

Step Ahead Psychological Services, P.C.

Dr. Haley G. Murphy, Ph.D.

Licensed Clinical Psychologist (PSY31276)

Long Beach, California

Phone: 949-771-6593

Email: dr.haleymurphy@stepaheadpsy.com

Website: www.stepaheadpsy.com

LOCAL MENTAL HEALTH/ DEVELOPMENTAL SERVICES RESOURCES

Step Ahead Psychological Services, P.C. would like to provide services to all interested clients, but we are a small private practice and sometimes have a waitlist or may not be appropriate for your needs. Below please find other local resources.

For urgent mental health concerns:

- Suicide Prevention Hotline: 800-273-8255
- For urgent mental health matters, please contact 911, your local Emergency Department, or the LA County Department of Mental Health (DMH) Access line (available 24 hours).
 - o LA County Access Line: 1-800-854-7771.
 - o For more information: <https://dmh.lacounty.gov/get-help-now/>
- LA County also has several mental-health urgent care facilities. For more information see these local resources:
 - o Exodus Mental Health Urgent Cares
 - <https://www.exodusrecovery.com/locations/>
 - o The Behavior Health Urgent Care Center (BHUCC)
 - <https://www.starsinc.com/bhucc-longbeach/>

Warmlines

- Warmlines are often available 24-hours or in the evening/early-morning hours. Warmlines provide short-term emotional support for teens, adults, and parents. They are often fully anonymous. For more information please see below.
- Teenline: 1-800-852-8336
 - o Textline: Text TEEN to 839863.
 - o For more information: <https://teenlineonline.org/youth-yellow-pages/hotlines/>
- Orange County Warmline: 1-714-991-6412
 - o Hours: 9Am to 3AM Monday- Friday ; 10AM- 3AM Saturday an Sunday
 - o Languages: English, Spanish, Vietnamese, Farsi
- California Statewide 24/7 Peer-Run Warmline
 - o 1-855-845-7415
- Trevor Project Warmline (for LGBTQ youth) : 1-866-488-7386
 - o Text Line: 678678
 - o For more information: <https://www.thetrevorproject.org/get-help/>
- More information on local warmlines:
 - o <https://camhpro.org/wp-content/uploads/2019/12/california-warmlines-12.18.19.pdf>
 - o <https://www.namiurbanla.org/resources>
 - o [http://file.lacounty.gov/SDSInter/dmh/195921_CalMHSAWarmlinesDescription_May302013\(3\)1.pdf](http://file.lacounty.gov/SDSInter/dmh/195921_CalMHSAWarmlinesDescription_May302013(3)1.pdf)

Step Ahead Psychological Services, P.C.

Dr. Haley G. Murphy, Ph.D.

Licensed Clinical Psychologist (PSY31276)

Long Beach, California

Phone: 949-771-6593

Email: dr.haleymurphy@stepaheadpsy.com

Website: www.stepaheadpsy.com

Suicide Prevention Hotline:

- 1-800-273-8255
- Lifeline Crisis Chat: <https://didihirsch.org/chat/>

Local resources for individuals with Autism, Intellectual Disability, or other Developmental Disabilities:

- Harbor Regional Center: <https://www.harborrc.org>
- Westside Regional Center: <https://westsiderc.org>
- South Central LA Regional Center: <https://sclarc.org>

For other therapy options, contact your insurance or these resources:

- Psychology Today Find a Therapist:
 - o <https://www.psychologytoday.com/us/therapists>
- LA County Psychological Association
 - o <https://www.lacpa.org/web-search>

To learn more about resources from Step Ahead Psychological Services, P.C. please go to our website at: stepaheadpsy.com. Offerings include parent-classes, individual and family therapy, psychological testing, diagnostic consultations, and provide trainings. We are a small private practice and may have waitlists. Parent-classes offered monthly.