

2017

Maternal Emotional Wellness Resource Guide

Dial 2-1-1
for Immediate
Assistance

Service Providers

2-1-1 is a collaborative effort and we need your partnership. Your agency is responsible to get your information to 2-1-1 and provide updates.

If you are not in 2-1-1 and/or would like to review or update your information contact us at 211sbco@cacsb.com

Santa Barbara County 2-1-1 Health and Human Services Helpline

2-1-1 is an easy to remember Health and Human Service phone number connecting you to resources, which are tailored to your needs and circumstances. We take into account accessibility, eligibility requirements and other factors. 2-1-1 is Free, Confidential, and Available 24 Hours a Day, 7 Days a Week in 150 Languages.

What happens when you dial 2-1-1?

When you dial 2-1-1, you will speak to one of our live representatives. We will ask some questions about yourself and your situation. The call is a confidential conversation; we will use your answers to determine the best resources for you. You will be provided accurate information on various programs available in your city.

What is the difference between 2-1-1, 9-1-1 and 4-1-1 phone numbers?

2-1-1 Community Health and Human Services

9-1-1 Life Threatening Emergency Services

4-1-1 Business Directory

Dial 2-1-1 to find Health and Human Services including:

Senior Services

Food Assistance

Counseling

Housing

Legal Assistance

Health Care

And much more ...



Santa Barbara County

2-1-1TM

Get Connected. Get Answers.

TABLE OF CONTENTS

CRISIS HOTLINES	Page 1
PROFESSIONAL SUPPORT	Page 1-2
PEER SUPPORT	Page 3-4
HOME VISITATION	Page 5

CRISIS

24-HOUR TOLL-FREE ACCESS LINE – SANTA BARBARA COUNTY DEPARTMENT OF BEHAVIORAL WELLNESS

Toll-free line that provides mental health and substance use information, referrals and crisis response. Clinicians are available 24/7, weekends and holidays for all of Santa Barbara County.

If an individual is experiencing a mental health crisis that places anyone in immediate danger, call 911.

Eligibility: People struggling with alcohol, drug, and/or mental health problems. People experiencing a mental health crisis but are not in immediate danger. Adults, Teens, Children, Families, Females, Males

Language: English, Spanish and additional languages offered through a language line

Phone Number: 888.868.1649 Open 24/7

Website: www.countyofsb.org/behaviorla-wellness

PROFESSIONAL SUPPORT

COUNSELING – COMMUNITY COUNSELING CENTER

Counselors offer short-term, low-cost, professional counseling for children, adolescents, and adults of all ages with a variety of problems including: anxiety, depression, eating disorders, marital and family issues, parenting, gay/lesbian issues, anger, grief, phobias, stress, postpartum depression, and transitional issues that can be helped by short-term counseling. No walk-in clinic for emergency situations or chronic mental health problems.

Eligibility: Individuals, couples and families who would not otherwise be able to afford it due to no insurance and/or a low to moderate income

Language: English, Spanish

Phone Number: 805.543.7969

Website: www.cccslo.com

HOLMAN GROUP – CENCAL HEALTH

Provides behavioral health services to individuals with mild to moderate mental health conditions in need of outpatient mental health services.

Eligibility: Individuals and families with CenCal Health Medi-Cal insurance.

Language: Language Line Available

Phone Number: 800.321.2843 Open 24/7

Website: www.holmangroup.com

POSTPARTUM DEPRESSION SUPPORT – CHILD ABUSE LISTENING MEDIATION (CALM)

Individual or group support for mothers who are suffering from mental health issues, including anxiety and postpartum depression, arising from pregnancy or birth of their child. Staff works with parents to create a healthy parent-child attachment and ensure that mothers get the support they need. Individual therapy is available for parents struggling with more significant issues, such as a history of trauma or loss.

Eligibility: Service for mothers of children ages 0-5

Language: Available in all languages

Phone Number: 805.614.9160

Website: www.calm4kids.org

POSTPARTUM / INFERTILITY SUPPORT – COMMUNITY COUNSELING CENTER

Provides group, couple and individual therapy specialized to treat Reproductive Trauma, Perinatal Mood and Anxiety Disorder (PMAD) and In Vitro Fertilization issues (IVF). Service located in San Luis Obispo but available for Santa Maria residents.

Eligibility: Open to all
Language: English
Phone Number: 805.543.7969 or E-mail directly jamie.hutchcraft@yahoo.com
Website: www.cccslo.com

SANTA BARBARA COUNTY DEPARTMENT OF BEHAVIORAL WELLNESS

Provides services to individuals with moderate-to-severe mental health and/or alcohol and substance use conditions. Services are provided on an inpatient, outpatient and crisis basis.

Eligibility: Adults, Teens, Children, Families, Females, Males – Open to all
Language: English, Spanish and additional languages offered through a language line
Phone Number: 888.868.1649
Website: www.countyofsb.org/behavioral-wellness

PEER SUPPORT

MOMMY MEET UP – MARIAN REGIONAL MEDICAL CENTER

Breastfeeding support groups available to discuss ask questions and share information with other new parents. Topics discussed consist of breastfeeding, baby care, and adjusting to life with a new baby. Groups facilitated by a lactation consultant. Baby weigh-ins available.

Eligibility: Mothers, babies, and dads are welcome.

Language: English, Spanish

Phone Number: 805.349.2229

Website: www.marianmedicalcenter.org

PEP WARM LINE – POSTPARTUM EDUCATION FOR PARENTS

Provides 24/7 confidential one-on-one support from trained volunteer parents. The Warm line offers from basic infant care to breast or bottle feeding issues to postpartum adjustment information and support.

Eligibility: Parents of a new baby arrival

Language: English, Spanish

Phone Number: 805.564.3888 Open 24/7

Website: www.sbpep.org

LIFE CHANGES WITH A BABY – MARIAN REGIONAL MEDICAL CENTER

Provides weekly group meetings for parents to meet other soon to be parents or parents of children ages newborns to 1yr olds. Groups are facilitated by trained volunteers. Offers a safe place to share highs and lows of parenting a newborn and provides peer support.

Eligibility: Anyone pregnant and/or caring for a child up to 1 year old

Language: Spanish

Phone Number: 805.739.3588

Website: www.marianmedicalcenter.org

POSTPARTUM SUPPORT INTERNATIONAL CHATS FOR DADS – POSTPARTUM SUPPORT INTERNATIONAL

Provides Postpartum support through a live phone session for dads; facilitated by a licensed mental health professional. During the sessions dads can connect with other dads and talk about resources, symptoms, options and general information about perinatal mood and anxiety disorders. Limited to the first 15 callers. Chat groups offered the first Monday of every month. Visit the web or call for chat group times.

Eligibility: Open to Dads

Language: English

Phone Number: 1.800.944.8766 Chat Line, 73162# Code, 503.894.9453 Business Line

Website: www.postpartum.net/chat-with-an-expert/

POSTPARTUM SUPPORT INTERNATIONAL CHATS FOR MOMS AND HELPERS – POSTPARTUM SUPPORT INTERNATIONAL

Provides Postpartum support groups through a live phone session. Chat is facilitated by a licensed mental health professional. During the sessions moms and helpers can connect with others and get answers to questions by a trained professional who understands what they may be going through. Limited to the first 15 callers. Chat groups offered every Wednesday. Visit the web or call for chat group times.

Eligibility: Open to moms and anyone helping them through postpartum

Language: English

Phone Number: 1.800.944.8766 Chat Line, 73162# Code, 503.894.9453 Business Line

Website: www.postpartum.net/chat-with-an-expert/

KRISTEN BROOKS HOPE CENTER – PPD MOMS

Provides peer guidance to treatment and support, as well as information about postpartum depression. Aims to make screening new mothers for PPD a routine part of prenatal and postnatal care.

Eligibility: Open to all
Language: English
Phone Number: 800.773.6667
Website: www.1800ppdmoms.org

LOMPOC VALLEY MEDICAL CENTER – BREAST FEEDING MOTHERS SUPPORT GROUP

Breastfeeding and postpartum support groups moderated by a Registered Nurse and an international board certified lactation consultant, giving all participants the chance to ask questions and discuss any concern. Groups allow new moms to connect and obtain knowledge and support.

Eligibility: Open to all
Language: English
Phone Number: 805.737.3395
Website: www.lompocvmc.com

WARMLINE (PSI) – POSTPARTUM SUPPORT INTERNATIONAL

Provides a toll-free telephone number offering basic information, support, and resources about emotional and mental health during pregnancy and postpartum. Caller leaves a confidential message any time, and one of the warm line volunteers returns the call as soon as possible. If the caller is not able to talk when the volunteer calls them, they can arrange another time to connect.

Eligibility: Open to all
Language: English
Phone Number: 800.944.4773
Website: www.postpartum.net/

HOME VISITATION

MATERNAL CHILD ADOLESCENT HEALTH PROGRAM – SANTA BARBARA COUNTY PUBLIC HEALTH (MCAH)

Serves children, women of child bearing age, and families who are low-income and at high risk for adverse outcomes related to, but not limited to, lack of health insurance, being a teen parent, medical conditions, problems during and after pregnancy, child's developmental delays, exposure to tobacco, alcohol and/or drugs, family violence, depression or other conditions that interfere with health. In addition, addresses the area of Perinatal Mood and Anxiety Disorder (PMAD) through conducting client screening, providing emotional and clinical support, discussing self-care, and making referrals to higher levels of care for diagnosis and/or additional community support.

Eligibility: Serves children and women of child bearing age who are low-income and at high risk for adverse outcomes, such as; no health insurance, teen parents, medical conditions, problems during and after pregnancy, child's developmental delays, exposure to tobacco, alcohol, drugs, family violence, depression or other conditions that interfere with health

Language: English, Spanish

Phone Number: 805.346.8436 Santa Maria Line, 1.800.288.8145 Referral Line

Website: www.sbcphd.org

WELCOME EVERY BABY – SANTA BARBARA COUNTY EDUCATION OFFICE

Provides a nurse home visit for newborns within the first few days of bringing the newborn home. Nurse visit includes: lactation (breastfeeding) support, mother and newborn medical assessment, newborn care, baby blues/postpartum depression information and support, and information and referrals for developmental concerns, pre-school for siblings, emotional issues, and connection to other resources in SB County.

Eligibility: Family must have a newborn and live in Santa Barbara County and not be receiving postpartum nurse home visits from another agency.

Language: English, Spanish

Phone Number: 805.729.1593

Website: www.sbceo.org

GREAT BEGINNINGS: EARLY CHILDHOOD PREVENTION AND INTERVENTION – CHILD ABUSE LISTENING MEDIATION (CALM)

Trained professionals meet with parents of young children, even before birth. Helps parents form healthy attachments with their children, identify services of support, and learn healthy parenting strategies. Home visitors assess homes for safety, evaluate children's development, and connect the families to resources. Therapeutic support for mothers experiencing postpartum depression.

Eligibility: Open to all

Language: Available in all languages

Phone Number: 805.614.9160

Website: www.calm4kids.org



Updated: July 2017