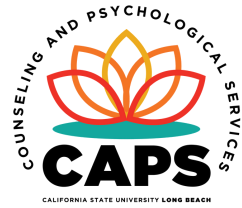


Mental Health Resources



Names	Contact Information
National Suicide Hotline	988 (call or text)
Crisis Text Line	Text "Beach" to 741-741
CAPS Crisis Counseling	562-985-4001 (available after hours)
7 Cups	https://www.7cups.com
Trevor Project: Suicide Prevention for LGBTQ Community	866-488-7386 Text "Start" 678-678
IPrevail	800-854-7771 https://lacounty.iprevail.com/group-students/
Long Beach Trauma Recovery Center	562-985-1366 https://www.starsinc.com/bhucc-longbeach/
MHALA Project Navigate	562-284-0108 https://www.mhala.org
Behavioral Health Urgent Care Center	562-548-6565

Resource Finding Tools

Name	Contact Information
211	211 Home 211LA
Find Help Now	YOU at CSU Long Beach (youatcsulb.com)
Beach Wellness	Beach Wellness California State University Long Beach (csulb.edu)

