

**PARENT LINKS
HEALTHY
COPING
North County**



**Perinatal
Wellness
Coalition**

All phone numbers have
an (805) area code
unless otherwise listed.

EMERGENCY/EMERGENCIA

- Poison Control1-800-876-4766
- Police Guadalupe343-2112
- Police Santa Maria928-3781 x810
- Police, Fire, Ambulance9-1-1
- Sheriff's Department Santa Maria934-6150

**MENTAL HEALTH CRISIS/
CRISIS DE SALUD MENTAL**

- ACCESS Team Hotline1-888-868-1649
- Assessment Team9-1-1
- CARES.....922-2106
- CRISIS Helpline928-5818
- Friendship Line Mental Wellness.319-9606
- SAFTY Youth Crisis.888-334-2777
- Suicide Hotline.....800-272-TALK

**MENTAL HEALTH/
SALUD MENTAL**

- Anger Management347-9994
- CA Psych Care (AUTISM).....456-2380
- CALM Programs614-9160
- Grief Recovery739-3780
- Life Steps Foundation614-9299
- Mental Wellness Center884-8440
-NAMI Advocate x 3206
- Santa Maria Youth and Family Center
.....928-1707
- Transitions Mental Health Assoc.564-6500

**DRUG & ALCOHOL/
DROGA Y ALCOHOL**

- Alcoholics Anonymous925-3782
- Al-Anon1-888-425-2666
- Narcotic Anonymous.....1-818-773-9999
- Central Coast Headway922-2106
- Coast Valley.....739-1512
- Detox Center347-3338
- Good Samaritan Services.....346-8185 x211
- Project PREMIE925-0315
- Santa Maria Valley Youth & Family....928-1707
- Transitional Center for Women and Children
Inpatient925-0315
- Recovery Point Outpatient346-8185
- Tobacco Cessation.....1-800-NO-BUTTS
.....1-800-45-NO-FUME

**GENERAL ASSISTANCE/
ASISTENCIA GENERAL**

- American Red Cross928-0778
- Catholic Charities922-2059
- Child Support1-866-249-0773
- Child Welfare Services (CWS) .1-800-367-0166
- Department of Social Services
General Relief.346-7135
- Salvation Army349-2421

FOOD/NUTRICIÓN

- Central Coast Rescue Mission614-0220
- Food Stamps (CalFresh)346-7135
- Good Samaritan Shelter347-3338
- WIC.....346-8450
- WIC Lactation1-877-275-8805

**TRANSPORTATION/
TRANSPORTACIÓN**

- SMAT.....928-5624
- SMOOTH.....922-8476

PARENTING PROGRAMS/ PROGRAMAS PARA PADRES

California School Age Family Education--
Teens (CALSAFE).....925-2567
CALM Programs.....614-9160
Care Net.....928-9285
Public Health Maternal Child & Adolescent
Health Nurse Home Visitation
.....1-800-288-8145
Front Porch922-2243 x131
Postpartum Education for Parents (PEP)
.....English...564-3888; Spanish...852-1595
Safe Care (CAC).....922-2243 x162
Teen Age Parenting Program TAPP..922-2243
Welcome Every Baby (WEB).....922-5459
Fighting Back Santa Maria Valley.....346-1774
Parent Click Services
<http://santa-barbara-ca.parentclick.com/>

FAMILY RESOURCE CENTERS (FRC)/ CENTROS DE RECURSOS FAMILIARES (CRF)

Cuyama1-661-766-2369
Guadalupe 343-1194
SM Bonita School District928-4150

CHILD CARE/ CUIDADO DE NIÑOS

Children's Resource and Referral.....925-7071
Foster Care Home Licensing/Adoptions
..... 346-8368
Head Start CAC922-2243
State Preschools North County.....361-6758
YMCA Preschool/After School937-8521

ABUSE & SEXUAL ASSAULT/ ABUSO SEXUAL

Domestic Violence Solutions SM.....925-2160
North County Rape Crisis & Child Protection
Center Hotline.....928-3554
Office922-2994
Better Business Bureau963-8657
CA. Rural Legal Assistance922-4563
Community Mediation349-8943
Legal Aid Foundation of SB County .922-9909
Probation Department.....739-8500
Victim Witness.....346-7529

MEDI-CAL/MEDICAL

Application Assistance1-866-404-4007
CenCal Health1-877-814-1861
Santa Maria Health Care Center.....346-7230
Santa Barbara County Education Office of
Health Linkages.....739-0992
(See FRC/Vea CRF)

PUBLIC HEALTH/SALUD PÚBLICA

HIV testing/TB testing..... 346-8410
Pacific Pride HIV testing349-9947
Health Care for the Homeless.....346-8439
Immunizations/CHDP.....346-8410
OB Prenatal Care/Pregnancy testing
.....739-8710
Public Health Dept. Health Care Clinics/
Santa Maria Health Care Center.....346-8410

PREGNANCY SUPPORT/ APOYO EN EL EMBARAZO

Care Net Pregnancy Resources SM.....928-9285
CalPREP--Teens.....922-2243 x122
Planned Parenthood1-888-898-3806
MotherToBaby.....1-866-626-6847
www.mothersobaby.org

DENTAL/DENTAL

Central Coast Dental Society.....544-1113
CHCC – Community Health Centers Dental
.....345-9500
Denti-Cal.....1-800-322-6384
Dentistry 4 Children.....922-3530
Friendly Smiles928-6776
Guadalupe Dental343-9500

SERVICES FOR THE DISABLED/ SERVICIOS PARA LOS INCAPACITADOS

ALPHA Resource Center347-2775
Braille Institute682-6222
California Children's Services (CCS)...681-5360
TriCounties Regional Center Office ..922-4640
UCSB Koegel Autism Center893-2049

HOSPITAL/HOSPITAL

Marian Regional Medical Center739-3000



To request updates for this Resource Guide,
call 681-5476.