



Mental Health Resources

The Guidance Center

The Guidance Center provides quality mental health services for children ages 0-18 at school, in the home, and at their clinic. We offer a broad array of services, from early prevention, to treating more serious chronic illnesses, to ensure disadvantaged children, teens and families in our communities have the help they need to be happy and healthy. Serving new and current clients through telehealth (Zoom).

1301 Pine Ave, Long Beach, CA 90813

Hours: 8:30 AM-5:00PM

(562) 595-1159

Facebook: @TheGuidanceCenterLB

ChildNet Youth and Family Services

We are committed to reaching the most vulnerable within our community. Behavioral Health Services (BHS) provides mental health services and counseling for children from infancy to young adulthood. We have approximately 95 clinicians and 20 clinical supervisors who have been trained in one or more of the six evidence-based practices we offer to our clients and their families. These practices have proven to be effective in diminishing or eliminating the emotional and behavioral symptoms that interfere with the youth's functioning at home, school and community.

5150 E. PCH, Ste. 100

Long Beach, CA 90804

Phone: (562) 490-7600

<https://www.childnet.net/programs/>

Long Beach Trauma Recovery Center

The Long Beach Trauma Recovery Center was founded by California State University, Long Beach to address barriers to mental health services in diverse communities and seeks to improve the daily lives of people affected by violence, crime, and trauma by providing them with no-cost comprehensive services and linkages to individualized assistance. We are currently providing in-person counseling on Monday, Tuesday and Thursday by appointment. Online counseling via Telehealth continues M-F.

1045 Atlantic Ave., Ste. 801

Long Beach, CA 90813

Hours: M-F 8:00 AM-5:00 PM

Phone: (562) 985-1366

Email: LBTRC@csulb.edu



[Guide for College Students with Mental Health Disorders](#)

Enrolling in college as a student with a mental health disorder doesn't need to be overwhelming or intimidating. Students who know their rights and learn how to ask for assistance can go on to complete their degree and have a positive educational experience in the process. To help students find the assistance they need, Intelligent has created this guide to explain the resources and accommodations most schools provide, and offer tips on how to access these mental health services.

<https://www.intelligent.com/online-college-guide-for-students-with-mental-health-disorders/>

[Start Your Recovery](#)

StartYourRecovery.org provides helpful information for people who are dealing with substance use issues – and their family members, friends, and co-workers, too. We know that there is no one-size-fits-all solution to the challenges faced by those who misuse alcohol, prescription or illegal drugs, or other substances, and we aim to break through the clutter to help people at any stage of recovery.

<https://startyourrecovery.org/treatment/rehab-centers/california/long-beach>