

2-1-1 Santa Barbara County 211
Provides access to over 2300 health, human & community services throughout SB County.

Abuse

Child Abuse Listening & Mediation Office 965-2376
<http://www.calm4kids.org>
Child Welfare Services-24/7 Hotline 800-367-0166
http://www.countyofsb.org/social_services
Child Abuse Prevention Council 681-4678
<http://www.preventchildabusesb.org/>
Santa Barbara Rape Crisis Center 24/7 564-3696
<http://www.sbrapecrisiscenter.org>
Domestic Violence Solutions 24/7 964-5245
<http://www.dvsolutions.org>
UCSB, Sexual Harassment/Title IX 893-2701
<https://oeosh.ucsb.edu/>

Alcohol & Drug Abuse

SB Council on Alcohol & Drug Abuse 963-1433
<http://www.sbcada.org/>
SB Coalition Against Drug Abuse
<http://drugabuse.com/usa/drug-abuse/santa-barbara-ca/>
UCSB Alcohol & Drug Program
 General information 893-5013
 College Alcohol Skills Education/SAM 893-2714
<http://alcohol.sa.ucsb.edu>
UCSB, Life of the Party 893-3851
 Safer partying tips and information.
<http://lifeoftheparty.sa.ucsb.edu/>
SB Alcoholics Anonymous (AA) 962-3332
<http://www.santabarbaraaa.com/>
Central CA Cocaine Anonymous 969-5178
<http://www.cencalca.org/contact.html>
Narcotics Anonymous, Santa Barbara 569-1288
<http://www.na-santabarbara.org/>

Breastfeeding Resources

UCSB Breast Feeding Support Program
Lactation Rooms/Breast Pumps 893-4263
<http://www.hr.ucsb.edu/employee-services/family>
Cottage Hospital Lactation Center 569-7826
<http://www.cottagehealthsystem.org/tabid/376/Default.aspx>
La Leche League
<http://www.llusa.org/> 877-452-5324
<http://llofbsb.org/> 270-3321
Kellymom Breastfeeding and Parenting
<http://kellymom.com>
Women, Infants & Children (WIC)
Breastfeeding Program 681-5276
<http://www.countyofsb.org/phd/nutrition.aspx>
 Provides pump loans, classes and assistance.

Child Care

SB Children's Resource & Referral Program
<http://sbfcc.org> 963-6631
 Contact info for local licensed childcare facilities.
First 5 Early Care & Education
<http://www.first5santabarbaracounty.org/> 884-8085
State & Federal Alternative Payment Programs
 SBCEO, CD Program 964-4711 x 4409
Community Care Licensing 562-0400
<http://www.cclcd.ca.gov/>

Children with Special Needs

Alpha Resource Center 683-2145
<http://alphasb.org/family-services/>
 Serving families with children with special needs.
California Children's Services (CCS) 681-5360
<http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx>
 CCS provides occupational & physical therapy and other medical services for those children who qualify.
Koegel Autism Center, UCSB 893-2049
<http://education.ucsb.edu/autism>
Goleta Union School District, Special Needs
<http://www.goleta.k12.ca.us/> 681-1200 x 221
Santa Barbara County Education Office
<http://www.sbceo.org> 964-4710 x5317
 SBCEO provides education programs for individuals with severe physical and learning disabilities.
Santa Barbara County Special Education Local Plan Area (SELPA) 683-1424
<http://sbcselpa.org>
 SELPA coordinates services for students with disabilities whose needs cannot be met through modification of the regular education program.
Tri-Counties Regional Center 962-7881
<http://www.tri-counties.org>
 Tri-counties provides services for individuals with developmental disabilities of all ages.
Easter Seals 647-1141
<http://easterseals.com>
Scottish Rite of Freemasonry 962-8469
<http://www.sbspeech.com/>
 Provides evaluations, referrals, parent education, and individual speech therapy for preschool-aged children.

Dental Care

Denti-Cal 800 322-6384
<http://www.denti-cal.ca.gov/>
Eastside Family Dental Clinic 884-1998
<http://www.sbclinics.com/dental.html>
Health Linkages Program, SBCEO 964-4710 x 4455
Cornelia Moore Dental Foundation 962-2213
 CMDF provides free dental treatment to low-income children, without MediCal or insurance coverage.
UCSB Student Health 893-2891
<http://studenthealth.sa.ucsb.edu/>
 Dental care is covered under Gaucho Health Insurance.

Emergency Services

Reverse 911 Registration
<http://www.sbsheriff.org/reverse911.html>
UCSB Alert/ Police Department 893-3446
<http://alert.ucsb.edu> <http://www.police.ucsb.edu>
SB Sheriff's Dept (Isla Vista/ Goleta) 681-4100
<http://www.sbsheriff.org/>
Santa Barbara Police Department 897-2300
<http://www.santabarbaraca.gov/gov/depts/police/>
Santa Barbara County Fire 681-5517
<http://www.sbcfire.com>

Family Resources

Family First 813-222-8300
<http://www.familyfirst.net/>
 Articles and information on strengthening families
Mother's Helpers 450-1010
<http://www.mothershelpers.org/>
 Mothers' Helpers is a non-profit group dedicated to helping new moms who need items to care for their infants.
IV Youth Projects-Family Resource Center 968-0488
www.ivyp.org

Food/Nutrition Aid

SB County Dept. of Social Services 681-4407
<https://www.mybenefitscalwin.org/>
Women, Infants & Children (WIC) 877-275-8805
<http://www.countyofsb.org/phd/nutrition.aspx>
Santa Barbara Food Bank 967-5741
<http://www.foodbanksbc.org/>
Unity Shoppe 965-4122
<http://www.unityshoppe.org/>
A.S. Foodbank 893-2276
<http://foodbank.as.ucsb.edu/>
 Information about other community resources

Housing

Santa Barbara Housing Authority 965-1071
<http://www.hacsb.org>
UCSB, Housing & Residential Services 893-2760
<http://www.housing.ucsb.edu>
 UCSB, Community Housing Office 893-4371
Coastal Housing Partnership 969-1025
<http://www.coastalhousing.org/>
Housing Authority of Santa Barbara County
<http://www.hasbarco.org> 967-3402

Legal Resources

SB Family Support Services 882-4660
<http://www.sbcourts.org/dv/fl>
UCSB Associated Students Legal Resource Center
<http://www.as.ucsb.edu/aslrc/> 893-4246
Legal Aid Foundation 963-6754
<http://lafsb.org>

Mental Health and Counseling Services

For a comprehensive guide to mental health services for children and families of SB County, go to:

<http://www.countyofsb.org/admhs> 618-5220
SB Alcohol, Drug & Mental Health Services Department
If you have a medical or mental health emergency 911
24 hours/7 CARES (Crisis and Recovery
Emergency Services) 888-868-1649
UCSB Counseling & Psych Services - 24/7 893-4411
<http://caps.sa.ucsb.edu>
Hosford Counseling Clinic, UCSB 893-8064
<http://education.ucsb.edu/hosford>
CALM (Child Abuse Listening and Mediation)
<http://calm4kids.org> 965-2376
Santa Barbara Family Service Agency (FSA)
<http://www.fsacares.org> 965-1001
Community Counseling & Education Center (CCEC)
<http://www.ccecsb.org/> 962-3363
UCSB Women, Gender and Sexual Equity (Including:
LGBT Support; Sexual & Domestic Violence; Non-
Traditional Students, and more) 893-3778
<http://wgse.sa.ucsb.edu/>
Santa Barbara Rape Crisis Center 564-3696
<http://www.sbrapecrisiscenter.org/>
Optum Behavioral Health 808-440-8225
<https://www.liveandworkwell.com/> Access Code: 11280
Santa Barbara Response Network 229-1625
<http://www.SBresponsetnetwork.org>

Medical

Covered CA 800-300-1506
Marketplace for private insurance, with income-based subsidies; and
apply for MediCal.
<http://www.coveredca.com/>
Healthy Kids 877-814-1861
County Program for those who do not qualify for MediCal.
IV Health Clinic 617-7869
http://www.sbclinics.com/isla_vista.html
Child Health & Disability Prevention Prgm 681-5130
<http://www.countyofsb.org/phd/childrensmedsvcs.aspx>
Health Linkages Program (SBCEO) 967-4710 x 4455
Women's Health Information Center
<http://womenshealth.gov/> 800-994-9662
UCSB, Student Health Services
Advice Nurse 893-7129
Appointment Line 893-3371
<http://studenthealth.sa.ucsb.edu/>
Cottage Hospitals
Goleta Valley 967-3411 Santa Barbara 682-7111
<http://www.cottagehealthsystem.org>
Sansum Clinic 681-7500
<http://www.sansumclinic.org>
Access for Infants & Mothers 800-433-2611
<http://www.aim.ca.gov/Home/default.aspx>
CA insurance program for mid-income pregnant women.

Medical, HIV/STD

HIV/AIDS Hotline 800-367-2437
Pacific Pride Foundation 963-3636 x 125
<http://pacificpridefoundation.org/>
UCSB, Student Health & Wellness 893-3434
<http://studenthealth.sa.ucsb.edu/>

Prescription Assistance Information

Rx Outreach 800-769-3880
<http://www.rxoutreach.org>
Partnership for Prescription Assistance 888-477-2669
<http://www.pparx.org/>

Planned Parenthood

Planned Parenthood 888-898-3806
<http://www.plannedparenthood.org/>

Poison Control

CA Poison Control System 800-222-1222
www.calpoison.org

Postpartum Education

Postpartum Education for Parents 564-3888
<http://www.sbpep.org/>
Postpartum Support International 800-944-4773
<http://www.postpartum.net/>
Welcome Every Baby – First 5 898-2229
<http://www.sbceoportals.org/web/>
Nurse home visits, postpartum education & support,
breastfeeding support & newborn education.

Support Groups/ Resources

Human Resources, UCSB
Academic & Staff Assistance Program 893-3318
<http://www.hr.ucsb.edu/employee-services/counseling-consultation/academic-staff-assistance-program>
Hospice Care 563-8820
<http://www.hospiceofsantabarbara.org/>
UCSB, Resource Center for Sexual & Gender Diversity
<http://wgse.sa.ucsb.edu/sgd/> 893-5847
Outreach Program, Early Child Care & Education
Services, UCSB 893-4904
<http://childrenscenter.sa.ucsb.edu/>
UCSB, Non-traditional Students 893-5869
<http://wgse.sa.ucsb.edu/nontrad/>
Including info for quarterly A.S. Childcare Grants.
UCSB Multi-Cultural Center 893-8411
<http://mcc.sa.ucsb.edu/>
Just Communities, Central Coast 966-2063
<http://www.just-communities.org>
Just Communities envisions an equitable and inclusive Central
Coast where all people are connected, respected and valued.



Family Resource Guide

<http://childrenscenter.sa.ucsb.edu>
893-3665