

## Resource Contact Information

### 12 Step Programs

Program	Phone Number	Website
AA Harbor Central Office	562-989-7697	<a href="https://hacoaa.org/">https://hacoaa.org/</a>
AI-Anon Family Group LB	844-4AL-Anon	<a href="https://ai-anonlongbeach.org/">https://ai-anonlongbeach.org/</a>
CMA Los Angeles District	877-CMA-NOW1	<a href="https://cmainla.com/">https://cmainla.com/</a>
NA Los Angeles Area	800-863-2962	<a href="https://greaterlosangelesna.org/helplines/">https://greaterlosangelesna.org/helplines/</a>
Adult Children of Alcoholics and Dysfunctional Families	n/a	<a href="https://adultchildren.org/">https://adultchildren.org/</a>
Sexaholics Anonymous of Southern California	310-491-8845	<a href="https://sasocal.org/">https://sasocal.org/</a>
SAA	713-869-4902	<a href="https://saa-recovery.org/">https://saa-recovery.org/</a>
Overeaters Anonymous	805-265-0174	<a href="https://www.oalaig.org/">https://www.oalaig.org/</a>
Gambles Anonymous	855-222-5542	<a href="https://www.laintergroup.com/">https://www.laintergroup.com/</a>

### Local Mental Health

Resource	Phone Number	Website
LA County Dept of Mental Health 24 /7 Hotline	800 854 7771	<a href="https://dmh.lacounty.gov/">https://dmh.lacounty.gov/</a>
Behavior Health Urgent Care Clinic Long Beach 24/7	562-548-6565	<a href="https://www.starsinc.com/programs/bhucc/">https://www.starsinc.com/programs/bhucc/</a>
Suicide Prevention	800-273-8255 or 988	<a href="https://988lifeline.org/">https://988lifeline.org/</a>

### Food and Shelter

City of Long Beach Resource Line	562-570-4246	<a href="https://longbeach.gov/health/services/directory/resource-line/">https://longbeach.gov/health/services/directory/resource-line/</a>
A centralized help line connecting residents to resources like housing, food, utilities, legal aid,		
United Way	211	<a href="https://unitedwayla.org/">https://unitedwayla.org/</a>
Confidential national helpline for local referrals including food, housing, utilities, and crisis assistance		
Multi - Services Center	562-570-4500	<a href="https://www.longbeach.gov/homelessness">https://www.longbeach.gov/homelessness</a>
Gateway to case management, housing, prevention, shelter referrals, medical services, mental health support, and more		

### LGBTQ Resources

The LGBTQ Center Long Beach	562-473-4455	<a href="https://www.centerlb.org/">https://www.centerlb.org/</a>
offering a wide array of services—including health, legal, mental health, youth & family support, and older adult programs		
City of Long Beach LGBTQIA2s Resources	N/A	<a href="https://www.longbeach.gov/health/healthy-living/lgbtq-resources/">https://www.longbeach.gov/health/healthy-living/lgbtq-resources/</a>
local, state and national agencies available to provide affirming support for LGBTQIA2S+ communities.		

*Please note that the Atlantic Alano Club is providing this information as informational only, and doesn't guarantee any outcome*