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.preventchildabuse.org/
Santa Barbara Rape Crisis Center 24/7 564-3696
http://www.sbrapercrisiscenter.org
Domestic Violence Solutions 24/7 964-5245
http://www.dvsolutions.org
UCSB, Sexual Harassment/Title IX 893-2701
https://oesoh.ucsb.edu/

Alcohol & Drug Abuse
SB Council on Alcohol & Drug Abuse 963-1433
http://www.scbada.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.santanabaraa.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
La Leche League
http://www.llusa.org/ 877-452-5324
http://illolfsociety.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

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.ccld.ca.gov/

Children with Special Needs
Alpha Resource Center 683-2145
http://alaphsb.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.sbcdeo.org 964-4710 x5317
SBCEO provides education programs for individuals with severe physical and learning disabilities.
Santa Barbara County Special Education Local Plan Area (SELP A) 683-1424
http://sbcselpa.org
SELP A 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://eastersseals.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.sbcclinics.com/dental.html
Health Linkages Program, SBCEO 964-4710 x 4445
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.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 893-2700
http://www.santabarbara.ca.gov/dept/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 http://www.unitishoppe.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
http://www.coastalhousing.org/
Coastal Housing Partnership 969-1025
http://www.coastalhousing.org/
Housing Authority of Santa Barbara County 967-3402
http://www.hasbarco.org

Legal Resources
SB Family Support Services 882-4660
http://www.sbcourts.org/dv/fi/
UCSB Associated Students Legal Resource Center http://www.as.ucsb.edu/aslrc/
983-4246
Legal Aid Foundation 963-6754
http://lafsbc.org
**Mental Health and Counseling Services**

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

- [www.countyofsbc.org/admhs](http://www.countyofsbc.org/admhs)  618-5220
- [SB Alcohol, Drug & Mental Health Services Department](http://www.countyofsbc.org/admhs)
- [Crisis and Recovery](http://www.ccecsb.org/)
- [888-862-1649](http://www.ccecsb.org/)
- [UCSB Counseling & Psych Services - 24/7](http://caps.sa.ucsb.edu)  893-4411
- [Hosford Counseling Clinic, UCSB](http://education.ucsb.edu/hosford)  893-8064
- [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 (CCCEC)](http://www.ccecsb.org/)  962-3363
- [UCSB Women, Gender and Sexual Equity (Including: LGBT Support; Sexual & Domestic Violence; Non-Traditional Students, and more)](http://www.sbsrapecrisiscenter.org/)  893-3778
- [Optum Behavioral Health](http://www.liveandworkwell.com/)  808-440-8225
- [Access Code: 11280](http://www.liveandworkwell.com/)  808-440-8225
- [Santa Barbara Response Network](http://www.sbrspanetwork.org)  229-1625

**Medical**

- [Covered CA](http://www.coveredca.com/)  800-300-1506
- [Marketplace for private insurance, with income-based subsidies; and apply for MediCal.](http://www.coveredca.com/)
- [Healthy Kids](http://www.sbcclinics.com/isla_vista.html)  877-814-1861
- [County Program for those who do not qualify for MediCal.](http://www.sbcclinics.com/isla_vista.html)
- [IV Health Clinic](http://www.sbcclinics.com/isla_vista.html)  617-7869
- [Health Linkages Program (SBCEO)](http://www.countyofsbc.org/phd/childrensmedsvc.aspx)  967-4710 x 4455
- [Women’s Health Information Center](http://www.womenshealth.gov/)  800-994-9662
- [UCSB, Student Health Services](http://www.studenthealth.sa.ucsb.edu/)
  - [Advice Nurse](http://www.studenthealth.sa.ucsb.edu/)  893-7129
  - [Appointment Line](http://www.studenthealth.sa.ucsb.edu/)  893-3371
  - [Cottage Hospitals](http://www.cottagehealthsystem.org)
    - [Goleta Valley](http://www.cottagehealthsystem.org)  967-3411
    - [Santa Barbara](http://www.cottagehealthsystem.org)  682-7111
  - [Sansum Clinic](http://www.sansumclinic.org)  681-7500

**Medical, HIV/STD**

- [HIV/AIDS Hotline](http://1-800-hivact.org)  800-367-2437
- [Pacific Pride Foundation](http://www.pacificpridefoundation.org/)  963-3636 x 125
- [UCSB, Student Health & Wellness](http://studenthealth.sa.ucsb.edu/)  893-3434

**Prescription Assistance Information**

- [Rx Outreach](http://www.rxoutreach.org)  800-769-3880
- [Partnership for Prescription Assistance](http://www.ppa.org/)  888-477-2669
- [Planned Parenthood](http://www.plannedparenthood.org/)  888-898-3806

**Poison Control**

- [CA Poison Control System](http://www.calpoison.org)  800-222-1222

**Postpartum Education**

- [Postpartum Education for Parents](http://www.sbpep.org/)  564-3888
- [Postpartum Support International](http://www.postpartum.net/)  800-944-4773
- [Welcome Every Baby – First 5](http://www.sbcsoportal.org/web/)  898-2229

**Support Groups/ Resources**

- [Human Resources, UCSB](http://www.humanresources.ucsb.edu/)
  - [Academic & Staff Assistance Program](http://www.humanresources.ucsb.edu/)
    - [Including info for quarterly A.S. Childcare Grants.](http://www.humanresources.ucsb.edu/)
- [Hospice Care](http://www.hospiceofsantabarbara.org/)  563-8820
- [UCSB, Resource Center for Sexual & Gender Diversity](http://www.hospiceofsantabarbara.org/)  893-5847
- [Outreach Program, Early Child Care & Education Services, UCSB](http://www.hospiceofsantabarbara.org/)  893-4904
- [Hosford Counseling Clinic, UCSB](http://education.ucsb.edu/hosford)
- [UCSB, Non-traditional Students](http://www.hospiceofsantabarbara.org/)  893-5869
- [Hosford Counseling Clinic, UCSB](http://education.ucsb.edu/hosford)
- [Including info for quarterly A.S. Childcare Grants.](http://www.hospiceofsantabarbara.org/)
- [UCSB Multi-Cultural Center](http://www.responsenetwork.org)  893-8411
- [Just Communities, Central Coast](http://www.just-communities.org)  966-2063

**Family Resource Guide**

[http://childrenscenter.sa.ucsb.edu](http://childrenscenter.sa.ucsb.edu)  893-3665