



# MENTAL WELLNESS RESOURCE GUIDE

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RESOURCE	DESCRIPTION	WEBSITE	CONTACT
VNA Health Bereavement Care	At VNA Health, all bereavement services are available to anyone in the community who has experienced the death of a loved one. Bereavement care includes: individual counseling, support groups, an annual community memorial service, resources, and referrals. There is no charge for services, thanks to generous contributions. Donations are always welcome.	<a href="http://www.vna.health/services/bereavement-care">www.vna.health/services/bereavement-care</a>	805-308-9602
Santa Barbara County Adult & Aging Network	(AAN) is a group of service providers and stakeholders who coordinate efforts for seniors and adults with disabilities and advise elected officials regarding older adults and people with disabilities.	<a href="http://www.sbcaan.org">www.sbcaan.org</a>	805-681-4678
Alpha Resource Center	Empowers individuals with intellectual and developmental disabilities through family, youth, and adult services.	<a href="http://www.alphasb.org">www.alphasb.org</a>	805-683-2145
Alzheimer's Association	The Alzheimer's Association California Central Coast Chapter provides free education programs, support services and care consultations across Santa Barbara, San Luis Obispo and Ventura counties while also supporting critical research toward a cure.	<a href="http://www.alz.org/cacentralcoast">www.alz.org/cacentralcoast</a>	800-272-3900
American Indian Health & Services	American Indian Health & Services is a Santa Barbara community health clinic that provides medical, dental, pediatric and behavioral health services to all members of our community.	<a href="http://www.aihscorp.org">www.aihscorp.org</a>	805-681-7144
American Red Cross / Santa Barbara Disaster Mental Health	As reflected in the Red Cross mission, the Central California Region seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training.	<a href="http://www.redcross.org/local/california/central-california.html">www.redcross.org/local/california/central-california.html</a>	805-687-1331
AnamaCara Death Doulas	AnamCara Volunteer Death Doulas provide the practical, emotional, and spiritual support and guidance to the dying and their families during the three stages of the dying process: before, during and after.	<a href="http://www.dyinginrace.com/death-doulas">www.dyinginrace.com/death-doulas</a>	Arlene Stepputat Arlene@ dyinginrace.com
Area Agency on Aging (AAA)	The AAA is responsible for planning, coordinating and implementing programs to promote the health, dignity, & wellbeing of older adults.	<a href="http://www.centralcoastseniors.org">www.centralcoastseniors.org</a>	805-925-9554
CADA (Council on Alcoholism and Drug Abuse)	CADA builds healthier lives, stronger families, and a safer, more vibrant community through education, prevention, and treatment of substance abuse and mental health disorders throughout Santa Barbara County.	<a href="http://www.cadasb.org">www.cadasb.org</a>	805-963-1433

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California Association of Marriage and Family Therapists	CAMFT is an independent professional organization of approximately 34,000 members representing the interests of licensed marriage and family therapists.	<a href="http://www.camft.org">www.camft.org</a>	858-292-2638
California HOPE Program	HOPE Program is an outpatient mental health clinic specializing in working with adult and adolescent clients in individual and group settings. We provide treatment services to individuals, couples, and families coping with emotional, behavioral, or psychological challenges. We also offer specialized forensic mental health services.	<a href="http://www.hopeprogram.biz">www.hopeprogram.biz</a>	805-557-8308
CALM	CALM prevents childhood trauma, heals children and families, and builds resilient communities throughout SB County. CALM provides an array of trauma-informed, evidence-based services to prevent and treat childhood trauma through family strengthening and support. Services are provided in Spanish and English, at sliding scale or free of charge if needed; no one is turned away due to inability to pay.	<a href="http://www.calm4kids.org">www.calm4kids.org</a>	805-965-2376
CenCal Health	CenCal Health is a publicly-funded health care program designed for low income residents of Santa Barbara & San Luis Obispo counties.	<a href="http://www.cencalhealth.org">www.cencalhealth.org</a>	800-421-2560
Community Counseling & Education Center (CCEC)	Community Counseling & Education Center programs aim to reduce the instances of painful experiences, disruptive coping mechanisms, dysfunctional communication and relationships, & emotional distress. In turn, an increase in self-esteem, empowerment, and overall wellbeing reduces conflict both interpersonally and intrapersonally.	<a href="http://www.ccecsb.org">www.ccecsb.org</a>	805-962-3363
The Community Wellness Team	The Community Wellness Team is a collaboration of many local agencies working together to support the wellness of our community. Services include Crisis Counseling, Grief/Bereavement Counseling, Psychological First Aid, Spiritual Care, and First Responder Critical Incident Stress Debriefing.	<a href="http://www.readysbc.org/health-safety/community-wellness-team">www.readysbc.org/health-safety/community-wellness-team</a>	805-681-5526
Family Service Agency (FSA)	Family Service Agency helps improve lives every day by providing critical mental health counseling and basic needs resources for children, families and seniors in Santa Barbara County. Staff are culturally sensitive and understand the impacts of trauma. Services are evidence-based, and lead to outcomes such as decreased anxiety and depression, and increased individual and family stability.	<a href="http://www.fsacares.org">www.fsacares.org</a>	805-965-1001

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Family Therapy Institute	The Family Therapy Institute of Santa Barbara (FTI), a public non-profit corporation was founded in 1980. For the past 42+ years, FTI has provided affordable counseling on a sliding scale fee basis for individual, couples, families, and children in Santa Barbara County.	<a href="http://www.ftisb.org">www.ftisb.org</a>	805-882-2400
Hosford Counseling and Psychological Services Clinic at UCSB	The Hosford Counseling & Psychological Services Clinic is a university-based community clinic that is designed to provide culturally sensitive, low-cost individual, couple, family, and group psychological treatment to the entire Santa Barbara community. We serve the general public as well as students, faculty and staff from our local universities/colleges.	<a href="http://www.education.ucsb.edu/hosford">www.education.ucsb.edu/hosford</a>	805-893-2238
Hospice of Santa Barbara	Since 1974 Hospice of Santa Barbara, Inc. has been providing compassionate care and support to those impacted with serious illness and the bereaved in our community. We are the second oldest hospice program in the United States, and we continue to build today on our distinguished history.	<a href="http://www.hospiceofsb.org">www.hospiceofsb.org</a>	805-563-8820
Institute for Collective Trauma and Growth	Institute for Collective Trauma and Growth provides community and faith-based leaders, including first and second responders, with restorative strategies for personal/group growth after collective loss.	<a href="http://www.ictg.org">www.ictg.org</a>	805-364-4496 Kate Wiebe kwiebe@ictg.org
Jewish Family Service of Greater Santa Barbara	Jewish Family Service, a department of the Jewish Federation of Greater Santa Barbara, is dedicated to strengthening the quality of life for individuals and families throughout their life. Jewish Family Service offers a wide range of professional counseling and support services, without regard to religion, race, ethnicity, or disability.	<a href="http://www.jewishsantabarbara.org/jewish-family-service">www.jewishsantabarbara.org/jewish-family-service</a>	805-957-1115 info@sbjfb.org
Mental Wellness Center	The Mental Wellness Center works with thousands of people every year to improve and maintain mental wellness.	<a href="http://www.mentalwellnesscenter.org">www.mentalwellnesscenter.org</a>	805-884-8445 info@mentalwellnesscenter.org
Mi Vida, Mi Voz	Mi Vida, Mi Voz (MVMV) is a community collaboration focused on ensuring Spanish-speaking SB County families are able to access all of the resources offered by our community. MVMV has a bilingual website directory that includes a variety of resources for individuals and families, as well as a biweekly newsletter that highlights different resources. Most importantly, they partner with hundreds of Community Champions within the county to expand its reach.	<a href="http://www.mividamivoz.com">www.mividamivoz.com</a>	805-705-4846

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New Beginnings Counseling Center	New Beginnings is a non-profit organization that provides psychological counseling and housing assistance services to the homeless, as well as low-income individuals and families throughout Santa Barbara County.	<a href="http://www.sbnbcc.org">www.sbnbcc.org</a>	805-963-7777
Parkinson's Association	The Parkinson Association of Santa Barbara offers education, motivation, friendship, and support to people with Parkinson's and their caregivers, family members, and friends. We strive to help people maintain a positive quality of life.	<a href="http://www.mypasb.org">www.mypasb.org</a>	805-683-1326
Sansum Clinic	As a premier integrated delivery system, we provide high-value healthcare to the communities we serve, managing the population's healthcare needs, while also creating a model of care that will thrive in California's rapidly changing healthcare arena.	<a href="http://www.sansumclinic.org">www.sansumclinic.org</a>	805-681-7500
Santa Barbara County Department of Behavioral Wellness	A non-profit organization serving San Luis Obispo and North Santa Barbara Counties, Transitions-Mental Health Association is dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community, and family support services.	<a href="http://www.t-mha.org">www.t-mha.org</a>	Suzanne Grimesey 805-886-5403
Santa Barbara County Psychological Association	Santa Barbara County Psychological Association stand united with Black voices in condemning all acts of racism, both interpersonal and systemic. We seek to uplift the value of all Black lives, including Trans Black lives, Queer Black lives, and Black persons with disabilities.	<a href="http://www.sbcpa.org">www.sbcpa.org</a>	805-530-5252
Santa Barbara Response Network	SBRN offers Psychological First Aid (PFA) as its primary response to those who have experienced a traumatic event and request our assistance. PFA is an evidence-based method of providing culturally sensitive psychological support to those who have experienced trauma. It aims to reduce initial distress and help foster long-term adaptive coping skills needed to move toward resilience.	<a href="http://www.sbresponsenetwork.org">www.sbresponsenetwork.org</a>	Jina Carvalho 805-452-6457
Santa Ynez Valley People Helping People	People Helping People is dedicated to improving the lives of men, women, and children in the Santa Ynez Valley, Los Alamos, and surrounding communities by addressing emergency and basic needs, furnishing comprehensive integrated family and individual support services, and acting as a catalyst for positive community change.	<a href="http://www.syvphp.org">www.syvphp.org</a>	805-686-0295

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Santa Barbara Neighborhood Clinics	Santa Barbara Neighborhood Clinics provides high-quality, consistent services to our patients and to each other. We create a positive environment for our patients and our employees. We dedicate ourselves to open communication throughout the organization. We believe that financial sustainability is critical in order for our organization to carry out its mission.	<a href="http://www.sbclinics.org">www.sbclinics.org</a>	805-594-0343
Soaring Spirits	Soaring Spirits builds community. We create, and maintain, innovative peer-based grief support programs for widowed men and women that serve a worldwide population. Based on the powerful connections created by shared experience, we endeavor to ensure that no one need grieve alone.	Soaring Spirits International <a href="http://www.soaringspirits.org">www.soaringspirits.org</a> Camp Widow <a href="http://www.campwidow.org">www.campwidow.org</a> Soaring Spirits Resilience Center <a href="http://www.widowedresilience.org">www.widowedresilience.org</a>	877-671-4071 contact@soaringspirits.org
Suicide Prevention and Awareness	Suicide Prevention activities provided through Behavioral Wellness include public and targeted information campaigns, stakeholder involvement in action teams, training, school postvention support and response (the provision of psychological support, crisis intervention and other forms of assistance to those affected by a campus suicide or other traumatic event.	<a href="http://www.countyofsb.org/behavioral-wellness/suicide-prevention.sbc">www.countyofsb.org/behavioral-wellness/suicide-prevention.sbc</a>	888-868-1649
The Glendon Association	The mission of The Glendon Association is to save lives and enhance mental health by addressing the social problems of suicide, child abuse, violence, and troubled interpersonal relationships.	<a href="http://www.glendon.org">www.glendon.org</a>	805-681-0415
The Shared Crossing Project	We are the only end-of-life organization dedicated to raising awareness and educating people about shared crossings, which are transformative and healing experiences reported by dying persons as well as their loved ones and caregivers.	<a href="http://www.sharedcrossing.com">www.sharedcrossing.com</a>	William Peters 800-820-1990
Zona Seca	Zona Seca (or dry place) is proud to have been a partner in the community for more than 50 years, helping LOCAL COMMUNITIES become drug-free while educating residents, young and old, about the perils of ALCOHOL, DRUGS, and DOMESTIC VIOLENCE.	<a href="http://www.zonaseca.com">www.zonaseca.com</a>	805-963-8961