

# Mental Health Resources

The emotional impacts of COVID-19 may be impacting you. We are living in new norms of social distancing, isolation and societal changes. This can increase stress and lead to anxiety or depression. You may know of a friend or family member who is suffering. If you or someone you know needs help with depression, anxiety or other mental health concerns, below is a list of resources to contact for help. Cottage Health is here for you. You are not alone. Please go to the Emergency Room or call 9-1-1 if you are thinking about hurting yourself or others. Help is available in a number of ways.

## Suicide Prevention

### **NATIONAL SUICIDE HOTLINE**

1 (800) 784-2433

1 (800) 273-TALK

### **CALIFORNIA YOUTH CRISIS LINE**

1 (800) 843-5200

### **24/7 HELPLINE FOR SANTA BARBARA COUNTY**

2-1-1 OR 1 (800) 400-1572

## Domestic Violence 24-Hour Crisis Hotlines

Santa Barbara (805) 964-5245

Santa Ynez (805) 686-4390

Lompoc (805) 736-0965

Santa Maria (805) 925-2160

## Crisis Support Hotlines

### **CRISIS TEXT HOTLINE:**

Text HOME to 741741

crisistexthotline.com

### **DOMESTIC VIOLENCE HOTLINE:**

(800) 799-7233

thehotline.org

### **SAFTY - CRISIS RESPONSE FOR CHILDREN, TEENS, AND YOUNG ADULTS**

(888) 334-2777

### **TCRC CRISIS RESPONSE SERVICES:**

(800) 953-9593

(Existing Tri-Counties Clients)

### **VETERANS CRISIS HOTLINE:**

(800) 273-8255

veteranscrisisline.com

## Local Counseling and Mental Health Resources

### **SANTA BARBARA COUNTY DEPARTMENT OF BEHAVIORAL WELLNESS**

The 24/7 Access Line at (888) 868-1649 is available for questions, crisis needs or linkage to alcohol and drug or mental health services.

### **CALM - CHILDREN AND TEENS**

(805) 965-2376

### **JEWISH FEDERATION OF SANTA BARBARA**

(805) 957-1116

### **INSTITUTE FOR COLLECTIVE TRAUMA AND GROWTH**

Kate Wiebe-kwiebe@ictg.org

### **AMERICAN RED CROSS/SANTA BARBARA DISASTER MENTAL HEALTH**

Roberta Ainciart- (805) 687-1331

### **HOSPICE OF SANTA BARBARA**

Michael Cruse- (805) 563-8820

### **MENTAL WELLNESS CENTER**

Annmarie Cameron- (805) 884-8440

### **HOPE COUNSELING CENTER-CHRISTIAN COUNSELING CENTER**

(805) 681-7384

### **PACIFIC PRIDE FOUNDATION-LGBTQ**

(805) 963-3636

### **COMMUNITY COUNSELING CENTER**

(805) 962-3363

### **NEW BEGINNINGS COUNSELING CENTER**

(805) 963-7777

### **YOUTHWELL - YOUTH AGED 10-25**

(805) 448-2426

### **CATHOLIC CHARITIES**

(805) 965-7045

### **FAMILY SERVICES AGENCY**

(805) 965-1001

## Emergency Shelters

### **NOAH'S ANCHORAGE**

(Children & Teens 10-18)

805-963-8775

### **PATH - HOMELESS ADULTS**

805-88-8481

### **SANTA BARBARA COUNTY SOBERING CENTER**

(805) 250-9022

### **SANTA BARBARA RESCUE MISSION - HOMELESS ADULTS**

(805) 966-1316

### **SALVATION ARMY HOSPITALITY HOUSE**

(805) 962-6281

### **TRANSITION HOUSE**

(805) 966-9668

## Pregnant and Postpartum Resources

### **POSTPARTUM SUPPORT INTERNATIONAL:**

Access to online support groups and counselors for pregnant and postpartum women and their families.

1 (800) 944-4773

