

**PARENT LINKS  
HEALTHY  
COPING  
North County**



**Perinatal  
Wellness  
Coalition**

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

**EMERGENCY/EMERGENCIA**

- Poison Control .....1-800-876-4766
- Police Guadalupe .....343-2112
- Police Santa Maria .....928-3781 x810
- Police, Fire, Ambulance .....9-1-1
- Sheriff's Department Santa Maria .....934-6150

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

- ACCESS Team Hotline .....1-888-868-1649
- Assessment Team .....9-1-1
- CARES.....922-2106
- CRISIS Helpline ....928-5818
- Friendship Line Mental Wellness. ....319-9606
- SAFTY Youth Crisis. ....888-334-2777
- Suicide Hotline.....800-272-TALK

**MENTAL HEALTH/  
SALUD MENTAL**

- Anger Management .....347-9994
- CA Psych Care (AUTISM).....456-2380
- CATCH.....964-4711 x.4480
- CALM Programs .....614-9160
- Grief Recovery .....739-3780
- Life Steps Foundation .....614-9299
- Mental Wellness Center .....884-8440
- .....NAMI Advocate x 3206
- Santa Maria Youth and Family Center  
.....928-1707
- Santa Maria Fighting Back .....346-1774
- Transitions Mental Health Assoc. ....564-6500

**DRUG & ALCOHOL/  
DROGA Y ALCOHOL**

- Alcoholics Anonymous .....925-3782
- Al-Anon .....1-888-425-2666
- Narcotic Anonymous.....1-818-773-9999
- Central Coast Headway .....922-2106
- Detox Center .....347-3338
- Good Samaritan Services.....346-8185 x211
- Project PREMIE .....925-0315
- Transitional Center for Women and Children  
Inpatient .....925-0315
- Recovery Point Outpatient .....346-8185
- Tobacco Cessation.....1-800-NO-BUTTS  
.....1-800-45-NO-FUME

**GENERAL ASSISTANCE/  
ASISTENCIA GENERAL**

- American Red Cross .....928-0778
- Catholic Charities .....922-2059
- Child Support .....1-866-249-0773
- Child Welfare Services (CWS) .1-800-367-0166
- Department of Social Services  
General Relief. ....346-7135
- Salvation Army .....349-2421

**FOOD/NUTRICIÓN**

- Central Coast Rescue Mission .....614-0220
- Food Stamps (CalFresh) .....346-7135
- Good Samaritan Shelter .....347-3338
- WIC.....346-8450
- WIC Lactation .....1-877-275-8805

**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 Porch .....922-2243 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  
Parent Click Services

<http://santa-barbara-ca.parentclick.com/>

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

Cuyama .....1-661-766-2369  
Guadalupe ..... 343-1194  
SM Bonita School District .....928-4150

## **CHILD CARE/ CUIDADO DE NIÑOS**

Children's Resource and Referral.....925-7071  
Foster Care Home Licensing/Adoptions  
..... 346-8368  
Head Start CAC .....922-2243  
State Preschools North County.....361-6758  
YMCA Preschool/After School .....937-8521

## **ABUSE & SEXUAL ASSAULT/ ABUSO SEXUAL**

Domestic Violence Solutions SM.....925-2160  
North County Rape Crisis & Child Protection  
Center Hotline.....928-3554  
Office .....922-2994  
SM Fighting Back .....346-1774  
Better Business Bureau .....963-8657  
CA. Rural Legal Assistance .....922-4563  
Community Mediation .....349-8943  
Legal Aid Foundation of SB County .922-9909  
Probation Department.....739-8500  
Victim Witness.....346-7529

## **MEDI-CAL/MEDI-CAL**

Application Assistance .....1-866-404-4007  
CenCal Health .....1-877-814-1861  
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 testing .....349-9947  
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/EMBARAZO**

Care Net Pregnancy Resources SM.....928-9285  
CalPREP--Teens.....922-2243 x122  
Planned Parenthood .....1-888-898-3806

## **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 Smiles .....928-6776  
Guadalupe Dental .....343-9500

## **SERVICES FOR THE DISABLED/ SERVICIOS PARA LOS INCAPACITADOS**

ALPHA Resource Center .....683-2145  
Braille Institute .....682-6222  
California Children's Services (CCS)...681-5360  
TriCounties Regional Center Office ..922-4640  
UCSB Koegel Autism Center .....893-2049  
Alpha Resource Center.....347-2775

## **HOSPITAL/HOSPITAL**

Marian Regional Medical Center .....739-3000



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