

**PARENT LINKS
HEALTHY
COPING
Mid-County**



**Maternal Child Perinatal
Mental Health and
Substance Use Coalition**

**ALL PHONE NUMBERS HAVE AN
(805) AREA CODE UNLESS
OTHERWISE LISTED**

POISON CONTROL1-800-876-4766
POLICE LOMPOC.....736-2341
POLICE, FIRE, AMBULANCE.....9-1-1
SHERIFF'S DEPT BUELLTON...686-8150
SHERIFF'S DEPT SOLVANG.....686-5000

**MENTAL HEALTH CRISIS
RECURSOS/RECURSOS PARA CRISIS**

ACCESS TEAM HOTLINE..1-888-868-1649
ASSESSMENT TEAM9-1-1
CARES.....884-6850
CRISIS HELPLINE928-5818
MENTAL WELLNESS CENTER..884-8440
.....NAMI ADVOCATE x3206
S.A.F.T.Y YOUTH CRISIS.....888-334-2777
SUICIDE HOTLINE.....800-272-TALK

MENTAL HEALTH/SALUD MENTAL

ANGER MANAGEMENT347-9994
CA PSYCH CARE (AUTISM).....456-2380
CALM...614-9160
CATCH.....964-4711 x.4480
CHARLES GOLODNER COUNSELING
GROUP LOMPOC.....740-1144
DOROTHY JACKSON CENTER..742-2942
FAMILY SERVICE AGENCY.....735-4376
GRIEF RECOVERY739-3780
LIFE STEPS FOUNDATION614-9299
PEOPLE HELPING PEOPLE (PHP)- EARLY
CHILDHOOD MENTAL HEALTH
COUNSELING PROGRAM686-0295
SANTA MARIA YOUTH AND FAMILY
CENTER928-1707
TRANSITIONS/MENTAL HEALTH
ASSOCIATION564-6500

**TRANSPORTATION
TRANSPORTACION**

LOMPOC COLT.....875-8268



**DRUG & ALCOHOL ASSISTANCE
ASISTENCIA DE DROGAS Y
ALCOHOL**

ALCOHOLICS ANONYMOUS SM
.....925-3782
ALCOHOLICS ANONYMOUS
SOLVANG.....688-4304
ALANON737-3969
CENTRAL COAST HEADWAY LO
.....737-0015
COAST VALLEY SUBSTANCE ABUSE
CENTER.....735-7525
GOOD SAMARITAN ,DETOX,
RECOVERY WAY, TURNING POINT
WOMEN & CHILDREN
.....1-800-315-2056 & 736-0357
MENTAL WELLNESS CENTER..884-8440
.....NAMI ADVOCATE x3206
PROJECT PREMIE/FIRST STEPS
.....925-0315
ZONA SECA – LOMPOC.....740-9799

**GENERAL ASSISTANCE
ASISTENCIA GENERAL**

AMERICAN RED CROSS.....928-0778
CATHOLIC CHARITIES922-2059
CHILD SUPPORT.....1-866-249-0773
CHILD WELFARE...1-800-367-0166
DEPT. OF SOCIAL SERVICES
GENERAL RELIEF346-7135
SALVATION ARMY349-2421

FOOD & NUTRITION

CENTRAL COAST RESCUE MISSION
.....614-0220
FOOD STAMPS.....346-7135
FOOD & EMERGENCY PROG –
SOLVANG PHP.....686-0295
GOOD SAMARITAN SHELTER...347-3338
WIC.....346-8450
WIC LACTATION.....346-8452

**PARENTING PROGRAMS
PROGRAMAS PARA PADRES**

CALIFORNIA SCHOOL AGE FAMILY
EDUCATION
(CALSAFE)..... 925-2567
CALM PROGRAMS.....614-9160
CARE NET.....928-9285
CO. PHD MATERNAL CHILD
HEALTH -HOME VISITATION
.....1-800-288-8145
FRONT PORCH.....922-2243 x131
POSTPARTUM EDUCATION FOR
PARENTS (PEP).....564-3888
SPANISH.....852-1595
SAFE CARE (CAC).....922-2243 x104
TEEN AGE PREGNANCY PROGRAM
(TAPP).....740-4555
WELCOME EVERY BABY (WEB)
.....922-5459
<http://santa-barbara-ca.parentclick.com/>

FAMILY RESOURCE CENTERS (FRC)

DOROTHY JACKSON742-2943
SANTA YNEZ VALLEY PEOPLE
HELPING PEOPLE
BUELLTON.....688-4222 x2275
LOS ALAMOS.....344-3172
SANTA YNEZ.....686-7355

**CHILD CARE SERVICE
SERVICIOS PARA CUIDADO DE
NIÑOS**

CHILDREN'S RESOURCE
REFERRAL/PROGRAM.....925-7071
FOSTER HOME LICENSING/
ADOPTIONS.....346-8368
HEAD START-CAC.....922-2243
STATE PRESCHOOLS, LOMPOC/SANTA
YNEZ 964-4710 x 4464
YMCA PRESCHOOL/
AFTER SCHOOL.....937-8521

**ABUSE/SEXUAL ASSAULT
ABUSO SEXUAL**

ADVOCATES FOR CHILD ABUSE &
DOMESTIC VIOLENCE
PREVENTION 24/7.....686-0295
CHILD WELFARE SERVICE 800-367-0166
DOMESTIC VIOLENCE SM.....736-0965
NO. COUNTY RAPE CRISIS.....963-6832
HOTLINE.....564-3696



LEGAL

CA. RURAL LEGAL ASSIST.....922-4563
FAMILY LAW FACILITATOR.....614-6442
LEGAL AID.....736-6582
PROBATION DEPT -SM.....739-8500
VICTIM WITNESS.....737-7910

**MEDI-CAL SERVICES
SERVICIOS de MED-CAL**

CENCAL HEALTH.....1-877-814-1861
COUNTY HEALTH CLINIC.....737-6450
APPLICATION ASSISTANCE..1-888-747-1222
MEDI-CAL APPLICATIONS-DSS...737-7080
SANTA YNEZ VALLEY PEOPLE
HELPING PEOPLE.....349-9639
SBCEO HEALTH LINKAGES.....735-8967

(SEE FAMILY RESOURCE CENTERS)

**PUBLIC HEALTH
SALUD PUBLICA**

HIV TESTING /IZ/ TB TEST.....737-6400
HOMELESS PROGRAM681-5363
OB PRENATAL CARE/PREGNANCY/
REGISTRATION.....739-8710
PUBLIC HEALTH DEPT.....737-6400

**PREGNANCY/EMBARAZO
Reproductive Health Education**

CARE NET PREGNANCY RESOURCES
SM.....928-9285
CALPREP - TEENS.....922-2243 x122
PLANNED PARENTHOOD...888-898-3806

DENTAL/SERVICIO DENTAL

CENTRAL COAST DENTAL
SOCIETY.....544-1113
COMM HEALTH CENTER DENTAL
.....737-1169
DENTI-CAL.....1-800-322-6384
DENTI-CAL PROVIDERS
[http://www.denti-
cal.ca.gov/provreferral/SantaBarbara.pdf](http://www.denti-cal.ca.gov/provreferral/SantaBarbara.pdf)
SANTA YNEZ TRIBAL HEALTH
CLINIC.....922-3530

**SERVICES FOR THE DISABLED
SERVICIOS PARA LOS
INCAPACITADOS**

ALPHA RESOURCE CENTER.....683-2145
CALIFORNIA CHILDRENS SERVICES
.....681-5360
BRAILE INSTITUTE.....682-6222
TRI COUNTIES REGIONAL OFFICE -
SM.....922-4640
UCSB KOEGEL AUTISM CTR...893-2049

HOSPITALS

LOMPOC VALLEY MEDICAL CENTER
.....737-3300
SANTA YNEZ COTTAGE HOSPITAL
.....688-6431



**TO REQUEST UPDATES FOR THIS
RESOURCE GUIDE CALL 681-5476**