

Alcoholics Anonymous:(805) 962-3332 www.santabarbaraaa.com(or email manager@santabarbaraaa.com) (Of note, a new phone app called “Meeting Guide” lists closest meetings/times

Al-Anon:(805) 899-8302 <http://www.alanonSantaBarbara.ifno>

Alateen coordinator (Jim) (805) 452-9703

Informacion en espanol (805) 403-4907

Beginners meeting coordinator (Debra) (805) 680-1704

County of Santa Barbara

ACCESS Line (24 hour free, confidential, multilingual support) (888) 868-1649

Community Wellness Team (Post Thomas Fire and 1/9 Debris Flow): ReadySBC.org

DOR - TAY: Intensive treatment, support, vocational assistance program for youthaged 16-25 jmiles@co.santa-barbara.ca.us

Cottage Health System Referral Numbers

Inpatient Medical Detoxification (805) 569-8339

Cottage Residential Center (voluntary substance disorder treatment) (805) 569-7422

Bridge Clinic: Transitional outpatient clinic for people with substance use disorders who do not have outpatient care or providers (805) 324-8336 (appointments or walk-in Monday-Friday 1-5 p.m.)

COPE (Cottage intensive outpatient 4 x weekly program for substance use disorders and mental health treatment) www.cottagehealth.org (805) 569-7434

Family Services Agency(low-cost counseling for children, families, seniors) fsacares.org/support (805) 965-1001

Hosford Counseling and Psychological Services Clinic– sliding scale counseling for individuals, couples, families, children/adolescents; Closed to intakes during the summer, reopens in the fall (805) 893-8064

Hospice of Santa Barbara(Counseling/grief groups at no cost) (805) 563-8820

Independent Living Resource Center(housing help, ASL interpreting, assistive technology, personal assistance for people living with disabilities www.ilrc-trico.org (805)963-0595

Mental Wellness Center(education, family support/NAMI), community action) (805) 884-8440

Santa Barbara Response Network (Psychological First Aid for community, family, individual trauma) sbrncommand@gmail.com (805) 617-0541

Support Groups for Caregivers(Coast Caregiver Resource Center) (805) 569-8950

Alzheimer's/Dementia Caregivers support group (Los Osos) : (805) 534-9234

Caregivers of Parkinson's Support Group (Arroyo Grande) Last Wednesdays, 10-11:30

Youth Wellness Connection(student-led teen support in every SB high school)Last Wednesdays, 10-11:30

Wcclubs.org (Teens can text if they need support: CONNECT to 74141)