPS)

562.985.4001 • Location: Brotman Hall - 226 • www.csulb.edu/caps

Counseling and Psychological Services (CAPS) helps students meet the personal challenges associated with identifying and accomplishing academic, career, and life goals. Our services include short-term counseling for individuals, group counseling, career development counseling, referral services, psychoeducational workshops, and crisis intervention.

Project OCEAN

562.985.4001 • projectocean@csulb.edu • Location: Brotman Hall – 226 • www.csulb.edu/ocean

Project OCEAN's (On-Campus Emergency Assistance Network) mission is to educate the campus on suicide prevention and promote a climate that reduces the stigma associated with mental health and mental illness and encourages students to seek help when needed.

Community Clinic for Counseling & Educational Services

562.985.4991 • ced-cces@csulb.edu • <https://www.csulb.edu/college-of-education/community-clinic-for-counseling-and-educational-services>

Services at the Community Clinic are provided by advanced graduate students who are under the direct supervision of faculty in the College of Education. These students have specialties in Mental Health, School, and Marriage/Family Counseling. Clients are accepted on a first come, first served basis and on level of need. Referrals are made to outside sources when necessary.

Long Beach Trauma Recovery Center

562.491.7977 • <https://www.csulb.edu/college-of-education/long-beach-trauma-recovery-center>

Free and confidential evidence-based trauma treatment and case management for victims and their families in both individual and group therapy settings.

Faculty & Staff Assistance Program

562.985.7434 • www.csulb.edu/divisions/students/caps/FSAP

Free, confidential resource to help you resolve personal, family, or work related problems before they disrupt your life. Services directly provided by FSAP are available only by appointment at no cost to you

Online Information

CAPS Faculty Guide, <http://web.csulb.edu/divisions/students/caps/facultyguide.htm#Urgent>
Information for faculty on how to assist emotionally distressed students.

Ulifeline, <http://www.ulifeline.org/main/Home.html>
Information about warning signs, symptoms, support sources, and how to help a friend.

Hotlines

California Peer-Run Warm Line
<https://www.mentalhealthsf.org/peer-run-warmline/>
Non-emergency resource for anyone in California seeking emotional support via phone and webchat

Crisis Text Line
Text 741741 • <https://www.crisistextline.org/>
24 hour crisis counseling and referrals via text.

National Suicide Prevention Hotline
800-273-8255 • <https://suicidepreventionlifeline.org/>
24 hour crisis line for crisis counseling and referrals. Also has an online chat option.

Disaster Distress Helpline
800-985-5990 • <https://www.samhsa.gov/find-help/disaster-distress-helpline> • Text TalkWithUs to 66746
24 hour counseling and support for people experiencing emotional distress related to a natural or human-caused disaster

SAMSHA National Helpline
800-662-HELP • <https://www.samhsa.gov/find-help/national-helpline>
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.

National Alliance on Mental Illness Helpline
1-800-950-NAMI • info@nami.org • <https://www.nami.org/help>
Peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public.
10am-6pm

NAMI OC Warmline
714-991-6412 • <https://www.namIOC.org/oc-warmline>
Call, text, or chat 24 hours/day. Emotional support and resources for those with mental health concerns or substance abuse.

Off Campus Resources

Mental Health Urgent Care

562-634-9534 • 6060 Paramount Boulevard, Long Beach • <https://www.telecarecorp.com/mental-health-urgent-care-center>

Crisis intervention and stabilization for adults who have been diagnosed with a serious mental illness who are experiencing a mental health crisis.

Starview Behavioral Health and Urgent Care Center

562.548.6565 • 3210 Long Beach Blvd., Long Beach • <https://www.starsinc.com/bhucc-longbeach/>
24-hour mental health urgent care. Psychiatry, crisis intervention and case management services available.

Los Angeles County Department of Mental Health

800-854-7771 • <https://dmh.lacounty.gov/> • Text "LA" to 741741

Mental health information and referrals

Orange County Behavioral Health Information and Referrals

855-625-4657 • <https://www.ochealthinfo.com/bhs/about/nit/oclinks>

Telephone and online support for anyone seeking information or linkage to any of the Orange County Health Care Agency's Behavioral Health Services

Family, Sexual, & Dating Violence

On Campus Resources

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Campus Confidential Victim Advocate

562-985-2668 • Location: Student Health Center • advocate@csulb.edu

Free and confidential support, advocacy, accommodations, & referrals for victims of sexual harassment, sexual assault, rape, dating/domestic violence, or stalking. Information will not be shared with Title IX without the victim's consent.

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Not Alone@The Beach

<http://www.cla.csulb.edu/natb/>

Campus prevention and education on sexual and dating violence.

Title IX Office

562-985-8256 • Location: Foundation Suite 220 • OED@csulb.edu

Complete an online reporting form at <https://www.csulb.edu/equity-diversity/title-ix>

Investigation and mediation of formal complaints of sexual harassment, sexual assault, dating violence, and stalking. Can also provide supportive resources and accommodations.

Night Escort Service

562-985-4101 • Blue Light call boxes • <https://www.csulb.edu/university-police/night-escort-program>
Free transportation to your car or dorm by volunteer Community Service Officers (CSOs)

Online Information

Rape, Abuse, & Incest National Network (RAINN), www.rainn.org

1 in 6 (Male Survivors of Sexual Assault), www.1in6.org

National Sexual Violence Resource Center, <https://www.nsvrc.org/>

MyPlan Safety Planning App, <https://www.myplanapp.org/home>

No DV LA Shelter Locator, <http://nodvla.org/get-help/resources/>

California Courts Self-Help Center, <https://www.courts.ca.gov/selfhelp-domesticviolence.htm>

Hotlines

YWCA-Greater Los Angeles Sexual Assault Crisis Services 24-hour Crisis Hotline

(877) 943-5778 • <https://ywcagla.org/what-we-do/programs/sexual-assault/>
24 hour crisis intervention and accompaniment (police, hospitals, courts)

Los Angeles Domestic Violence Hotline

800-787-3224 • <http://nodvla.org/get-help/resources/>
Connects to a 24 hour hotline in your city.

National Domestic Violence Hotline

800-799-7233 • thehotline.org • Text LOVEIS to 22522
The National Domestic Violence Hotline is a 24-hour confidential service for survivors, victims and those affected by domestic violence, intimate partner violence and relationship abuse.

National Sexual Assault Hotline

800-656-HOPE • online.rainn.org • <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>
Connects to a 24 hour sexual assault provider in your area.

Victim Connect Helpline

855-4-VICTIM <https://victimconnect.org/>
Confidential referrals for victims of crime. Phone or chat.

ChildHelp National Child Abuse Hotline

800-422-4453 • <https://www.childhelp.org/childhelp-hotline/>

24 hour confidential hotline with professional crisis counselors and referrals to emergency, social service, and support resources

Los Angeles County Child Protection Hotline

800.540.4000, <https://dcfs.lacounty.gov/contact/report-child-abuse/>

Hotline for reporting child abuse and neglect to the Department of Child and Family Services

Elder Abuse Hotline

877-4R SENIORS, <https://wdacs.lacounty.gov/programs/aps/>

Hotline for reporting elder abuse to Adult Protective Services

Legal Aid Foundation of Los Angeles Hotline

800-399-4529, <https://lafla.org/get-help/>

Legal assistance for domestic violence/family law. Help obtaining restraining orders.

Off Campus Resources

YWCA-Greater Los Angeles Sexual Assault Crisis Services

(877) 943-5778 • <https://ywcagla.org/what-we-do/programs/sexual-assault/>

Free and confidential crisis intervention, accompaniment (police, hospitals, courts), and counseling in Los Angeles County.

Community Service Program

714-957-2737 • cspinc.org

Free and confidential services for sexual assault, domestic violence, and human trafficking in Orange County.

Peace Over Violence

213-626-3393 • <https://www.peaceoverviolence.org/>

Free and confidential services for sexual assault, domestic violence, and human trafficking in downtown LA.

Center For The Pacific Asian Family, Inc. (CPAF)

(800) 339-3940 <https://nurturingchange.org/>

Free and confidential services for sexual assault, domestic violence, and human trafficking geared specifically toward the Pacific Asian community.

WomenShelter of Long Beach

562-437-HOME • <https://www.womenshelterlb.org/>

Advocacy, counseling, and domestic violence shelter services in Long Beach

Su Casa Ending Domestic Violence

(562) 402-4888 • <https://sucasadv.org/>

Advocacy, counseling, and domestic violence shelter services in Lakewood

Interval House

(562) 594-4555 • <http://www.intervalhouse.org/>

Advocacy, counseling, and domestic violence shelter services in Seal Beach

Rainbow Services

(310) 547-9343 • <https://rainbowservicesdv.org/>

Advocacy, counseling, and domestic violence shelter services in San Pedro

1736 Family Crisis Center

(310) 370-5902 • <http://www.1736familycrisiscenter.org/>

Advocacy, counseling, and domestic violence shelter services in Torrance

East LA Women's Center (ELAWC)

(800) 585-6231 • <https://www.elawc.org/>

Advocacy, counseling, and domestic violence shelter services in East LA

Poverty, Food Insecurity, & Homelessness

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ASI Beach Pantry

562.985.5264 • asi-pantry@csulb.edu • University Student Union 313 • www.asicsulb.org/beachpantry

Basic Needs Program

562.985.2038 • supportingstudents@csulb.edu • University Library 011 • www.csulb.edu/basicneeds

CalFresh Outreach Program

562.985.1716 • calfresh@csulb.edu • University Student Union 313 • www.csulb.edu/calfresh

CalWORKS Program

562.985.8576 • wgec@csulb.edu • <http://web.csulb.edu/divisions/students/wrc/parentingstudents/calworks.html>

Student Emergency Intervention and Wellness Program

<https://web.csulb.edu/divisions/students/seiwp/index.html>

Online Information

Hotlines

Food Finders Food Pantry Locator

562-283-1400 • <https://www.foodfinders.org/food-pantry-locator/>

Interactive website to locate food pantry near you.

USDA National Hunger Hotline

(866) 3-HUNGRY • Text: #97779

Representative will find food resources such as meal sites, food banks, and other social services near you.

California Food for Kids

<https://www.cde.ca.gov/re/mo/comeals.asp>

Locate after school and summer meal site locations

Housing and Urban Development Housing Assistance Programs

<https://www.hudexchange.info/homelessness-assistance/>

Off Campus Resources

WIC (Women, Infants, & Children)

800-852-5770 • WIC@cdph.ca.gov • <https://www.myfamily.wic.ca.gov/>

Supplemental nutrition program for women, infants, and children

City of Long Beach Housing Authority

562-570-6985 • <http://www.longbeach.gov/haclb/>

Apply for affordable housing in Long Beach.

LA County Department of Public Social Services

dps.lacounty.gov

Orange County Social Services Agency

ssa.ocgov.com

State of California Employment Development Department

<https://edd.ca.gov/>

Unemployment and disability benefits, information about available program and services

Long Beach Forward

(562) 436-4800 • www.lbforward.org

Wide-range of resources and information across internet access, legal aid, and public health

MultiService Center Long Beach

<http://www.longbeach.gov/everyone-home-long-beach/resources/>

(562) 570-4500 • 1301 W. 12th Street, Long Beach •

Wide range of services for low-income families and individuals

Disability Services

On Campus Resources

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for Students (CARES) Team
562.985.8670 • studentdean@csulb.edu
www.csulb.edu/cares

Accessible Instructional Materials (AIM) Center
562.985.1663 • aimc@csulb.edu
Location: Academic Senate - 116
www.csulb.edu/aim

Bob Murphy Access Center (BMAC)
562.985.5401 • bmac@csulb.edu
Location: Student Success Center - 110
www.csulb.edu/bmac

Life Project, https://web.csulb.edu/divisions/students/dss/programs/autism_services/

Stephen Benson Learning Disability Program,
https://web.csulb.edu/divisions/students/dss/programs/stephen_benson_program/

BMAC Faculty Handbook, https://web.csulb.edu/divisions/students/dss/faculty_resources/#a6

Online Information

National Autism Center, <https://www.nationalautismcenter.org/>

National Center for Learning Disabilities, <https://www.nclld.org/>

National Federation of the Blind, <https://www.nfb.org/>

National Deaf Center, <https://www.nationaldeafcenter.org/>

Hotlines

Off Campus Resources

Disability Rights Legal Center, <https://thedrlc.org/>

Regional Centers for the Developmentally Disabled, <https://dmh.lacounty.gov/our-services/developmental-disabilities/regional-centers/>

California Department of Developmental Services, <https://www.dds.ca.gov/>

Center for Autism and Related Disorders, <https://www.centerforautism.com/locations/long-beach/>

Greater Los Angeles Agency on Deafness <https://gladinc.org/>

Braille Institute, <https://www.brailleinstitute.org/losangeles>

Marginalized Students

On Campus Resources

California Student Opportunity and Access Program (Cal-SOAP)

562.985.3105 • calsoap@csulb.edu • 5500 E Atherton Suite 227A • www.csulb.edu/calsoap

College Assistance Migrant Program (CAMP)

562.985.2185 • camp@csulb.edu • Student Success Center – 280 • www.csulb.edu/camp

CSULB Village

www.csulb.edu/students/access/village

The CSULB Village is a vested partnership between CSULB and faith-based organizations whose congregants reflect underrepresented student populations at CSULB, for example, African-American, Asian-American, Latina/o/x, Native-American, and Pacific Islander.

Educational Opportunity Program (EOP)

562.985.5637 • eopadmissions@csulb.edu • Student Success Center – 260 • www.csulb.edu/eop

Office of Multicultural Affairs (OMA)

562.985.8150 • MulticulturalAffairs@csulb.edu • The Multicultural Center, FO3-001 • www.csulb.edu/oma

Multicultural Center

<http://web.csulb.edu/divisions/students/oma/mcc/index.html>

Asian American and Pacific Islander Student Cultural Resource Center

562-985-1812 • FO4-276

Pan-African Student Cultural Resource Center

562-985-1797 • FO4-274

Muslim Student Cultural Resource Center

FO4-282

Puvungna Student Cultural Resource Center

562-985-1879 • University Student Union (USU), Suite 310

Raza Student Cultural Resource Center

562-985-1683 • FO4-262

Summer Bridge Program (SBP)

562.985.5637 • summerbridge@csulb.edu • Student Success Center – 260 • www.csulb.edu/summerbridge

TRIO Educational Opportunity Center (EOC)

562.548.3469 • michele.scott@csulb.edu • ILWU Credit Union Building • www.csulb.edu/eoc

TRIO Educational Talent Search (ETS)

562.985-3108 • ets@csulb.edu • 5500 E. Atherton Street, Suite 202 • www.csulb.edu/ets

TRIO McNair Scholars Program

562.985.2040 • McNair@csulb.edu • Student Success Center – 120 • www.csulb.edu/mcnair

TRIO Student Support Services (SSS) Program

562.985.2185 • sssp@csulb.edu • Location: Student Success Center – 280 • www.csulb.edu/sssp

TRIO Upward Bound Program

562.985.3114 • upwardbound@csulb.edu • 5500 E Atherton Street Suite 326 • www.csulb.edu/upwardbound

Guardian Scholars Program

562.985.2639 • DSA-csulb.guardian@csulb.edu • University Student Union – 302 • www.csulb.edu/guardianscholars

BUILD Scholars Program

<https://www.csulb.edu/build>

HIS-Stem Si Puedo Program

<https://web.csulb.edu/programs/hsi-stem/about-us/>

Men's Success Initiative (MSI)

562.985.5587 • MenSuccess@csulb.edu • Student Success Center – 260 • www.csulb.edu/msi

Women's and Gender Equity Center

562.985.8575 • wgec@csulb.edu • Student Success Center – 240 • www.csulb.edu/wgec

Center for Latino Community Health

<https://www.csulb.edu/latinohealth/latinohealth>

Advancing Nutrition Development through Alliances for Education and Leadership (ÁNDALE) Scholars Program, <https://web.csulb.edu/centers/latinohealth/projects/andale/>

Avanzado Through College Program, <https://www.csulb.edu/latinohealth/latinohealth/avanzando-through-college>

Hispanic Health Opportunity Learning Alliance,

<https://web.csulb.edu/centers/latinohealth/projects/h2ola/>

Louis Stokes Alliance for Minority Participation

<http://web.csulb.edu/colleges/cnsm/sas/lisamp/>

Research Initiative for Scientific Enhancement

<http://web.csulb.edu/colleges/cnsm/sas/rise/>

Online Information

Long Beach Office of Equity Toolkit, http://www.longbeach.gov/globalassets/health/healthy-living/office-of-equity/club_toolkitbook_singlepages

Long Beach Racial Equity & Reconciliation Initiative – Initial Report,

<http://longbeach.gov/globalassets/health/media-library/documents/healthy-living/office-of-equity/reconciliation/report-racial-equity-and-reconciliation-initiative>

Hotlines

Off Campus Resources

ACLU Southern California, <https://www.aclusocal.org/en/seeking-legal-help-aclu>

California Conference for Equality and Justice, <https://www.cacej.org/>

Long Beach Forward, <https://www.lbforward.org/>

Showing Up for Racial Justice, <https://surjlbc.wordpress.com/>

LGBTQ Services

On Campus Resources

LGBTQ Student Cultural Resource Center

562-985-4585 FO4-165

Safe Zone Ally Program

<https://web.csulb.edu/colleges/chhs/safe-zone/introduction/index.html>

All Gender Restroom Map

<https://www.csulb.edu/sites/default/files/u40981/allgenderrestroommap-1.30.2019.pdf>

Online Information

Gay, Lesbian, & Straight Education Network, <https://www.glsen.org/>

National Human Rights Campaign, <https://www.hrc.org/resources>

National Center for Transgender Equality, <https://transequality.org/>

Hotlines

LGBT National Hotline

(888) 843-4564 • www.glbthotline.org/hotline

Safe space that is anonymous and confidential

Trans Lifeline

(877) 565-8860 • www.translifeline.org/

Connects trans people to the community, support, and resources

The Trevor Project

(866) 488-7386 • www.thetrevorproject.org/get-help-now

Mental health, counseling, peer support, and crisis services available for lgbtq youth

Off Campus Resources

The LGBTQ Center of Long Beach

(562) 434-4455 www.centerlb.org

Provides health, mental health, legal, and educational services for lgbtq individuals

Los Angeles LGBT Center

<https://lalgbtcenter.org/>

LGBTQ Center Orange County

714-953-LGBTQ • <https://www.lgbtqcenteroc.org/> • infor@lgbtqcenter.org

APLA Health

(213) 201-1600 • aplahealth.org

Services focus on LGBTQ+ individuals and low-cost medical care

Parents, Families and Friends of Lesbians and Gays (PFLAG)

562-773-9801 • 425 Coronado Ave., #201 Long Beach

• <http://community.pflag.org/Page.aspx?pid=194&srcid=-2>

Veterans Services

On Campus Resources

Veterans Services

562.985.5115 • veterans@csulb.edu • Brotman Hall – 270 • www.csulb.edu/veterans

VetNet Ally Awareness Program,

http://web.csulb.edu/divisions/students/veterans_university/awareness.html

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Hotlines

Veteran's Crisis Line

800-273-8255 • Text to 838255 • <https://www.veteranscrisisline.net/>

24 hour hotline Connecting veterans in crisis and their families and friends with Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

Off Campus Resources

Veterans First of Orange County

714-547-0615 • www.veteransfirstoc.org

Comprehensive services for veterans, including bagged food for veterans, active duty military and their families.

VA Hospital Long Beach, <https://www.longbeach.va.gov/>

Vet Centers, <https://www.vetcenter.va.gov/index.asp>

Center for Women Veterans, <https://www.va.gov/womenvet/>

US Vets, <https://www.usvetsinc.org/longbeach/>

Soldier's Project, <https://www.thesoldiersproject.org/>

Wounded Warrior Project, <https://www.woundedwarriorproject.org/>

CalVet, <https://www.calvet.ca.gov/veteran-services-benefits/employment>

AmVets, <https://amvets.org/>

Substance Use

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Alcohol, Tobacco and Other Drugs (ATOD) Program

562.985.4609 • wellness@csulb.edu • Student Health Services – 268 • www.csulb.edu/atod

Alcohol/ Drug Counseling for students

(562) 985-1732 • [Email: Linda.Pena@csulb.edu](mailto:Linda.Pena@csulb.edu)

Beach Recovery

<https://web.csulb.edu/divisions/students/atod/beachrecovery.html>

Tobacco Cessation

https://web.csulb.edu/divisions/students/atod/tobacco_cessation.html

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Online Information

National Institute on Alcohol Abuse & Alcoholism, <https://www.niaaa.nih.gov/>

National Institute on Drug Abuse

<https://www.nih.gov/about-nih/what-we-do/nih-almanac/national-institute-drug-abuse-nida>

Hotlines

Substance Abuse & Mental Health Services Administration National Helpline

(800) 662-HELP (4357) • www.samhsa.gov/find-help/national-helpline

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

Disaster Distress Helpline

800-985-5990 • <https://www.samhsa.gov/find-help/disaster-distress-helpline> • Text TalkWithUs to 66746

24 hour counseling and support for people experiencing emotional distress related to a natural or human-caused disaster

Al-Anon & Ala-Teen Hotline

800-356-9996

Counselors provide support to teens and adults who are negatively impacted by alcohol addiction and provide resources to group therapy nearby for ongoing support.

National Drug Hotline

844-289-0879 • <http://drughelpline.org/contact/>

Partnership to End Addiction

<https://drugfree.org/article/get-one-on-one-help/>

California Smoker's Helpline

<https://www.nobutts.org/>

Off Campus Resources

Alcoholics Anonymous meeting guide, https://aa.org/pages/en_US/meeting-guide

Narcotics Anonymous meeting guide, <https://www.na.org/meetingsearch/>

Marijuana Anonymous, <https://marijuana-anonymous.org/>

Sober Living Network

800-799-2084 www.soberhousing.net

Chemical Dependency Center (Hoag Memorial Hospital)

877-462-4232 • <https://www.hoagaddictiontreatment.com/>

Inpatient hospital with outpatient facilities available. Offers comprehensive, medical care including detoxification, education regarding the disease of chemical dependency, group and individual counseling, an intensive Family Week program, On site 12-step support groups continuing care and community education and referrals.

Tarzana Treatment Centers

[888-777-8565](tel:888-777-8565) • <https://www.tarzanatc.org/>

Legal Aid & Reintegration

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Campus Assessment, Response, and Evaluation for Students (CARES) Team

562.985.8670 • studentdean@csulb.edu • www.csulb.edu/cares

The CARES Team works with individual students who are referred by faculty and staff to provide individualized referrals, an individual action plan, and on-going case management support. Faculty are encouraged to complete a CARES report for any student who exhibits behaviors or discloses personal challenges related to their personal, physical, and emotional well-being. The CARES team will then reach out to that student and help connect them with appropriate campus and community resources.

Project Rebound

<https://www.csulb.edu/news/article/organization-helps-formerly-incarcerated-students-graduate-comes-to-csulb>

Rising Scholars

<https://www.instagram.com/risingscholarscsulb/?hl=en>

Legal Resource Center

COB 322 • cob-lrc@csulb.edu • <https://www.csulb.edu/college-of-business/legal-resource-center>

Dream Success Center – Legal Services

http://web.csulb.edu/divisions/students/dream/legal_services.html

CSULB University Police Department

Non-Emergency Line: 562.985.4101

Anonymous Crime Tip Line: 562.986.5131

Online Information

American Civil Liberties Union – Know Your Rights, <https://www.aclu.org/know-your-rights/>

Los Angeles Superior Court Self-Help

<http://www.lacourt.org/selfhelp/selfhelp.aspx>

California Courts Self Help

<https://www.courts.ca.gov/selfhelp.htm>

Hotlines

Neighborhood Legal Services of Los Angeles County Hotline

800.433.6251 • <https://www.nlsla.org/>

Asian Americans Advancing Justice Helplines (10am-3pm)

<https://www.advancingjustice-aaajc.org/>

Chinese (Mandarin and Cantonese): 800.520.2356

Korean: 800.867.3640 Thai: 800.914.9583

Tagalog: 855.300.2552

English: 888.349.9695

Off Campus Resources

Legal Aid Foundation of Los Angeles

800-399-4529 • <https://lafla.org/>

Community Legal Aid So Cal

<https://www.communitylegalsocal.org/>

American Bar Association

https://www.americanbar.org/groups/legal_services/flh-home/flh-free-legal-help/

Los Angeles County District Attorney's Bureau of Victim Services

1-800-380-3811 • <http://da.lacounty.gov/victims>

Disruptive Students

On Campus Resources

Campus Assessment, Response, and Evaluation for Students (CARES) Team

562.985.8670 • studentdean@csulb.edu • www.csulb.edu/cares

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Dean of Students Office

562.985.8670 • studentdean@csulb.edu • University Student Union 219 • www.csulb.edu/studentdean

Student Conduct and Ethical Development

562.985.5270 • student-conduct@csulb.edu • University Student Union 219 • www.csulb.edu/studentconduct

Welcoming Accountable Voices in Education (WAVE)

562.985.5270 • student-conduct@csulb.edu • University Student Union 219 • www.csulb.edu/wave

CSULB University Police Department

Non-Emergency Line: 562.985.4101

Anonymous Crime Tip Line: 562.986.5131

Online Information

CSULB Red Folder: <http://www.calstate.edu/red-folder/?campusSel=LongBeach>

CAPS Faculty Guide: <https://web.csulb.edu/divisions/students/caps/facultyguide.htm>

Hotlines

Off Campus Resources

International Students & Study Abroad

On Campus Resources

Center for International Education

<https://www.cpie.csulb.edu/international/visitor.aspx?pid=33>

Global Peer Ambassadors

<https://www.cpie.csulb.edu/International/about.aspx?pid=263>

Study Abroad Opportunities

<https://www.cpie.csulb.edu/international/>

American Language Institute

<https://www.cpie.csulb.edu/ali/about.aspx?pid=57>

Online Information

US Department of State Education USA

<https://educationusa.state.gov/find-advising-center>

Council on International Educational Exchange

<https://www.ciee.org/go-abroad/educators/international-faculty-development-seminars>

Fulbright Scholars Program

<https://www.cies.org/>

Hotlines

Off Campus Resources

Undocumented Students

On Campus Resources

Dream Success Center

562.985.5869 • dream@csulb.edu • Student Success Center – 290 • www.csulb.edu/dream

CSU Resources for Undocumented Students

<https://www2.calstate.edu/attend/student-services/resources-for-undocumented-students>

Online Information

ACLU Know Your Rights, <https://www.aclu.org/know-your-rights/immigrants-rights/>

Immigrants Rising, <https://immigrantsrising.org/>

Informed Immigrant, <https://www.informedimmigrant.com/>

United We Dream, <https://unitedwedream.org/tools/>

Hotlines

National Immigration Detention Hotline, <https://www.freedomforimmigrants.org/hotline>

United We Dream MigraWatch Hotline,

844-363-1423 • <https://unitedwedream.org/>

Off Campus Resources

California Immigrant Youth Justice Alliance

213-629-2512 • <https://ciyja.org/>

Coalition for Humane Human Rights

<https://chirla.org/>

My Undocumented Life

<https://mydocumentedlife.org/>

Long Beach Immigrants Rights Coalition

<https://www.lbirc.org/>

Immigrant Legal Resource Center

<https://www.ilrc.org/>

National Immigration Law Center

<https://www.nilc.org/>

Southern Poverty Law Center Southeast Immigrant Freedom Initiative

<https://www.splcenter.org/our-issues/immigrant-justice/southeast-immigrant-freedom-initiative-en>

Physical Health

On Campus Resources

Campus Assessment, Response, and Evaluation for Students (CARES) Team

562.985.8670 • studentdean@csulb.edu • www.csulb.edu/cares

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Student Health Services

562.985.4771 • wellness@csulb.edu • Student Health Services Building • www.csulb.edu/shs

PT @ the Beach: Physical Therapy Faculty Practice

562.985.8286 • www.csulb.edu/college-of-health-human-services/pt-at-the-beach

A University faculty practice that educates, consults, and provides expert physical therapy evaluation and treatment of movement dysfunction to optimize health, wellness, function, and quality of life for our campus and local community

Student Health Services Wellness and Health Promotion

562.985.4771 • wellness@csulb.edu • www.csulb.edu/shs

On-campus clinic provides quality medical care for students with licensed medical providers, x-ray, lab, and pharmacy. SHS also offers case management, sexual assault advocates, health education, nutrition services, and mind-body wellness programs such as acupuncture.

Online Information

Go Ask Alice Health Information (Columbia University), <https://goaskalice.columbia.edu/>

Mayo Clinic Symptom Checker, <https://www.mayoclinic.org/diseases-conditions>

National Eating Disorders Association Screening Tool,
<https://www.nationaleatingdisorders.org/screening-tool>

Hotlines

National Institute of Health Information Lines, <https://www.nih.gov/health-information/health-info-lines>

Off Campus Resources

Covered California, <https://www.coveredca.com/>

Long Beach Health Department Clinics
<http://www.longbeach.gov/health/services/clinics/>

Orange County Community Health Centers
<http://www.coccc.org/home/health-centers>

Los Angeles Community Clinics
<https://ccalac.org/find-a-clinic/>

Pregnant & Parenting Students

On Campus Resources

Campus Assessment, Response, and Evaluation for Students (CARES) Team

562.985.8670 • studentdean@csulb.edu • www.csulb.edu/cares

The CARES Team works with individual students who are referred by faculty and staff to provide individualized referrals, an individual action plan, and on-going case management support. Faculty are encouraged to complete a CARES report for any student who exhibits behaviors or discloses personal challenges related to their personal, physical, and emotional well-being. The CARES team will then reach out to that student and help connect them with appropriate campus and community resources.

Student Health Services

562.985.4771 • wellness@csulb.edu • Student Health Services Building • www.csulb.edu/shs

Student Health Services Wellness and Health Promotion

562.985.4771 • wellness@csulb.edu • www.csulb.edu/shs

On-campus clinic provides quality medical care for students with licensed medical providers, x-ray, lab, and pharmacy. SHS also offers case management, sexual assault advocates, health education, nutrition services, and mind-body wellness programs such as acupuncture.

Pregnant and Parenting Students

562.985.8576 • wgec@csulb.edu • www.csulb.edu/parentingstudents

Pregnant and Parenting Student Association

949.490.9192 • ppsa.csulb@gmail.com

Lactation & Baby Changing Stations,

https://www.csulb.edu/sites/default/files/u40981/campus_map_lactation_baby_station_9.11.18.pdf

Isabel Patterson Child Development Center

562.985.5333 • IPCDC Building • www.asicsulb.org/ipcdc

Online Information

Hotlines

Planned Parenthood Sexual Health Chatbot, <https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot>

Planned Parenthood Live Chat, <https://www.plannedparenthood.org/online-tools/chat>

National Runaway Safeline

800.Runaway • <https://www.1800runaway.org/>

California Youth Crisis Line
800.978.3600 • <https://calyouth.org/cycl/>

Off Campus Resources

Long Beach Child Health
<http://www.longbeach.gov/health/services/directory/chdp/>

Children's Home Society Child Care Referrals
<https://www.chs-ca.org/for-families/child-care-referrals>

Orange County Child Care Association
<https://www.orangecountychildcareassociation.org/free-referrals.html>

Los Angeles Child Care Alliance
<https://www.ccala.net/connect-to-child-care/>

WIC (Women, Infants, & Children)
800-852-5770 • WIC@cdph.ca.gov • <https://www.myfamily.wic.ca.gov/>
Supplemental nutrition program for women, infants, and children

Helpline Youth Counseling
562-273-0722
Substance abuse, traumatic event, gang intervention, family and child abuse services

Casa Youth Shelter
800-914-2272
Short term housing with meals, long term housing when a legal dependent of county social services.

The Guidance Center
562-595-1159
Assessment, mental health services, parent child interaction therapy, school services.

For The Child
562-427-7671
Child assessment, traumatic event, child counseling, parent support circles, Early Childhood Mental Health

Olivecrest Counseling Agency
562.216.8841
From counseling to foster care services to transitional living assistance. Offers a broad spectrum of care for abused, neglected, and at-risk children and their families.

Academic Support

On Campus Resources

Testing

High School Equivalency Program (HEP)

562.985.2185 • hep@csulb.edu • Student Success Center – 280 • www.csulb.edu/hep

Testing Department

562.985.4007 • testing@csulb.edu • Liberal Arts 5, Room 173 • www.csulb.edu/testing

Advising

University Center for Undergraduate Advising

<https://www.csulb.edu/undergraduate-advising/university-center-for-undergraduate-advising-ucua>

Beach Academic Resource Center

<https://www.csulb.edu/undergraduate-advising/university-center-for-undergraduate-advising-ucua/beach-academic-resource>

College of Liberal Arts Advising Center

<http://www.cla.csulb.edu/atlas/>

College of Health and Human Services Academic Advising Center

<https://www.csulb.edu/college-of-health-human-services/chhs-academic-advising>

College of Natural Sciences and Math Academic Advising Center

<http://web.csulb.edu/colleges/cnsm/advising/>

Prebaccalaureate Advising Support Services

<https://www.csulb.edu/academic-advising/prerequisite-advising-support-services-pass>

Business College's Center for Student Success

<https://www.csulb.edu/college-of-business/center-for-student-success-css>

Engineering Graduate Student Success Center

<https://www.csulb.edu/college-of-engineering/graduate-student-success-center>

Bickerstaff Academic Center for Student Athlete Services

<https://www.csulb.edu/academic-advising/bickerstaff-academic-center-bac>

Tutoring

Learning Assistance Center

TLC-info@csulb.edu • <https://www.csulb.edu/academic-advising/the-learning-center>

Writer's Resource Lab

UWC@csulb.edu • <https://www.csulb.edu/university-writing-center>

Business College's Center for Student Success

<https://www.csulb.edu/college-of-business/center-for-student-success-css>

CSULB Language Center

<http://web.csulb.edu/labs/langlabs/index.php>

COMM Tutoring Center

<http://www.cla.csulb.edu/departments/communicationstudies/comm-tutoring-center/>

Psychology Student Study Center

<http://www.cla.csulb.edu/departments/psychology/psychology-student-study-center/>

Engineering Tutoring Center

<https://www.csulb.edu/college-of-engineering/engineering-tutoring>

Engineering Writing & Communication Resource Center

<https://www.csulb.edu/college-of-engineering/writing-communication-resource-center>

Engineering Graduate Student Success Center

<https://www.csulb.edu/college-of-engineering/graduate-student-success-center>

Graduate Studies Resource Center

<https://www.csulb.edu/graduate-studies-resource-center>

Jensen Access to Science and Mathematics Center

<http://web.csulb.edu/colleges/cnsm/sas/>

Lindgren Math Tutoring Center

<https://www.csulb.edu/mathematics-statistics/lindgren-math-tutoring-center>

Bickerstaff Academic Center for Student Athlete Services

<https://www.csulb.edu/academic-advising/bickerstaff-academic-center-bac>

Graduation Writing Assessment Requirement Advisor

<https://www.csulb.edu/academic-advising/graduation-writing-assessment-requirement-gwar/gwar-guidelines-students>, gwar-advisor@csulb.edu

Hauth Center for Communication Skills

<http://www.cla.csulb.edu/centers/hauth/>

Intensive English Program

<https://www.cpie.csulb.edu/ALI/programs.aspx?pID=7>

Learning Communities

Early Academic Preparation (EAP)

562.985.5358 • eap@csulb.edu • Brotman Hall – 289 • www.csulb.edu/eap

Summer Bridge Program (SBP)

562.985.5637 • summerbridge@csulb.edu • Student Success Center 260 • www.csulb.edu/summerbridge

GenExcel

<https://www.csulb.edu/undergraduate-advising/university-center-for-undergraduate-advising-ucua/beach-academic-resource-1>

Atlas Learning Alliance

<http://www.cla.csulb.edu/atlas/learning-communities/learning-alliance/>

Transfer Learning Community

<http://www.cla.csulb.edu/atlas/learning-communities/tlc/>

Education Opportunity Program

<http://web.csulb.edu/divisions/students/eop/>

Avanzado Through College Program, <https://www.csulb.edu/latinohealth/latinohealth/avanzando-through-college>

College Assistance Migrant Program

<https://web.csulb.edu/divisions/students/camp/>

Caminos Learning Community

csulb.edu/college-of-education/hsi-caminos-project/learning-community

Orientation

Parent and Family Orientation (PFO)

562.985.5515 • parentandfamilyprograms@csulb.edu • Brotman Hall – 270 • www.csulb.edu/parents

Student Orientation, Advising & Registration (SOAR)

562.985.5515 • soar@csulb.edu • Brotman Hall – 270 • www.csulb.edu/soar

University Outreach and School Relations (UOSR)

562.985.5358 • outreach@csulb.edu • Brotman Hall – 289 • www.csulb.edu/uosr

Student Research Program

Office of Undergraduate Research Services

562-985-7754 • Student Success Center 120 • AA-OURS@csulb.edu • <https://www.csulb.edu/office-of-undergraduate-research-services-ours>

Undergraduate Research Opportunity Program

<https://www.csulb.edu/undergraduate-research-opportunity-program-urop/undergraduate-research-opportunity-program-urop>

President's Scholars Program

<https://www.csulb.edu/university-honors/presidents-scholarships>

University Honor's Program

<https://www.csulb.edu/university-honors>

BUILD program

<https://www.csulb.edu/build>

Minority Access to Research Careers (MARC) Program

<https://web.csulb.edu/colleges/cnsm/sas/marc/>

Advancing Nutrition Development through Alliances for Education and Leadership (ÁNDALE) Scholars Program, <https://web.csulb.edu/centers/latinohealth/projects/andale/>

Hispanic Health Opportunity Learning Alliance,

<https://web.csulb.edu/centers/latinohealth/projects/h2ola/>

HIS-STEM Si Puedo Project

<https://web.csulb.edu/programs/hsi-stem/>

Louis Stokes Alliance for Minority Participation

<http://web.csulb.edu/colleges/cnsm/sas/lamp/>

Research Initiative for Scientific Enhancement (RISE)

<http://web.csulb.edu/colleges/cnsm/sas/rise/>

Career Services

Career Development Center

562.985.4151 • Brotman Hall – 250 • www.careers.csulb.edu

Graduate Business Career Services

<https://www.csulb.edu/cob-graduate-programs/career-services>

Psychology Resource Office

<http://www.cla.csulb.edu/departments/psychology/pro/>

Technology Access

Technology Help Desk

https://web.csulb.edu/~acadaffs/c3test2/academic_technology/thd/

Grants & Scholarships**Financial Aid & Scholarship Office**

<https://www.csulb.edu/student-affairs/financial-aid-and-scholarships-office>

Beachscholarships

<https://www.csulb.edu/financial-aid/beachscholarships>

Online Information**Hotlines****Off Campus Resources**

Student Life & Wellness

On Campus Resources

Student Life & Development

562.985.4181 • studentlife@csulb.edu • University Student Union – 215 • www.csulb.edu/sld

Housing and Residential Life

562.985.4187 • housing@csulb.edu • Housing & Residential Life Office • www.csulb.edu/housing

Student Recreation and Wellness Center (SRWC)

562.985.0775 • asi-srwc@csulb.edu • SRWC Building • www.asirecreation.org

Club Sports and Recreation

562.985.2570 • Kinesiology Building - 20A • www.csulb.edu/clubsports

Beach Balance at the Student Recreation and Wellness Center

562.985.0763 • bbalance@csulb.edu • www.asirecreation.org/beach-balance

Massage therapy, nutrition counseling, biofeedback, aromatherapy, guided meditation, art therapy

Division of Student Affairs - BeachWellness

562.985.1109 • www.csulb.edu/beachwellness

BeachWellness is an initiative to coordinate our health and wellness efforts in the Division of Student Affairs. The accompanying website aims to serve as a hub for resources, programs, and events to inform our campus community and highlight the importance of wellness, self-care, and community.

CSULB Athletics

<https://longbeachstate.com/index.aspx>

Fraternity and Sorority Life

https://web.csulb.edu/divisions/students/sld/student_organizations/fas/

Associated Students, Inc. (ASI)

562.985.4834 • asi-studentunion@csulb.edu • University Student Union – 229 • www.asicsulb.org

BeachSync

<https://csulb.campuslabs.com/engage/>

CSULB's online community. On it you can interact with student organizations and stay up to date on campus events. Student organizations are required to register on BeachSync, so you can always be sure that what is online is up to date.

Online Information

Hotlines

Off Campus Resources

General Referral Services

On Campus Resources

Campus Case Managers

Rachelle Ang, LCSW
Counseling and Psychological Services (CAPS)
Brotman Hall, 226 562-985-4001
RACHELLE.ANG@CSULB.EDU

Kristen Hutchcroft, LCSW
Student Health Services (SHS)
Student Health Services, 562-985-5825
KRISTEN.HUTCHCROFT@CSULB.EDU

Karen Kinsley, MSW
Bob Murphy Access Center (BMAC)
Student Success Center Room 110, 562-985-5401
KAREN.KINSLEY@CSULB.EDU

Jill Porzucki, ASW
Rapid Rehousing
Basic Needs, 424-250-8205
JILL.PORZUCKI@CSULB.EDU

Jolene Sagan, LCSW, MPA
Dean of Students Office & CARES Team
Student Health Services - 105
562-985-2804 or 562-270-2025
jolene.sagan@csulb.edu

Online Information

Hotlines

211 LA, <https://www.211la.org/>

211OC, <https://www.211oc.org/>

One Degree Referral Service, <https://www.1degree.org/search>

Information Line - Referrals
310.603.8962

Off Campus Resources

