

# PARENT LINKS HEALTHY COPING South County



**Perinatal  
Wellness  
Coalition**

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

### EMERGENCY/EMERGENCIA

Highway Patrol.....967-1234  
Police, Fire, Ambulance.....9-1-1  
Police  
Santa Barbara.....897-2300  
Carpinteria.....684-4561  
Goleta Sheriff.....681-4100  
Poison Control.....1-800-876-4766

### MENTAL HEALTH CRISIS/ CRISIS DE SALUD MENTAL

ACCESS Team Hotline.....1-888-868-1649  
Assessment Team.....9-1-1  
CARES.....884-1615  
Friendship Line Mental Wellness .....319-9606  
SAFTY Youth Crisis.....1-888-334-2777  
Suicide Hotline.....1-800-272-TALK

### MENTAL HEALTH/ SALUD MENTAL

ACCESS Team Hotline.....1-888-868-1649  
CALM .....965-2376  
CA Psych Care (AUTISM) .....456-2380  
CATCH .....964-4711 x4480  
Community Counseling & Education  
Center.....962-3363  
Family Therapy Institute.....569-2272  
Hospice Grief Counseling.....563-8820  
Jewish Family Services.....957-1116  
New Beginnings.....963-7777  
National Association Mental Illness  
(NAMI).....884-8440  
Family Service Agency.....965-1001  
(See FRC/Vea CRF)

### TRANSPORTATION/ TRANSPORTACIÓN

SB MTD.....963-3364

### DRUG & ALCOHOL/ DROGA Y ALCOHOL

ADMHS – SB County .....681-5440  
Alcoholics Anonymous .....962-3332  
Al-Anon .....1-888-425-2666  
CADA SB.....963-1433  
Casa Serena Perinatal Residential Program  
.....966-1260  
SB Cottage Hospital.....682-7111  
Daniel Bryant Youth and Family Treatment  
Center .....730-7575  
Narcotics Anonymous.....569-1288  
Project Recovery Detox.....963-1836  
Project Recovery.....564-6057  
Tobacco Cessation.....1-800-NO-BUTTS  
.....1-800-45-NO-FUME  
Zona Seca.....963-8961

### GENERAL ASSISTANCE/ ASISTENCIA GENERAL

Department of Social Services  
General Relief.....681-4401  
Child Welfare .....1-800-367-0166  
Child Support .....1-866-249-0773  
Catholic Charities .....965-7045  
Salvation Army  
Goleta .....964-8738  
Santa Barbara .....962-6281

### FOOD/NUTRICIÓN

Food Stamps (CAL FRESH)... .....681-4401  
WIC.....681-5275  
WIC Lactation .....1-877-275-8805  
Catholic Charities  
Santa Barbara .....965-7045  
Carpinteria .....684-8621

**PARENTING PROGRAMS/  
PROGRAMAS PARA PADRES**

(See FRC/Vea CRF)

- CALM Programs.....965-2376
- California School Age Family Education--  
Teens (CALSAFE).....966-9101 x279
- Front Porch (CWS).....922-2243 x131
- Postpartum Education for Parents (PEP)  
.....English....564-3888; Spanish....852-1595
- Public Health Maternal, Child & Adolescent  
Health Nurse Home Visitation  
.....800-288-8145
- Welcome Every Baby (WEB).....898-2229
- Parent Click Services  
<http://santa-barbara-ca.parentclick.com/>

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

- Carpinteria Children’s Project at Main  
.....566-1600
- Family Service Agency SB .....965-1001 x 222
- Harding School Early Years.....965-8994
- Isla Vista Youth Projects.....968-0488
- La Cumbre Junior High..... 687-0761

**CHILD CARE/  
CUIDADO DE NIÑOS**

- Children’s Resource and Referral.....963-6631
- Foster Care Home Licensing/Adoptions  
.....346-8368
- Head Start Centers CAC.....964-8857
- State Preschool, Santa Barbara... 965-4633 x 0

**HOSPITALS/HOSPITALES**

- Goleta Cottage Hospital.....967-3411
- Santa Barbara Cottage Hospital.....682-7111

**ABUSE & SEXUAL ASSAULT/  
ABUSO SEXUAL**

- Child Welfare Services (CWS)..1-800-367-0166
- Domestic Violence Solutions.....964-5245
- South County Rape Crisis Office. ....963-6832
- Hotline.....564-3696

**LEGAL/LEGAL**

- Better Business Bureau.....963-8657
- Community Mediation.....963-6765
- Legal Aid Foundation of Santa Barbara  
County.....922-9909
- Probation Department.....739-8500
- Victim Witness.....568-2408

**MEDI-CAL/MEDI-CAL**

- Application Assistance...729-4512 & 448-2578
- CenCal Health.....1-877-814-1861
- Medi-Cal Application.....681-4401
- SB County Education Office Health Linkages  
.....964-4710 x4453

**PUBLIC HEALTH/  
SALUD PÚBLICA**

- Health Care for the Homeless..... 681-5363
- Medical Sites and HIV testing  
Eastside Clinic.....963-1641
- Isla Vista Clinic... ..968-1511
- Pacific Pride.....963-3636
- Public Health Department Health Care Clinics  
Includes OB, prenatal care, pregnancy  
testing, CHDP/immunizations, TB  
testing, HIV testing  
Carpinteria..... 560-1050
- Franklin .....568-2099
- Santa Barbara .....681-5488

**PREGNANCY/EMBARAZO**

- Care Net Pregnancy Resources.....928-9285
- CalPrep--Teen Education.....922-2243 x122
- Network Medical.....967-9096
- Santa Barbara Birth Center .....770-3700
- Planned Parenthood ..... 888-898-3806

**DENTAL/DENTAL**

- Denti-Cal .....681-4401 & 1-800-322-6384
- Denti-Cal Providers  
[http://www.dentalca.gov/provreferral/  
SantaBarbara.pdf](http://www.dentalca.gov/provreferral/SantaBarbara.pdf)
- Eastside Family Dental Clinic .....884-1998
- Goleta Neighborhood Clinic.....617-7900
- SB/Ventura Dental Society .....544-1113

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

- ALPHA Resource Center .....683-2145
- Braille Institute .....682-6222
- California Children’s Services (CCS)...681-5360
- Mariposas Project .....253-2547
- Public Guardian’s Office .....346-8337
- TriCounties Regional Center Office...962-7881
- UCSB Koegel Autism Center .....893-2049



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