

Free Health Education Community Resources

April 2022



Mental Health Awareness Month

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions can affect day-to-day living. It can also affect the ability to connect with others. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them.

Visit our member education page for these [downloadable resources](#):

- ✓ Anxiety
- ✓ Attention deficit hyperactivity disorder (ADHD)
- ✓ Bipolar Disorder
- ✓ Depression
- ✓ Eating Disorders
- ✓ Obsessive Compulsive Disorder (OCD)
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Stress Management

Long Beach Mental Health Resources

[Mental Health \(Longbeach.Gov\)](#)

Support Groups and Webinars

Love, Blessings, & Miracles Amidst a Pandemic

Wednesday, April 6th, 13th, 20th, 27th

10:00 - 11:30 a.m. | Virtual Class

Join Erin Sommerville, mind body oncology coach, MemorialCare Todd Cancer Institute, Long Beach Medical Center, to learn how to experience calm, joy and empowerment during these challenging times. The program is free and open to anyone. Please be aware that your microphone will already be muted when you join the meeting – please keep it on mute unless you are sharing. For questions, call (562) 933-9520. **Click link to sign up**

<https://www.memorialcare.org/events/love-blessings-miracles-amidst-pandemic>

Mental Health Awareness

Wednesday, May 19th

3:00 - 4:00 p.m. | Virtual Class

Join a MemorialCare doctor to learn about how to support your own emotional well-being and those in your life. This will be a Zoom and in-person presentation. RSVP is required.

Click link to sign up [Mental Health Awareness | MemorialCare](#)

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Diabetes

Virtual Diabetes Support Group

Monday, April 11th

6:00 p.m. – 7:30 p.m. | Virtual Class

Join the Diabetes Program at Long Beach Medical Center for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps. The support group is free, and **significant others are welcome to attend**. Sessions will be held via Zoom. Zoom link will be provided after you sign up.

Click link to sign up <https://www.memorialcare.org/events/virtual-diabetes-support-group>

COVID-19 Resources

Visit our main page, www.MCSHP.org, for COVID-19 updates. Click on the links below for additional information about COVID-19.

Read more about COVID-19 in these blogs below:

- ✓ [Neurological Effects Following a COVID-19 Infection | MemorialCare](#)
- ✓ [Managing Your Mental Health While Combatting “COVID Fatigue” | MemorialCare](#)

Testing and Vaccination Sites

Orange County

[Testing resources in Orange County](#)

Los Angeles County

Questions regarding results, click [here](#).

[Vaccination Appointments](#)

Long Beach

[Free testing locations in Long Beach](#)

EVENING VACCINATION CLINICS

[Vaccination Clinics - Long Beach City College \(lbcc.edu\)](#)