



Project Dignity.at MacArthur Park

CALL or TEXT 855-600-WARM TO SPEAK TO A COUNSELOR
 The Peer-Run Warm Line—which began operation in 2014—is a non-emergency resource for anyone in California seeking mental and emotional support.



How To Seek Help with Housing

Register at the City of Long Beach Multi-Service Center or through the Mobile Access Center vehicle (MAC)
 Or Connect with a Case Manager through a community organization if eligible for programs
 Stay connected to your 'Case Manager'

Let your Case Manager know your needs:

- Identification
- Birth Certificate
- Trauma and Mental Health Treatment
- Medical Treatment
- Detox and Rehabilitation
- Permanent Housing
- Assistance with disability
- Assistance with learning disability

Re-Connection to Family? - Yes or No

If there were a bed open at a shelter, explain why you would or why you would not accept a bed at shelter

If you could have supplies in a safe space while waiting housing or programs, besides the following, what else would you suggest?

- | | |
|-------------------------------------|--------------------------|
| Tents/Tiny House / Room for privacy | Accessible Toilets |
| Bed & Bedding | Accessible Showers |
| Storage / Chargers | Accessible Laundry |
| Hygiene Supplies | Pet-friendly |
| Case Managers on-site | Staff / Security on-site |
| Triage by Peer Groups | Meals |

Other: _____

PROJECT DIGNITY
 PECC - Peer Education Community Center
<https://www.lbpecc.org/projectdignity>

PROJECT DIGNITY

 MACARTHUR PARK
 LONG BEACH, CA

PECC 2025
PEER EDUCATION COMMUNITY CENTER

Resource Sheet

**Long Beach Urgent Care
Mental Health Services:**

**MHALA Drop-in Centers: Long Beach
Integrated Service Center 24/7**

1-800-854-7771 ACCESS **Center 24/7**
Helpline Address: 100 W Broadway Ste. 5005
Long Beach, CA 90802

**Behavioral Health Urgent Care Clinic
8AM-8PM**

3210 Long Beach Blvd, Long Beach, CA 90807
562-548-6565

**La Casa Psychiatric Health Facility
Mon-Fri: 8AM - 7PM**

6060 Paramount Blvd., Long Beach 90805
(562) 790-1860

Emergency Shelters:

Religious-based Shelters:

Long Beach Rescue Mission
Lydia House for Women
1335 Pacific Ave., Long Beach
(562) 591-1292. <https://lbrm.org>
Intake Mon -Fri: 9AM-1PM

Salvation Army 562-247-3527

Multi-Service Center (MSC)

562-570-4500
Operated by the City of Long Beach: case management and connections to waitlists for housing services, medical services, and connections to emergency shelters. 1301 W. 12th Street, Long Beach, CA 90813. Mon-Fri 8AM - 4PM - closed daily from noon to 1PM. And on 2PM on Thurs.

**Safe Parking Program at
Long Beach City College**

Long Beach, CA
Provides overnight parking for **homeless students** living in their vehicles, along with access to restrooms, showers, Wi-Fi, and referrals for housing assistance. Available from 10PM to 7AM in designated parking areas.

Showers & Resources:

St. Luke's Episcopal Church
525 E 7th St, Long Beach, CA 90813
(562) 439-9496

Saturdays: 730am - Noon

Breakfast, clothing, food pantry

<https://www.stlukeslb.org/shower-program.html>



Showers & Resources at

Long Beach Multi-Service Center + Resources

1301 W 12th St, Long Beach, CA 90813
(562) 570-4500

Street Outreach Hotline: (562) 570-4MSC

Mon + Tues + Weds + Fri: 8AM-4PM

Thurs: 8AM-2PM; Closed Daily from noon -1PM

<https://www.longbeach.gov/health/services/directo ry/homeless-services/need-assistance/>

Shower TIP: Alamitos Beach bathrooms/outside showers; Alamitos/Ocean - behind the Villa Riviera; past the public beach parking, off the beach path

Bienstar Human Services - (562) 438-5800

2690 Pacific Ave Ste 300, Long Beach, CA 90806

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

Syringe Exchange; Tuesdays & Thursdays

10 am-6:30 pm

HIV/AIDS treatment and prevention; sexual health; mental health; substance use counseling; and medication-assisted treatment.



AADAP

Asian American Drug Abuse Program
1733 E Anaheim St, Long Beach, CA 90813
<https://aadapinc.org/longbeach/>
(562) 218-9530

LACADA Long Beach

Los Angeles Centers for Alcohol & Drug Abuse

5861 Cherry Ave, Long Beach, CA 90805
<https://www.lacada.com/>

(562) 676-4256

Harbor Regional Center Long Beach Hub

(310) 540-1711

1155 E. San Antonio Drive Long Beach, CA 90807

8:30 am – 5:00 pm Monday – Friday

<https://www.harborrc.org/profile/long-beach-office>
Employment, Housing, Adult Day Services





Community Sources

Help Me Help You Distributions

Stevenson Elementary School
515 Lime Avenue, Long Beach, CA 90802.
1st and 3rd Friday of each month
11:30 AM to 12:30 PM

Revive Church
668 Obispo Ave, Long Beach CA 90814
Every 1st and 3rd Friday of the month
1 PM to 2:30 PM

Lincoln Elementary School
1175 E. 11th Street, Long Beach, CA 90813
Every 2nd & 4th Wednesday of each month
11:15 AM to 12:15 PM

Philadelphian SDA Church
2640 Santa Fe Avenue, Long Beach CA 90810
2nd and 4th Wednesday of the month
1 PM to 2 PM

Oropeza Elementary School
700 Locust Avenue, Long Beach, CA 90813
Every 2nd & 4th Friday of each month
11:30 AM to 12:30 PM

The Museum of Latin American Art
628 Alamitos Avenue, Long Beach 90802
Every 2nd & 4th Friday of each month
4 PM to 6 PM

Whittier Elementary School
1716 Walnut Avenue, Long Beach CA 90813
Every 3rd Wednesday of each month
11:30 AM to 12:30 PM

Perry Lindsey Academy
5075 Daisy Ave, Long Beach, CA 90805
Every 3rd Saturday of each month

Long Beach Community Table

9038 Artesia Blvd. Bellflower - 562-548-0774
Tues + Weds: 530-7PM
Fri: 12-4PM and Sat: 12-2PM
LBCommunityTable@gmail.com



<https://www.longbeachcommunitytable.com/>
Mobile Weekend Pantries locations:
[.longbeachcommunitytable.com/events](https://www.longbeachcommunitytable.com/events)

Lutheran Social Services -

Long Beach Food Pantry

1611 Pine Ave., Long Beach, CA - 90813
(562) 599-1312

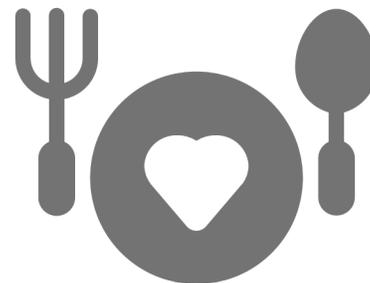
<https://www.lsssc.org/long-beach>
Food pantry, Hygiene kits, Clothing Closet

Christian Outreach In Action

515 3rd St. Long Beach, CA 90802
562-432-1440 | <http://www.coalongbeach.org/>
Daily: 7AM - Breakfast
Mon-Fri: 430PM Dinner
Last Sat: 11AM Lunch
Mon-Fri: 10AM Food Bank & Pet Food
Weds: 1PM Clothing Bank
Fri: 1PM Diapers

Catholic Charities Long Beach Community Service Center

123 E. 14th St., Long Beach, CA 90813
562-388-7670 & 213-251-3432
Mon-Fri: 10AM - Noon & 2PM - 3PM



Veterans Resources:

Veterans Crisis Line

800-273-8255, PRESS 1

Text 838255

<https://www.veteranscrisisline.net/>

Chat online

<https://www.veteranscrisisline.net/get-help-now/chat/>

VA Long Beach 24/7

5901 E 7th St, Long Beach, CA 90822

(562) 826-8000

Battle Brothers Foundation

<https://battlebrothersfoundation.org/>



Senior Resources:

Senior Placement Hotline

<https://placementhotline.com/>

877-353-3753

A Place for Mom

<https://www.aplaceformom.com/>

866-399-8115

Senior Friendship Line

800-971-0016

California Department of Aging

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

LA County: (626) 414-6439

Long Beach Senior Center

1150 E 4th St, Long Beach, CA 90802

Mon-Fri: 8AM-430PM

Sat: 10AM-4PM

(562) 570-3500

Domestic Violence & Trafficking:

National Human Trafficking Hotline -

- 1 (888) 373-7888
- SMS: 233733 (Text "HELP" or "INFO")
- Hours: 24 hours, 7 days a week
- Languages: English, Spanish and 200 more languages
- Website: humantraffickinghotline.org
- To anonymously report suspected human trafficking, call 800.539.2373

WomenShelter of Long Beach

(562) 437-4663

www.womenshelterlb.org

Interval House

(562) 594-4555

www.intervalhouse.org

Laura's House

(866) 498-1511

www.laurashouse.org



Long Beach Libraries - Access to Computers with WiFi + Cool Air & Heat; plus resources from case workers at specific times. Call ahead to confirm days/times open

Main Library - Billie Jean King

200 W. Broadway

Long Beach, CA 90802

(562) 570-7500

Alamitos Neighborhood Library

1836 E. Third St.

Long Beach, CA 90802

(562) 570-1037

Bach

4055 N. Bellflower Blvd.

Long Beach, CA 90808

(562) 570-1038

Bayshore

195 Bay Shore Ave.

Long Beach, CA 90803

(562) 570-1039

Brewitt

4036 E. Anaheim St.

Long Beach, CA 90804

(562) 570-1040

Burnett

560 E. Hill St.

Long Beach, CA 90806

(562) 570-1041

Dana

3680 Atlantic Ave.

Long Beach, CA 90807

(562) 570-1042

El Dorado

2900 Studebaker Rd.

Long Beach, CA 90815

(562) 570-3136

Harte

1595 W. Willow St.

Long Beach, CA 90810

(562) 570-1044

Mark Twain

1401 E. Anaheim St.

Long Beach, CA 90813

(562) 570-1046

Michelle Obama

5870 Atlantic Ave.

Long Beach, CA 90805

(562) 570-1047

Long Beach Emergency Rooms:

Long Beach Memorial Medical Center

2801 Atlantic Ave, Long Beach, CA 90806

(562) 933-2000

St. Mary Medical Center

1050 Linden Ave, Long Beach, CA 90813

(562) 491-9000

College Medical Center

2776 Pacific Ave, Long Beach, CA 90806

(562) 997-2000

VA Long Beach 24/7

5901 E 7th St, Long Beach, CA 90822

(562) 826-8000

Medical Clinics:

Community Medical Wellness

Centers USA

1360 E Anaheim St, Long Beach, CA 90813

(562) 270-0324

Southern California Medical Center

1627 E Anaheim St, Long Beach, CA 90813

((562) 218-8181

Long Beach Comprehensive Health Center

1333 Chestnut Ave, Long Beach, CA 90813

(562) 599-2153



2025



Hotlines & Websites

988 - Mental Health Crisis Hotline

Teen Line

800-TLC-TEEN (852-8336)

A teen-to-teen confidential helpline open from 6-10 pm every night | Text "teen" to 839863

NAMI (National Alliance for Mental Illness)

800-950-NAMI (950-6264)

Helpline Information, referrals and support available from M-F, 7 am to 3 pm (West coast time) If you are in crisis, text "NAMI" to 741741

National Eating Disorders Association (NEDA) Helpline

800-831-2237

Available M-Th 6am-6pm, F 6am-2pm (West coast time)

If you are in crisis, text "NEDA" to 741741

Espanol Available

Suicide Prevention Hotline 24/7

1-800-273-8255

<https://suicidepreventionlifeline.org/>

National Domestic Violence Hotline 24/7

1-800-799-SAFE (7233)

24-hours a day, 7-days a week

National Sexual Assault Hotline 24/7

RAINN - Rape, Abuse, Incest National Network

1-800-656-4673

Postpartum Support International 24/7

1-800-944-4773

Or Text: English: 503-894-9453 Spanish: 971-420-0294

Trevor Project Lifeline 24/7

1-800-788-7386

Or Text: "START" to 678-678

Chat at: <https://www.thetrevorproject.org/get-help-now/>

Services, AA/NA Meetings, Healthcare, Mental Care Access, Rehabilitation Centers:

<https://longbeach.resources.uniteus.io/>

211 LA - Services & Resources

Call 211 or visit <https://www.211la.org/>

PATH - People Assisting the Homeless

<https://epath.org/>

LA Homeless Services Authority

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

Alcoholics Anonymous

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

CDC National HIV and AIDS Hotline

<https://www.cdc.gov/hiv/library/hotlines.html>

800-232-4636

Childhelp National Child Abuse Hotline

<https://childhelphotline.org/>

800-422-4453

Crisis Text Line

Text HOME to 741741

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

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga>

Nacional de Prevención del Suicidio

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

(888) 628-9454

Narcotics Anonymous

<https://na.org/>

National Suicide Prevention Lifeline

800-273-8255

<https://suicidepreventionlifeline.org/>

National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

<https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

Substance Abuse and Mental Health Services Administration National Helpline

(800) 662-4357

<https://www.samhsa.gov/find-help/national-helpline>

Veterans Crisis Line

(800) 273-8255, PRESS 1

Text 838255

<https://www.veteranscrisisline.net/>

Chat online <https://www.veteranscrisisline.net/get-help-now/chat/>

Sober Living /Rehabs/Detox

Transformational Living Homes
www.transformationallivinghomes.org
(562) 673-9214

New Found Life
www.newfoundlife.com
(866) 460-4519



Changing Spirits
https://americanindianchangingspirits.com/
(562) 388-8118
https://nativeamericanhealth.org/

Bienestar Human Services
Counseling and Treatment
LGBTQIA+, Trans Health, Men's Health
https://www.bienestar.org/
(866) 590-6411, info@Bienestar.org

LACADA
Counseling and Treatment
(562) 906-2676
https://lacada.com/
LGBTQIA+

Tarzana Treatment Centers
(562) 218-1868 (888) 777-8565
TalkLine- (213) 351-7699

Akua Mind and Body
Mental Health & Substance
Use Treatment Center
Long Beach Location. plus
LA, OC, San Diego & Sacramento
https://akuamindbody.com/
(888) 629-6707
info@akuamindbody.com
LGBTQIA+

Haven House
www.havenhousesoberliving.net
(562) 901-1848

Hoffman House
(562) 375-1186

Flawless Recovery
(562) 435-7350

Century Villages at Cabrillo
https://centuryvillages.org/
(562) 388-8000

Gratitude Lodge (Pet-Friendly Rehab)
(866) 993-0808
https://www.gritudelodge.com/contact-us/

Black Health Equity Collaborative
Mental Health Navigation and Resources
https://bheclb.org/mental-health-services/



A New Way of Life
(323) 563-3575
https://anewwayoflife.org/contact-us/

House of Haven - Unhoused Youth
(562) 336-1001
https://www.houseofhaven.org/

Long Beach Rescue Mission
(562) 591-1292
Lydia House
https://lbrm.org/what-we-do/women-children-services/

April Parker Foundation
https://www.aprilparker.org/
(562) 285-3228

Women's Shelter of Long Beach
https://www.womenshelterlb.org/
24-Hour Crisis Hotline
(562) 437-4663
DV Resource Center
(562) 437-7233



Su Casa
https://sucasadv.org/
24 HOUR HOTLINE: (562) 402-4888

New Life Beginnings
https://www.newlb.org/
(562) 590-1538

Fred Brown Recovery
https://fredbrown.org/

Roots Through Recovery
https://roots-recovery.com/
(562) 379-9757

