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.
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.
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 Assalt (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
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 LGBTQ+ 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 LGBTQ+ 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.