

**2017-2018 CAPS Community Referrals (insurance/low fee)**

**Abbeyfield Psychotherapy** [www.abbeyfieldpsych.com](http://www.abbeyfieldpsych.com)  
5479 E. Abbeyfield St #3 LB 90815 562-498-5900 x30

**Advances in Mental Health** [www.aabmh.com](http://www.aabmh.com)  
5199 E. Pch Ste 330N LB 90804 562-365-2020  
Huntington Bch office 714 -596-6400

**Alternative Options Counseling Center** [www.altoptions.com](http://www.altoptions.com)  
17326 Edwards Rd., Suite 115 Cerritos, CA 90703  
877-538-4133 Ins & Sli scale. Therapy/Psychiatry

**Associated Therapists** [www.associatedtherapists.com](http://www.associatedtherapists.com)  
235 E. Broadway Ave Suite 1040 Long Beach, CA 90802  
5212 Katella Ave. Suite 104 Los Alamitos 714-898-0362

**Center for Integrative Healing** [www.integrativehealingsb.com](http://www.integrativehealingsb.com)  
13001 Seal Beach Blvd Ste 360 Seal Beach 562-338-4712  
Multidisciplinary providers: acupuncture, reiki, nutritionists,  
therapists, and psychiatry. Insurance and sliding scale

**Crossroads Institute for Psychotherapy and Assessment**  
[www.crossroads-psych.com](http://www.crossroads-psych.com)  
5122 Katella Ave, #307, Los Alamitos, CA 90720  
(Torrance/LA) 424-201-1600  
Aetna, Anthem, Medicare, PPO \$60/session Dr. Yim only.

**Grace Counseling** [www.gracecounselinggroup.com](http://www.gracecounselinggroup.com)  
4132 Katella Ave Ste 104 Los Alamitos CA 90720(faith based)  
2<sup>nd</sup> office: 3812 Sepulveda Blvd., Ste 350 Torrance CA 90505  
Phone intake by Director Dr. Keith Attardo 562-598-5991

**Harbor Psych** [www.harborpsych.com](http://www.harborpsych.com)  
4010 Watson Plaza Dr. Ste 285 Lakewood CA 90712  
562-497-1505  
Additional office: 24586 Hawthorne Blvd Ste 104 Torrance  
Accepts most insurances and managed Medi-Cal plans

**Jewish Family & Children's Services** [www.jfclongbeach.org](http://www.jfclongbeach.org)  
3801 E. Willow St. (serves clients of all ethnicities/religions)  
Long Beach CA 90815 \$35 and up. Groups \$10-15/session  
562-427-7916 x230 Eva B. Shield, Aetna, MHN VOC

**Memorial Counseling Associates** [www.mcamh.com](http://www.mcamh.com)  
4525 E. Atherton Street 2<sup>nd</sup> floor LB CA 90815  
562-961-0155 x265 Most insurances. **No sliding scale**

**Memorial Care Center for Mental Health and Wellness**  
1760 Termino Ste G-18 LB (Community Hospital)  
562-933-7620 (outpatient program) Therapy only  
562-933-7250 (IOP)

**Pacific Coast Health Systems**  
17215 Studebaker Rd #300 Cerritos CA 90703  
562-924-7307

**Progeny Psychiatric Group** [www.progenypsych.com](http://www.progenypsych.com)  
333 W. Broadway Ste 310 LB 949- 722-7118 x3  
Irvine 949- 722-7118 x 1 Takes almost all insurances

**Debbie Chen, MFT**  
4132 Katella Ave, Suite 202 Los Alamitos, CA 90720  
714-299-4798 Cigna MHN Sliding scale starts at \$50

**Hope Goss MFT** [www.hopegoss therapist.com](http://www.hopegoss therapist.com)  
5199 E. Pacific Coast Highway, Suite 511 LB (MTF)  
310-896-5399 B Shield, Tricare, Hnet PPO MHN \$50/session

**Ashley Ledda PsyD**  
17011 Beach Boulevard Suite 900 Huntington Beach,  
(657) 208-4754 Takes most insurances  
Mood disorders, Trauma, Grief,

**LOW FEE**

**Argosy University**  
601 S. Lewis Street Ste 304 Orange  
949-229-1026 or 714-620-3810 \$10-50 sliding scale

**APAIT** [apaitonline.org](http://apaitonline.org) (2 locations)  
12900 Garden Grove Blvd. Suite 220A Garden Grove  
714-636-1349 contact Minh Tran 714-636-1169 LGBT focus  
Sliding scale \$20 -\$80 Vietnamese/Korean language avail.

**OCAPICA-Orange County Asian Pacific Islander  
Community Alliance**  
12900 Garden Grove Blvd. Suite 214a 714-636-9095  
Free cslg services and FCC for low-income OC residents  
1730 W. Olympic Blvd. Suite #300 LA, 90015 213-375-3830

**Long Beach Trauma Recovery Center**  
1045 Atlantic Ave Suite 801, LB 90813  
562-491-7977 No fee

**Straight Talk** [www.straighttalkcounseling.org](http://www.straighttalkcounseling.org)  
5712 Camp Street Cypress CA 90630 714.828.2000  
Groups: \$20 intake. Anger mgmt and parenting \$20/session  
\$25 intake fee Sliding scale is \$25-95 (MFT interns)

**Health Psychology Associates**  
1045 Atlantic Ave. #806 Long Beach, CA 90813  
562-590-5594 Angela admin

Updated 09/17

**JoAnn Fitzpatrick, MFT** [www.fitzpatrickmft.com](http://www.fitzpatrickmft.com)  
4132 Katella Avenue, Suite 202 Los Alamitos, CA 90720  
562 938-4555 \$50 per session

**Meredith Frejo MFT Intern**  
3233 E Broadway Long Beach 562-353-4108  
\$50-130 Anxiety /OCD/Relationships

**Brian Luhmann PsyD MFTI**  
19900 Beach Blvd Ste H Huntington Beach \$50/session  
Anxiety/panic;depression/mood disorders,addiction, relational  
issues, hypnosis, mindfulness

**Chris Cincotta LMFT**  
(650)- 218-6150  
Huntington Beach/Laguna Niguel  
EMDR, Trauma, OCD/anxiety \$80/session

**Sharon Gerstein, LMFT**  
512 Redondo Avenue Ste C Long Beach, CA 90814  
562-981-4272 \$30-\$40 per session  
LGBT/transgender, Life transitions, AMAC. Substance Use

**Ngina Tobias, LCSW PPSC** [nginatobiastherapy.com](http://nginatobiastherapy.com)  
5199 E. Pacific Coast Highway, #603 Long Beach, CA 90804  
562-321-1738 DBT \$40-60/session, \$75/couples or family

## LGBT CENTERS

### The LGBTQ Center of Long Beach

2017 East 4th Street  
Long Beach, CA 90814  
562.434.4455 [www.centerlb.org](http://www.centerlb.org)  
Can also go online to their website  
and email the counseling program for intake

### L.A. LGBT Center

1625 N Schrader Blvd  
Los Angeles, CA 90028  
323.993.7669 [www.lalgbtcenter.org](http://www.lalgbtcenter.org)

### The LGBT Center of Orange County

1605 North Spurgeon Street  
Santa Ana CA 92701  
714.953.5428 [www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)  
\$20-\$25 per sesión

## EMERGENCY CONTACTS

### National Suicide Prevention Hotline

800.273.8255

### National Suicide Lifeline

800.784.2433

### Los Angeles Suicide Prevention Center/24-hour Crisis Hotline

877.727.4747 (toll free) 800.784.2433 (toll free nationwide)

### National Sexual Assault Hotline (RAINN)

800.978.3600

### Los Angeles County Domestic Violence Hotline

800.656.4673

### YWCA Compton Sexual Assault Crisis

877.943.5778 or 310.764.1403

LB office: 562.590.6400 (individual, groups, healing arts)

## PSYCHIATRY RESOURCES

### Telecare/La Casa Urgent Care Center

6060 S. Paramount Blvd.  
Long Beach, CA 90805 Office Hr: M-F 8-7  
562.790.1860 M-F psychiatrist there from 11am-5pm

### Long Beach Mental Health (County services)

2600 Redondo Ave 3rd floor  
Long Beach CA 90806  
562. 256.2900

### Long Beach Child and Adolescent Program (Includes 18-26 yo)

2600 Redondo Avenue 6<sup>th</sup> floor LB Ca 90806  
562 256-2906

### Exodus Recovery Mental Health Urgent Care Center

12021 S. Wilmington Ave LA CA 90059 (near Compton)  
562-295-4617

### Exodus Recovery Mental Health Urgent Care Center

1920 Marengo St. Los Angeles CA 90033 (near Alhambra)  
323-276-6400

### Los Angeles County Mental Health/Access Center

800.854.7771

### Orange County Mental Health Association

714.547.7559

## EMERGENCY HOUSING

### Multi Service Center

1301 W. 12<sup>th</sup> Street Long Beach CA 90813  
562.733.1147

Can also call 2-1-1 in your county for referrals

## SUPPORT GROUPS

SHARE (self help) 1.877.742.7349

Mariposa Women's Center 714-547-6494

WEBSITE with list of groups: [www.thegrouplist.org](http://www.thegrouplist.org)

Transitions Support Center 562-344-5022