

## About Telecare

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in innovative, outcomes-driven services for high-risk individuals with complex needs.

Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state and other behavioral health organizations. We currently provide services in multiple states and have more than 3,000 employees.

## Telecare's Mission

Deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

## Hours of Operation

Monday - Friday: 8:00 a.m. to 7:00 p.m.  
Open Holidays

## Contact Information

6060 Paramount Blvd.  
Long Beach, CA 90805  
562-790-1860 Main  
562-790-1867 Fax

# MHUCC at Long Beach Mental Health Urgent Care Center



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# About the Program

At the Mental Health Urgent Care Center (MHUCC), we are here to help you find relief from distress and assist you in maintaining stability in your life.

We believe recovery starts from within, and that our job is to do whatever it takes to help you cope with crisis and gain skills to deal with your challenges more effectively. We have a multidisciplinary team of clinicians, psychiatric prescribers, and nursing staff who are all here to help you on your path.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can receive immediate, individualized assistance and a compassionate presence to stabilize symptoms, avoid the need for higher levels of care, and receive appropriate referrals to community-based resources.

## What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to resolve your current crisis in ways that support your goals in life.

**Our culture** is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

**Our staff** are passionate, resourceful, and motivated. They are your partners in recovery.

**Our goal** is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

## Services & Supports

- Access to psychiatrists, nurses, social workers, and other clinical staff
- Medication evaluation and services
- Development of service/recovery plan
- Linkage and referral to services including assistance with obtaining entitlements, community housing, community treatment resources, and referral to appropriate medical services

## Who is Served

- Adult residents of Long Beach, California or surrounding areas
- Persons diagnosed with serious mental illness who are experiencing a mental health crisis, and who may have a co-occurring substance abuse disorder.
- We do not admit individuals who are having a medical emergency or are a danger to themselves or others. These individuals are better served in a hospital emergency department.

## Referrals

For more information about referring an individual, please call 562-790-1860.

Operated by Telecare Corporation, under contract with the Los Angeles Department of Mental Health, the MHUCC is a family and provider-friendly program. It is not an emergency room or private hospital.