

**PARENT LINKS
HEALTHY
COPING
North County**



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

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

POISON CONTROL1-800-876-4766
POLICE GUADALUPE.....343-2112
POLICE SANTA MARIA.....928-3781x810
POLICE, FIRE, AMBULANCE.....9-1-1
SHERIFF'S DEPT SM934-6150

**MENTAL HEALTH CRISIS
RESOURCES**

ACCESS TEAM HOTLINE..1-888-868-1649
ASSESSMENT TEAM9-1-1
CARES.....922-2106
CRISIS HELPLINE928-5818
FRIENDSHIP LINE MENTAL
WELLNESS.....319-9606
S.A.F.T.Y YOUTH CRISIS.....888-334-2777
SUICIDE HOTLINE.....800-272-TALK

**MENTAL HEALTH
SALUD MENTAL**

ANGER MANAGEMENT347-9994
CA PSYCH CARE (AUTISM).....456-2380
CATCH.....964-4711 x.4480
CALM.....614-9160
GRIEF RECOVERY739-3780
LIFE STEPS FOUNDATION614-9299
SANTA MARIA YOUTH AND FAMILY
CENTER928-1707
SM FIGHTING BACK346-1774
TRANSITIONS/MENTAL HEALTH
ASSOCIATION564-6500

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

ALCOHOLICS ANONYMOUS.....925-3782
ALANON1-888-425-2666
CENTRAL COAST HEADWAY....922-2106
DETOX CENTER347-3338
GOOD SAMARITAN346-8185 x211
MENTAL WELLNESS CENTER..884-8440
.....NAMI ADVOCATE x3206
PROJECT PREMIE925-0315
RECOVERY POINT INPATIENT
.....347-3338
RECOVERY POINT OUTPATIENT
.....346-8185

**GENERAL ASSISTANCE
ASISTENCIA GENERAL**

AMERICAN RED CROSS.....928-0778
CATHOLIC CHARITIES922-2059
DEPT. OF SOCIAL SERVICES
GENERAL RELIEF346-7135
CHILD WELFARE.....1-800-367-0166
CHILD SUPPORT.....1-866-249-0773
SALVATION ARMY349-2421

FOOD & NUTRITION

CENTRAL COAST RESCUE MISSION
.....614-0220
FOOD STAMPS-CALFRESH.....346-7135
GOOD SAMARITAN SHELTER...347-3338
WIC.....346-8450
WIC LACTATION.....346-8452

**TRANSPORTATION
TRANSPORTACION**

SMAT.....928-5624



**PARENTING PROGRAMS
PROGRAMAS PARA PADRES**

CALIFORNIA SCHOOL AGE FAMILY
EDUCATION
(CALSAFE)..... 925-2567
CALM PROGRAMS.....614-9160
CARE NET.....928-9285
COUNTY PHD MATERNAL CHILD
HEALTH -HOME VISITATION
.....1-800-288-8145
FRONT PORCH.....922-2243 x131
SAFE CARE (CAC).....922-2243 x104
POSTPARTUM EDUCATION FOR
PARENTS (PEP).....564-3888
SPANISH..... 852-1595
TEEN AGE PREGNANCY PROGRAM
(TAPP).....922-2243
WELCOME EVERY BABY (WEB)
.....922-5459
<http://santa-barbara-ca.parentclick.com>

FAMILY RESOURCE CENTERS (FRC)

CUYAMA1-661-766-2369
GUADALUPE 343-1194
SM BONITA SCHOOL DISTRICT
.....928-4150

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

CHILDREN'S RESOURCE
REFERRAL/PROGRAM.....925-7071
FOSTER HOME LICENSING/
ADOPTIONS.....346-8368
HEAD START CENTERS.....922-2243
YMCA PRESCHOOL/
AFTER SCHOOL.....937-8521
STATE PRESCHOOLS, NORTH
COUNTY..... 361-6758

**ABUSE-SEXUAL ASSAULT
ABUSO SEXUAL**

CHILD WELFARE SERVICE 1-800-367-0166
DOMESTIC VIOLENCE SM.....925-2160
NO COUNTY RAPE CRISIS
HOTLINE.....928-3554
OFFICE922-2994
SM FIGHTING BACK.....346-1774

LEGAL

BETTER BUSINESS BUREAU.....963-8657
CA. RURAL LEGAL ASSIST.....922-4563
COMMUNITY MEDIATION.....349-8943
LEGAL AID FOUNDATION OF SB
COUNTY.....922-9909
PROBATION DEPT.....739-8500
VICTIM WITNESS.....568-2408

**MEDI-CAL SERVICES
SERVICIOS de MED-CAL**

APPLICATION ASSISTANCE.....1-866-404-4007
CENCAL HEALTH.....1-877-814-1861
COUNTY HEALTH CLINIC.....346-7230
SBCEO HEALTH LINKAGES.... 739-0992

(SEE FAMILY RESOURCE CENTERS)

**PUBLIC HEALTH
SALUD PUBLICA**

HIV TESTING346-8410
HOMELESS PROGRAM346-7231
IMMUNIZATION/TB TEST346-8410
OB PRENATAL CARE/PREGNANCY /
REGISTRATION.....739-8710
PACIFIC PRIDE/HIV TESTING...349-9947
PUBLIC HEALTH DEPART.....346-7230

**PREGNANCY/EMBARAZO
Reproductive Health Education**

CARE NET PREGNANCY RESOURCES
.....928-9285
CALPREP - TEENS.....1-922-2243 x122
PLANNED PARENTHOOD...1-888-898-3806

DENTAL/SERVICIO DENTAL

CENTRAL COAST DENTAL
SOCIETY.....544-1113
COMM HEALTH CARE CENTER
DENTAL.....345-9500
DENTI-CAL.....1-800-322-6384
DENTISTRY 4 CHILDREN.....922-3530
GUADALUPE DENTAL.....343-9500

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

ALPHA RESOURCE CENTER.....683-2145
BRAILE INSTITUTE.....682-6222
CALIFORNIA CHILDRENS SERVICES
.....681-5360
TRI COUNTIES REGIONAL OFFICE
.....922-4640
UCSB KOEGEL AUTISM CTR...893-2049

HOSPITALS

MARIAN COMMUNITY HOSPITAL
.....739-3000



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