Senior Holiday Phone Bridge Program
Behavioral Wellness Community Wellness Team Offering Support for Seniors During the Holiday Season

The Behavioral Wellness Community Wellness Team is helping to keep seniors connected through the holidays. Since the start of the COVID-19 pandemic, seniors have been among the most vulnerable of groups. Not only for physical health reasons, but also for their mental health. Many studies report that loneliness among older adults has increased significantly over the past year.

Holidays can be a lonely time of the year for many, especially when not able to be with families or celebrate traditions in the ways we normally do.

The County of Santa Barbara Behavioral Wellness, Community Wellness Team, has developed a Senior Bridge Program to provide support to older adults through the holiday season, and beyond. If you are interested, please call the Community Wellness Team at 805-364-2750 and sign up for just one call or for regular friendly phone calls from volunteers. We truly are all in this together, and knowing that will help us get through this together. Let’s make sure nobody has to do this alone. If you know of someone else who may be interested, please share this information.

To learn more about this program, please call 805-364-2750.