

## MENTAL HEALTH RESOURCES

### IMPORTANT CONTACTS

#### ORGANIZATION

#### CONTACT

#### OFFICE

#### **Counseling and Psychological Services (CAPS)**

(562) 985-4001

Brotman Hall, Room 226

CAPS is open Monday-Friday, 8 am-5 pm, and 24-hour access to a counselor is available by phone. Services include short-term counseling for individuals, group counseling, career development counseling, referral services, psychoeducational workshops, and crisis intervention.

[www.csulb.edu/divisions/students/caps/](http://www.csulb.edu/divisions/students/caps/)

#### **Project Ocean**

(562) 985-4001

Brotman Hall, Room 226

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. It is a peer education program under CSULB CAPS.

[www.csulb.edu/divisions/students/caps/programs\\_workshops/ocean/](http://www.csulb.edu/divisions/students/caps/programs_workshops/ocean/)

#### **USU Beach Balance**

SS-BeachBalance@csulb.edu USU, Room #309

The USU Beach Balance program provides health and wellness services to enhance the quality of life through mental, physical, and spiritual wellbeing. Current daily USU Beach Balance programs include Meditation Mondays, Spa Water Tuesdays, Well-Rested Wednesdays, Art Therapy Thursdays, and Foam Rolling Fridays. Services offered in the USU include chair massage, blood pressure testing, pulse oximetry, biofeedback, body weight scale, blood pressure monitoring and BMI/body fat testing.

[www.asirecreation.org/beach-balance](http://www.asirecreation.org/beach-balance)

#### **Basic Need Program**

(562) 985-5264 (ASI)

USU, Room #313 (ASI)

CSULB has implemented a campus wide program with targeted services to address housing and food insecurity on campus. The programs include ASI Beach Pantry, CalFresh Outreach, Student Emergency Intervention and Wellness Program, and Beach Bites. Please visit the Basic Needs website for more information.

[www.csulb.edu/divisions/students/basic\\_needs\\_program/](http://www.csulb.edu/divisions/students/basic_needs_program/)



## LONG BEACH COMMUNITY-BASED SERVICES

- **Long Beach Police Dept. Mental Health Evaluation Team**

Emergency and non-emergency mental health services for Long Beach.

[www.longbeach.gov/health/healthy-living/individual/mental-health/](http://www.longbeach.gov/health/healthy-living/individual/mental-health/) | (562) 435-6711

- **Los Angeles County Dept. of Mental Health**

This is an emergency and non-emergency hotline that operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. Services include crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and patient transport.

[www.dmh.lacounty.gov/](http://www.dmh.lacounty.gov/) | (800) 854-7771

- **Star View Behavioral Health's BHUCC**

Features two separate 24-hour psychiatric urgent care facilities. One part of the facility is for 12 adults and another accommodates up to six adolescents. Both feature a 24-hour nursing staff along with mental health therapists. The BHUCC also includes a Crisis Walk-In Center (CWIC) where clients can be evaluated and receive medications on a short-term basis until they're connected to on-going psychiatric care.

[www.starsinc.com/bhucc-longbeach/](http://www.starsinc.com/bhucc-longbeach/) | (310) 221-6336

- **Additional LA County Mental Health Resources**

[www.dmh.lacounty.gov/get-help-now/](http://www.dmh.lacounty.gov/get-help-now/)

[www.dmh.lacounty.gov/our-services/transition-age-youth/](http://www.dmh.lacounty.gov/our-services/transition-age-youth/)

[www.dmh.lacounty.gov/our-services/children/](http://www.dmh.lacounty.gov/our-services/children/)

[www.affordablecollegesonline.org/college-student-mental-health/](http://www.affordablecollegesonline.org/college-student-mental-health/)

- **CSULB Counseling and Psychological Services (CAPS) recommended community resources:**

[www.csulb.edu/divisions/students/caps/links.htm](http://www.csulb.edu/divisions/students/caps/links.htm)

## ORANGE COUNTY COMMUNITY-BASED SERVICES

- **OC-LINKS**

Call OC Links, the BHS Information and Referral Line to access programs, Monday through Friday from 8 a.m. to 6 p.m. or chatting with a navigator online at:

[www.ocalthinfo.com/oclinks](http://www.ocalthinfo.com/oclinks)

- **OC Health Info**

[www.ocalthinfo.com/civicax/filebank/blobdload.aspx?BlobID=56697](http://www.ocalthinfo.com/civicax/filebank/blobdload.aspx?BlobID=56697)

## NATIONAL COMMUNITY-BASED SERVICES

- **Didi Hirsch Mental Health Services**

Crisis Prevention Hotline provides toll-free, 24-hour, immediate, confidential, culturally and linguistically appropriate, over-the-phone suicide prevention services to anyone, who is in crisis or experiencing suicidal thoughts. English and Spanish. Vietnamese counselors are available 8 hours a day with the availability to transfer to a multilanguage (interpretation of other languages is available upon request).

[www.didihirsch.org/](http://www.didihirsch.org/) | (877) 727-4747

- **NAMI Warmline**

Provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance use issues. Mon. - Fri., 9 a.m. to 3 a.m., Sat. & Sun., 10 a.m. to 3 a.m. Live Chat available at:

[www.namio.org](http://www.namio.org) | (877) 910-9276