



MENTAL HEALTH & WELLNESS SERVICES

Basic Needs Program

562.985.2038 • www.csulb.edu/basicneeds

The Basic Needs Department provides services for students related to food and housing security. Programs include the Student Emergency Intervention & Wellness Program, CalFresh Outreach Program, the ASI Beach Pantry, and the Beach Bites mobile application.

Counseling and Psychological Services (CAPS)

562.985.4001 • www.csulb.edu/caps

CAPS provides students with brief individual counseling, group counseling, referrals services, psychoeducational workshops, and crisis intervention to help students meet their personal challenges associated with identifying and accomplishing academic, career, and life goals.

Student Health Services

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

Student Health Services is your on-campus clinic and is open for virtual and in-person appointments. We offer general primary care, reproductive health care, sports medicine, behavioral health services, case management, immunizations, laboratory, radiology, and pharmacy.

Behavioral Health Services

562.985.2671 • SHS-Behavioralhealth@csulb.edu

An integral part of Student Health Service, our behavioral health team currently includes a Psychiatrist, Case Manager who is a Licensed Clinical Social Worker (LCSW), ATOD/Violence and Sexual Misconduct counselor who is a Licensed Marriage and Family Therapist (LMFT), Referral Nurse, and Confidential Victim's Advocate.

Office of Wellness & Health Promotion

562.985.4609 • www.csulb.edu/wellness

Located within Student Health Services, the Office of Wellness & Health Promotion offers health events throughout the semester including virtual health huts and Wellness Wednesdays. We also offer workshops for students including birth control 101, sexual health, sleep health, and nutrition basics. In addition, we have mind & body wellness programs including body positive, koru mindfulness, and yoga for healing.

Bob Murphy Access Center (BMAC)

562.985.5401 • bmac@csulb.edu • www.csulb.edu/bmac

BMAC assists students with disabilities by providing support services including accommodations for classroom and campus life activities, career development resources, and disability-related counseling.

Project OCEAN

www.csulb.edu/ocean

Peer program that aims to educate the campus on suicide prevention, reduce stigma associated with mental illness, and promotes mental wellness through resource fairs, QPR suicide prevention training, volunteer opportunities, and mental health workshops and outreach

CARES

(Campus Assessment, Response & Evaluation for Students Team)

562.985.8670 • www.csulb.edu/cares

The purpose of the CARES Team is to provide a centralized structure for the campus community in our support of students. We provide early intervention and crisis mitigation for students through collaboration with campus departments, faculty, and staff. In collaboration with students, the CARES Team will review all information available on the students' behavior and background, to develop an individual action plan and provide on-going case management support.

Not Alone at the Beach

www.csulb.edu/natb

Resource for sexual misconduct issues: sexual assault, stalking and dating/domestic violence

Confidential Campus Primary Advocate

Jacqueline Urtez, Student Health Services, 562.985.2668

Office Hours: 8AM-5PM Mon-Fri

Additional Confidential Sources

Linda Peña, Student Health Services, 562.985.1732

Division of Student Affairs Beach Wellness

562.985.1109 • www.csulb.edu/beachwellness

Beach Wellness 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.

YOU AT CSULB

562.985.4771 • www.YOUatCSULB.com

YOU at CSULB is a digital platform designed to promote health and overall well-being for each and every student at CSULB. YOU at CSULB helps students design their ideal college experience. Succeed in your academic success and career preparedness; Thrive in your physical and mental health; Matter in your purpose and connection to campus.

Case Management Team

Basic Needs Program/CARES: Jill Porzucki, LCSW

424.250.8205 • jill.porzucki@csulb.edu

Dean of Students/CARES: Jolene Sagan, LCSW

562.985.2804 • jolene.sagan@csulb.edu

CAPS: Rachele Ang, LCSW

562.985.4001 • rachele.ang@csulb.edu

Student Health Services: Kristen Hutchcroft, LCSW

562.985.5825 • kristen.hutchcroft@csulb.edu

Bob Murphy Access Center:

Karen Kinsley, MSW

562.985.5401 • karen.kinsley@csulb.edu

Domonique Rood, LMFT

562.985.5401 • Domonique.Rood@csulb.edu

Office of Equity & Diversity / Title IX

562.985.8256 • OED@csulb.edu • www.csulb.edu/equity

Equity & Diversity reviews and investigates allegations of discrimination, harassment, and retaliation related to protected status as well as sexual misconduct, sexual harassment, dating/domestic violence, and stalking at CSULB. Equity & Diversity also handles accommodations for employees, including student workers, provides trainings to campus constituents, and manages related Federal and State legal compliance requirements for students, employees, and University third parties.

Faculty & Staff Assistance Program

562.985.4001 • www.csulb.edu/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

Community Clinic for Counseling and Educational Services

562.985.4991 • ced-ccces@csulb.edu • www.csulb.edu/cedclinic

Services for Adults: individual, couple, or family counseling Services for Children (ages 6-17): intensive academic interventions for reading/writing & math, youth counseling, psychoeducational assessments, and developmental assessments for 3-6 year olds.

Long Beach Trauma Recovery Center

562.985.1366 • lbtrc@csulb.edu • www.csulb.edu/lbtrc

1045 Atlantic Avenue, Suite 801, Long Beach, CA 90813
Therapy, psychiatry, and case management provided for those affected by trauma.

Beach Buddies

562.985.4001 • <https://www.csulb.edu/college-of-health-human-services/students/beach-buddy>

Beach Buddy is a peer program that provides effective drop-in peer-to-peer mentoring services for students who are experiencing questions and difficulties while pursuing academic degrees at CSULB. We also host drop-in workshops focusing on mental health and wellness for all students to attend.

Beach Balance/Student Recreation & Wellness Center

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

Part of the Student Recreation and Wellness Center, Beach Balance offers various educational opportunities including nutrition, stress management, biofeedback, and overall health education programs.

PT @ the Beach

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.

Club Sports and Recreation

562.985.2570
www.csulb.edu/clubsports

Recreational and competitive clubs, fitness classes, and educational programs.

OFF-CAMPUS RESOURCES

Long Beach Mental Health (County Services)

562.256.2900 • **Emergency Line: 800.854.7771**

2600 Redondo Avenue 3rd floor, Long Beach, CA 90906

South Bay Empowerment Center, Local Branch of YWCA Sexual Assault Services

562.590.6400

920 Atlantic Avenue Ste. 100 Long Beach, CA 90813

Starview Behavioral Health and Urgent Care Center (No Fee)

562.548.6565 • 3210 Long Beach Blvd., Long Beach, CA 90807

626.626.4997 • 18501 Gale Avenue, Ste 100, City of Industry, CA
24-hour mental health urgent care. Psychiatry, crisis intervention and case management services available.

Support for International Students: Morneau Shepell

866.743.7732

us.myissp.com

and type California State University, Long Beach

24-hour support with international student advisors to assist with adapting to new cultures, relationships with friends & family, and stress, sadness, and loneliness.

Free My SSP app available in the App Store

ADDITIONAL PHONE NUMBERS AND HOTLINES

COVID-19 Safety Line

562.985.1900 • covidsafety@csulb.edu

2-1-1

Health and Human Services resources

CSULB University Police Department

Non-Emergency Line: 562.985.4101

Anonymous Crime Tip Line: 562.985.0042

Crisis Text Line

Text HOME to 741-741

Domestic Violence Hotline

562.594.4555

YWCA Greater LA Sexual Assault Crisis Services

877.943.5778

Suicide Prevention

800.273.8255

Trans Lifeline

(Peer-led support hotline 7 am – 1 pm)

877.565.8860

Trevor Project LGBTIQ Lifeline

866.488.7386

DIVISION OF
**STUDENT
AFFAIRS**

09/28/20