

**PARENT LINKS
HEALTHY
COPING
South
County**



**Maternal Child Perinatal
Mental Health and
Substance Use Coalition**

**ALL PHONE NUMBERS HAVE AN
(805) AREA CODE UNLESS
OTHERWISE LISTED**

HIGHWAY PATROL.....967-1234
POLICE, FIRE, AMBULANCE.....9-1-1
POLICE
SANTA BARBARA.....897-2300
CARPINTERIA.....684-4561
GOLETA SHERIFF.....681-4100
POISON CONTROL1-800-876-4766

**MENTAL HEALTH CRISIS
RECURSOS/RECURSOS PARA
CRISIS**

ACCESS TEAM HOTLINE..1-888-868-1649
ASSESSMENT TEAM9-1-1
CARES.....884-1615
FRIENDSHIP LINE MENTAL
WELLNESS.....319-9606
S.A.F.T.Y YOUTH CRISIS.....1-888-334-
2777
SUICIDE HOTLINE.....1-800-272-TALK

**MENTAL HEALTH RESOURCES
SALUD MENTAL**

ACCESS TEAM HOTLINE..1-888-868-1649
CALM.....965-2376
CA PSYCH CARE (AUTISM).....456-2380
CATCH.....964-4711 x4480
COMMUNITY COUNSELING &
EDUCATION CENTER.....962-3363
FAMILY THERAPY INST.....569-2272
HOSPICE GRIEF COUNSELING
.....563-8820
JEWISH FAMILY SERVICES.....957-1116
NEW BEGINNINGS.....963-7777
FAMILY SERVICE AGENCY.....965-1001
(SEE FAMILY RESOURCE CENTERS)

**DRUG & ALCOHOL ASSISTANCE
ASISTENCIA PARA PROBLEMAS
DE DROGAS Y ALCOHOL**

ADMHS – SB COUNTY.....681-5440
ALCOHOLICS ANONYMOUS.....962-3332
AL-ANON1-888-425-2666
CADA SB.....963-1433
CASA SERENA PERINATAL
RESIDENTIAL PROGRAM.....966-1260
COTTAGE HOSPITAL.....682-7111
DANIEL BRYANT YOUTH AND FAMILY
TREATMENT CENTER.....730-7575
NAMI.....884-8440
NARCOTICS ANONYMOUS.....569-1288
PROJECT RECOVERY DETOX...963-1836
PROJECT RECOVERY.....564-6057
TOBACCO CESSATION...1-800-NO-BUTTS
.....1-800-45-NO-FUME
ZONA SECA.....963-8961

**GENERAL ASSISTANCE
ASISTENCIA GENERAL**

DEPT. OF SOCIAL SERVICES
GENERAL RELIEF681-4401
CHILD WELFARE.....1-800-367-0166
CHILD SUPPORT.....1-866-249-0773
CATHOLIC CHARITIES965-7045
SALVATION ARMY
GOLETA.....964-8738
SANTA BARBARA.....962-6281

FOOD & NUTRITION

FOOD STAMPS(CAL FRESH).....681-4401
WIC.....681-5275
WIC LACTATION.....681-5276
CATHOLIC CHARITIES
SANTA BARBARA.....965-7045
CARPINTERIA.....684-8621

**TRANSPORTATION
TRANSPORTACION**

SB MTD.....963-3364

**PARENTING PROGRAMS
PROGRAMAS PARA PADRES**

(SEE FAMILY RESOURCE CENTERS)

- CALM PROGRAMS.....965-2376
- CALIFORNIA SCHOOL AGE FAMILY
EDUCATION –TEENS (CALSAFE)
.....966-9101x279
- FRONT PORCH.....922-2243 x131
- POSTPARTUM EDUCATION FOR
PARENTS(PEP).564-3888; SPA...852-1595
- PUBLIC HEALTH-MATERNAL CHILD
ADOLESCENT HEALTH HOME
VISITATION.....1-800-288-8145
- TEEN AGE PREGNANCY PROGRAM
(TAPP).....964-8857
- WELCOME EVERY BABY (WEB)
.....898-2229

<http://santa-barbara-ca.parentclick.com/>

FAMILY RESOURCE CENTERS (FRC)

- CARPINTERIA CHILDREN’S PROJECT
AT MAIN FRC.....566-1600
- FAMILY SERVICES AGENCY SB
.....965-1001 x 222
- HARDING EARLY YEARS.....965-8994
- ISLA VISTA YOUTH PROJECTS.....968-0488
- LA CUMBRE JR HIGH FRC..... 687-0761

**CHILD CARE SERVICE
SERVICIOS PARA CUIDADO DE
NIÑOS**

- CHILDREN’S RESOURCE
REFERRAL/PROGRAM.....963-6631
- FOSTER CARE HOME
LICENSING/ADOPTIONS....346-8368
- HEAD START CENTERS CAC....964-8857
- STATE PRESCHOOLS,
SANTA BARBARA..... 965-4633 x 0

HOSPITALS

- GOLETA VALLEY COTTAGE...967-3411
- SANTA BARBARA COTTAGE...682-7111

**ABUSE-SEXUAL ASSAULT
ABUSO SEXUAL**

- CHILD WELFARE SERVICE.. 1-800-367-0166
- DOMESTIC VIOLENCE.....964-5245
- SO. CO. RAPE CRISIS..OFC.....963-6832
HOTLINE.....564-3696
- SM FIGHTING BACK.....346-1774

LEGAL

- BETTER BUSINESS BUREAU.....963-8657
- COMMUNITY MEDIATION.....963-6765
- LEGAL AID FOUNDATION OF SANTA
BARBARA COUNTY.....922-9909
- PROBATION DEPARTMENT.....739-8500
- VICTIM WITNESS.....568-2408

**MEDI-CAL SERVICES
SERVICIOS DE MEDI-CAL**

- APPLICATION ASSISTANCE
.....729-4512 & 448-2578
- CENCAL HEALTH.....1-877-814-1861
- MEDI-CAL APPLICATIONS.....681-4401
- SBCEO HEALTH LINKAGES
.....964-4710 x4453

**PUBLIC HEALTH
SALUD PUBLICA**

- HEALTH CARE HOME.....681-5461
- HOMELESS PROGRAM 681-5363
- MEDICAL SITES AND HIV TESTING
EASTSIDE CLINIC.....963-1641
- ISLA VISTA CLINIC.....968-1511
- PACIFIC PRIDE.....963-3636
- PUBLIC HEALTH DEPARTMENT
HEALTH CARE CENTERS (CLINICS) –
INCLUDES OB PRENATAL
CARE/PREGNANCY TESTING/
IMMUNIZATIONS/TB TESTING/HIV
CARPINTERIA.....560-1050
- FRANKLIN.....568-2099
- SANTA BARBARA.....681-5488

**PREGNANCY/EMBARAZO
Reproductive Health Education**

- CARE NET PREGNANCY RESOURCES
.....928-9285
- CALPREP - TEENS.....922-2243 x122
- NETWORK MEDICAL967-9096
- SANTA BARBARA BIRTH CENTER..770-3700
- PLANNED PARENTHOOD.... 888-898-3806

DENTAL/SERVICIO DENTAL

- DENTI-CAL.....681-4401
.....1-800-322-6384
- DENTI-CAL PROVIDERS
<http://www.denti-cal.ca.gov/provreferral/SantaBarbara.pdf>
- EASTSIDE FAMILY DENTAL CLINIC
.....884-1998
- SB/VENTURA DENTAL
SOCIETY.....544-1113

**SERVICES FOR THE DISABLED
SERVICIOS PARA LOS
INCAPACITADOS**

- ALPHA RESOURCE CENTER....683-2145
- BRAILE INSTITUTE.....682-6222
- MARIPOSAS PROJECT253-2547
- PUBLIC GUARDIAN’S OFFICE....346-8337
- TRI COUNTIES REGIONAL OFFICE
.....962-7881
- UCSB KOEGEL AUTISM CTR....893-2049



**TO REQUEST UPDATES FOR THIS
RESOURCE GUIDE CALL 681-5476**