ABOUT US
The Community Wellness Team (CWT) is a collaboration of local agencies working together to support those in Santa Barbara County.

COVID19 SERVICES
If you or someone you know is struggling or in crisis, you are not alone. We will come to you - virtually.

There are many resources for your mental health that can be accessed remotely during COVID19.

CONTACT US
- To contact an organization directly - See next page.
- For guidance on services, call the CWT at (805) 364-2750 or visit sbccwt.org
WE ARE STILL HERE TO HELP

Santa Barbara County has many resources for your mental health that can be accessed remotely. Contact an organization directly with the directory below.

Santa Barbara County Department of Behavioral Wellness (Lead)
Suzanne Grimmesey | (805) 886-5403

Institute for Collective Trauma and Growth (Co-Lead)
Kate Wiebe | kwiebe@ictg.org | ictg.org

American Red Cross / Santa Barbara Disaster Mental Health
Roberta Ainciart | (805) 687-1331

Cottage Health
(805) 682-7111 | cottagehealth.org

Hospice of Santa Barbara
Michael Cruse | (805) 563-8820

Jewish Family Service of Greater Santa Barbara
Ruth Steinberg | (805) 957-1116

Mental Wellness Center
Annmarie Cameron | (805) 884-8440
acameron@mentalwellnesscenter.org

Santa Barbara County Psychological Association
Karen Lehman | karen@drkarenlehman.com
www.sbcpa.org

Santa Barbara Response Network
Jina Carvalho | (805) 699-5608

Sheriff Department Behavioral Sciences Unit/AT EASE program
Cherylynn Lee | crl5034@sbsheriff.org
(805) 698-8934