

What We Do



We understand that everyone goes through difficult times, and we are here to be a resource. We are available to assist you before, during and after a crisis. The multi-disciplinary team includes therapists, case workers, peer recovery specialists and a psychiatrist. The team is available Monday-Sunday from 7 a.m. to 11 p.m.

Supportive Services

- Crisis intervention services
- Short-term case management
- Peer support
- Community referrals
- Psychiatric services
- Advocacy services



The team will support you to get connected to county and community resources.

Behavioral Health Crisis Triage Team



Supporting you when you need it most.

Mission of the Santa
Barbara County
Department of
Behavioral Wellness

The mission of the Department of Behavioral Wellness is to promote the prevention of and recovery from addiction and mental illness among individuals, families and communities, by providing effective leadership and delivering state-of-the-art, culturally competent services.

Triage Team Goals

Our goal is to assist you when you are in distress. We will connect you to appropriate services which promote mental health, wellness and recovery. We will empower you to take control and improve your quality of life. In addition, we work with you to help prevent hospitalization and other psychiatric emergencies.

To obtain support for yourself:

Contact ACCESS Line at
1-888-868-1649 or walk into the
CARES Clinic.

**2034 De La Vina Street,
Santa Barbara, 93105**

To obtain support for
someone experiencing a mental
health crisis:

There are three possibilities:

(1) If the crisis places anyone in
immediate danger, call 911.

(2) If the crisis does not involve
immediate danger, and if the person in
crisis has insurance coverage through a
health plan, call the health plan to
get a referral to a covered mental
health provider.

(3) For all others, call **ACCESS Line**
at **(888) 868-1649**. The call is toll
free, and someone will answer to
assist you 24 hours per day, seven days
per week.



Suggestions to Reduce Your Stress

- Breathe Deeply
- Review your body for stress indicators
- Seek medical services if necessary
- Reach out to a significant other



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

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