

Community Resources - Santa Barbara

FOOD RESOURCES:

[CalFresh](#): Supplemental program that helps limited-income individuals and families buy the food they need.

[Food Bank of Santa Barbara County](#): The Food Bank of Santa Barbara County has over 50 sites distributing groceries throughout the county.

[The Women, Infants & Children \(WIC\)](#): Helps pregnant women, new mothers, infants, and children up to age five.

SHELTERS/ SAFE PARKING/ HOUSING SUPPORT:

[Domestic Violence Solutions](#): Those experiencing or those who have experienced domestic violence may stay in confidential emergency shelters. Call the 24 Hour hotline: 805-964-5245.

[Fr. Virgil Cordano Center](#): Day shelter offering laundry services, mail pick up, hygiene services, and meals. A social worker is also available to assist with obtaining housing and other social services.

[My Home](#): Includes a rapid rehousing program for Transitional Aged Youth (ages 16-24). Also offer case management services and street outreach.

[New Beginnings Safe Parking Program](#): Offers a safe place to park your vehicle and sleep overnight legally.

[Noah's Anchorage Youth Crisis Shelter](#): Providing shelter for Youth ages 12-17; there are also housing resources for Transitional Aged Youth (up to age 24).

[PATH \(People Assisting the Homeless\) Santa Barbara](#): Provides shelter, meals, employment counseling and other support. Residents are allowed to remain in facilities all day. Must be referred from a partnering agency such as Cottage Hospital, Department of Behavioral Wellness, or the Santa Barbara Police Department.

[Salvation Army](#): Emergency shelters, transitional housing, and family service programs to those in need. Residents are required to abstain from drugs or alcohol.

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[Transition House](#): Offers short term and longer term shelter for families with children.

MENTAL HEALTH SUPPORT:

[Acacia Counseling](#): The leading provider of outpatient, college student mental health in both California and Minnesota.

ACCESS 24-Hour crisis line - 1-888-868-1649 - Provides inpatient, outpatient and crisis basis services for individuals with moderate-to-severe mental health and/or alcohol and substance-use conditions throughout Santa Barbara County. Services are available in Spanish and additional languages.

[American Indian Health & Services](#): Community health clinic that provides medical, dental, pediatric and behavioral health services to all members of the community.

[CenCal Behavioral Health](#): CenCal Health covers all mild to moderate outpatient mental health services. Outpatient services are things that do not require an overnight stay. You must qualify for CenCal services.

[Community Counseling & Education Center \(CCEC\)](#): Provides a wide range of subsidized counseling services. Clients end up paying between \$35 and \$75 per session, depending on income.

[Domestic Violence Solutions \(DVS\)](#): Provides services to survivors of domestic violence/anger management.

[Family Service Agency \(FSA\)](#): Provides counseling services for individuals, couples, and families of all ages, as well as holds a number of support groups.

[Family Therapy Institute](#): Provides affordable counseling on a sliding scale fee basis for individuals, couples, families, and children in Santa Barbara County.

[Indigent Care Program](#): ICP program is for individuals who are uninsured and who are not eligible for other health care coverage (ages 27-64).

[LifeStance](#): (Was Santa Barbara Behavioral Health) A team of psychiatrists, psychologists, nurse practitioners, and licensed therapists who provide mental health treatment services for patients of all ages, telehealth and in-person appointments, covered by insurance.

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[LiveHealth Online](#): Live, on-demand video sessions with licensed psychologists, therapists, and board-certified psychiatrists. No co-pay for students who have UC SHIP. Live Health also accepts other insurances with a co-pay.

[Lyra Health](#): Connects students to effective and convenient care for their mental and emotional well-being (therapy, psychiatry, care coordination, mental health coaching).

[New Beginnings Counseling Center](#): Provides mental health counseling to low-income community members.

[Prairie Psychiatry](#): Psychiatric support for those ages 18+ for mild to moderate anxiety and depression. In network with UC SHIP (along with Cigna and Anthem BC generally).

[Sanctuary Centers](#): Provided inpatient and outpatient care to adults with mental illness. They also offer supportive housing options.

[Standing Together to End Sexual Assault \(STESA\)](#): Provides confidential counseling and support services to survivors of sexual assault and their loved ones.

[The County of Santa Barbara Adult Services](#) (including Drug and Alcohol support): Call 211 or ACCESS line (number above) to request a mental health assessment.

[The County of Santa Barbara Transitional Aged Youth Services](#): Supporting TAY aged 16-25. Call 211 or ACCESS line (number above) to request services.

[UWILL](#): All UCSB students have access to four 1-hour therapy sessions, eight 30-minute therapy sessions, or chat and text functions, regardless of insurance type. Students must sign up using UCSB email.

HOSPITALS:

[Crestwood Behavioral Health](#): Provides in-patient psychiatric care.

[Goleta Valley Cottage Hospital](#): Phone: 805- 967-3411 - Call 911 for medical crisis, or behavior that is a danger to self or others.

[Santa Barbara Cottage Hospital](#): Phone: 805-682-7111 - Call 911 for medical crisis, or behavior that is a danger to self or others.

[Psychiatry and Addiction Medicine](#)

Santa Barbara County Crisis Stabilization Unit: Phone: 805-884-1640

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Santa Barbara Psychiatric Health Facility: Phone: 805-681-5244

[Vista Del Mar Hospital](#): Provides stabilization and intensive treatment for mental health and/or substance use concerns.

URGENT CARES NEAR UCSB:

[Cottage Urgent Care - Calle Real](#): Phone: 805-879-4239 (Hours: Daily 8am-8pm)

[Cottage Urgent Care - Hollister](#): Phone: 805-324-9270 (Hours: Daily 8am-8pm)

[MedCenter - Fairview](#): Phone: 805-681-7411 (Hours M-Sa 8am-8pm)

MEDICAL INSURANCE:

[Covered California](#): You can apply for a Covered California health Insurance plan online or by calling 800-300-1506.

BEREAVEMENT SUPPORT:

[Hospice of Santa Barbara](#): Individual and group counseling for those experiencing bereavement, free of charge.

LBGTQ+ SUPPORT:

[Pacific Pride Foundation](#): Provides services to the HIV/AIDS and LBGTQ+ communities of Santa Barbara County. All programs are free or low-cost. Phone: 805-963-3636

[Planned Parenthood](#): Medical care of the LBGTQ+ community.

[PFLAG](#): Provides peer-to-peer support, publications, toolkits, and other resources to make sure that the family members of people who are LBGTQ+ get the support they need.

[Santa Barbara Transgender Advocacy Network](#): Support and advocacy for the transgender community of Santa Barbara.

ALCOHOL & DRUG SUPPORT:

[Alcoholics Anonymous Central Office](#): An informal society of more than 2 million recovering alcoholics throughout the world. Meetings are held in person and virtually.

[Council on Alcoholism and Drug Abuse \(CADA\)](#): Provides a variety of counseling services and treatment for substance abuse and addiction; services available for all ages.

[Recovery Road](#): Outpatient treatment for alcoholism and addiction.

EATING DISORDER SUPPORT:

[Alsana](#): An eating recovery community and treatment provider that helps adult clients of all genders achieve lasting eating disorder recovery and whole health.

[The Eating Disorder Center of Santa Barbara, LLC](#): Provides comprehensive outpatient counseling treatment, including an Outpatient Program that specializes in treating Anorexia Nervosa, Bulimia Nervosa, and Other Specified Feeding and Eating Disorders (OSFED).

LEGAL SUPPORT:

[SB County Legal Resource Center](#): The Legal Resource Center of Santa Barbara County is staffed by a California licensed attorney, and open to the public on a first-come, first-served basis

[Legal Aid Foundation](#): A non-profit law firm that provides free legal assistance with a mission to provide high-quality civil legal services to low-income and other vulnerable residents of SB.