Veterans & Family
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 us 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 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 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 you 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?
- 9-1-1 life threatening emergency services
- 2-1-1 Community Health and Human 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 ...
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**HOTLINES**

**Veteran Support- National Veterans Foundation (NVF)**
Assists veterans with needs including medical treatment, PTSD counseling, VA benefits advocacy, food, shelter, employment, training, legal aid, suicide intervention and more.

**Eligibility:** Must be veterans, or their families

**Language:** English

**Phone Number:** 888.777.4443

**Coverage Area:** National

**Website:** https://nvf.org/

**Veteran Suicide Prevention Hotline - National Suicide Prevention Lifeline**
Provides mental health services for all individuals of all ages, including veterans and families of military personnel and veterans. Services include crisis intervention, suicide prevention hotline, as well as a chat line. The hotline is a national, 24 hour, suicide prevention service available to individuals seeking help with emotional distress or in a suicidal crisis. After a short automated message, callers will be connected to the nearest available suicide prevention and mental health call center participating in the network. Military personnel, veterans, and families of military personnel and veterans must select Option #1 on the menu to be connected to the appropriate call center.

**Eligibility:** Anyone in emotional distress, in a crisis situation or suicidal

**Language:** English, Spanish; other languages available through tele-interpretation line

**Phone Number:**
- 800.273.8255 Phone 24 Hour Hotline – 1.800.273.TALK (For Veterans- press 1)
- 888.628.9454 Phone 24 Hour Hotline - Spanish
- 800.799.4889 TTY 24 Hour Hotline - TTY Line for the Hearing Impaired

**Coverage Area:** U.S.

**Website:** www.veteranscrisisline.net

**Wounded Solider and Family Hotline**
Provides wounded soldiers and their families with a way to seek help to resolve their medical, financial and personal issues. Captures timely and accurate information from soldiers and their families on the quality of outpatient care in order to ensure prompt and thorough response to concerns and to increase the reality and perception of soldiers receiving timely, quality care and assistance in the resolution of other non-medical issues.

**Eligibility:** Soldiers and their families

**Language:** English

**Phone Number:**
- 800.984.8523 Phone U.S. Army Wounded Soldier & Family Hotline
- 866.966.1020 Phone Defense Center of Excellence for Psychological Health & Traumatic Brain Injuries
- 800.796.9699 Phone Deployment Health Clinical Center

**Coverage Area:** National

**Website:** www.armymedicine.mil/
**Behavioral Health Center**

**Aurora Vista Military Support (Active Duty and Veterans)-Aurora Vista Del Mar Hospital**
Provides support services utilizing only evidence based practices for active duty military and Veterans for Post-Traumatic Stress Disorder, combat related stress, substance abuse/dependence, mood disorders, co-occurring disorders (PTSD/CD).

**Eligibility:** Active Duty Military and Veterans Adults

**Language:** English

**Phone Number:** 805.653.6434

**Coverage Area:** Santa Barbara County

**Website:** http://www.vistadelmarhospital.com/Military%20Support

**Counseling**

**Mental Health Service Matching-Give an Hour**
Provides a website database search with mental health providers offering free counseling services to U.S. military personnel and families. Licensed mental health professionals offer treatment for: anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, loss and grieving and more.

**Eligibility:** Must be United States military personnel and their loved ones, who are affected by their time in service

**Language:** English, Spanish

**Coverage Area:** U.S.

**Website:** www.giveanhour.org

**Military OneSource- Department of Defense**
Offers general counseling services face to face, by telephone and online. Counseling sessions address short-term non-medical concerns and are limited to 12 sessions per issue per counselor. Services are not designed to address long-term issues such as child or spouse abuse, suicidal ideation, and mental health issues. People in need of long-term care are referred to a military treatment facility.

**Eligibility:** Services are restricted to active duty, Reserve, National Guard members, and their families, as well as deployed civilians and their families.

**Language:** English, Spanish Multiple language translation available

**Phone Number:**
800.342.9647
877.888.0727 (Spanish)

**Coverage Area:** U.S.

**Website:** www.militaryonesource.mil

**Psychological Health and Traumatic Brain Injury-Defense Centers of Excellence (DCOE)**
Offers a 24/7 hotline and website with information and referral services to active military, families of active duty military, families of active military, and veterans who are dealing with mental health issues and traumatic brain injuries.

**Eligibility:** Must be active military, veterans, or family members of active military or veterans, or someone who supports them

**Language:** English

**Phone Number:** 866.966.1020

**Coverage Area:** National

**Website:** www.dcoe.mil

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbco.org
Woman’s Veterans Hotline—California Department of Veteran Affairs
Provides information about Veteran benefits to include health care services for women. Callers can be linked to information on claims, education or health care appointments as well receive information about veteran affairs, cemeteries and memorial benefits. Trained call specialist are trained to provide urgent need information such as mental health and homeless services.

**Eligibility:** Open  
**Language:** English and Spanish  
**Phone Number:** 855.829.6636  
**Coverage Area:** Continental U.S.  
**Website:** N/A

**Vet Center**
Offers individual and group counseling to veterans and individuals in active duty as well as to their family members. Services can include: individual counseling, marital and family counseling, bereavement counseling, sexual trauma counseling, education and outreach, assistance in applying for VA benefits, referral to medical services, alcohol/drug treatment referral, employment referrals and referral to community resources.

**Eligibility:** Vets and active duty individuals as well as their families.  
**Language:** English, Spanish  
**Phone Number:** 805.782.9101 San Luis Obispo  
805.585.1860 Ventura  
**Coverage Area:** Santa Barbara County  
**Website:** https://www.vetcenter.va.gov/

**Treatment Centers**

**Community Based Outpatient Clinic—U.S. Department of Veterans Affairs (DVA)**
Provides outpatient medical care, diagnosis and medical management for eligible veterans. Also available are mental health and social work services, as well as a variety of specialty clinics.

**Eligibility:** VA Healthcare beneficiaries  
**Language:** English  
**Phone Number:** 805.683.1491 Santa Barbara  
805.354.6000 Santa Maria  
**Coverage Area:** Santa Barbara County  
**Website:** https://www.va.gov/health/

**Transportation**

**Central Coast Volunteer Veterans Shuttle—U.S. Department of Veterans Affairs (DVA)**
Offers veterans free door to door shuttle service to VA Outpatient Clinics, must be referred through a medical provider.

**Eligibility:** VA Healthcare beneficiaries  
**Language:** English, Spanish  
**Phone Number:** 805.354.6000  
**Coverage Area:** Mid/North County  
**Website:** N/A
Hero Miles-Fisher House Foundation
Accepts airline frequent flyer mile donations and provides round-trip airline tickets to wounded, injured, and ill service members and/or their families who are undergoing treatment at a military or VA medical center.

 Eligibility: None for mileage donation. Check participating airline information through the website
 Language: English
 Phone Number: 888.294.8560
 Coverage Area: U.S.
 Website: www.fisherhouse.org/programs/hero-miles/

Medical Supportive Services
Supportive Services for the Visually Impaired-Blinded Veterans Association (BVA)
This program provides support and encourages rehabilitation for blinded veterans. Assists with: processing and submission of disability compensation claim, nonservice-connected disability pension claims, develop independent living skills, including orientation and mobility skills, visual skills, and computer skills for adapted computer programs (Zoom Text and JAWS), supports legislation information about available benefits.

 Eligibility: Ages 18 years old and older, must be a legally blind veteran, and must have honorable discharge and at least 180 days of active service.
 Language: English
 Phone Number: 808.669.7079
 Coverage Area: U.S.
 Website: www.bva.org

Medication Assistance Program-APA Inc. (Veterans Preference)
Provides representation for individuals to access free or low coast medication and/or Diabetes care supplies.

 Eligibility: Depends on individual program eligibility
 Language: English, Spanish
 Phone Number: 805.350.2633 Lompoc
 805.614.2040 Santa Maria
 Coverage Area: Santa Barbara County
 Website: www.apameds.com

Veterans Service Program-Santa Barbara County Treasure
Assists veterans and their families in initiating claims and applications for benefits, compensations, appeals, educational programs, insurance and loans. Makes house calls when necessary. Helps with Veteran Administration burial claims.

 Eligibility: Veterans and their dependents
 Language: English, Spanish
 Phone Number: 805.737.7900 Lompoc
 805.681.4500 Santa Barbara
 805.346.7160 Santa Maria
 Coverage Area: Santa Barbara County
 Website: https://www.countyofsb.gov

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbco.org
Housing

Shelters/Temporary Housing

Marks House Transitional Shelter-Good Samaritan Shelter
Provides an alcohol and drug-free transitional shelter for homeless women or men with children. Services include family counseling, case management, employment counseling, social services referrals and after school activities. Length of stay is 3 months with occasional extensions granted.

Eligibility: Must be referred in writing by a social service agency, minister, or doctor. Do not accept single adults
Language: English, Spanish
Phone Number: 805-735-9980
Coverage Area: Santa Barbara County
Website: http://goodsamaritanshelter.org/

Emergency Shelter-Good Samaritan Shelter
Provides year-round emergency shelter for men, women, and children. Clients can stay up to 90 days. Services provided to clients include: congregate meals, case management, public and mental health care providers, after school tutoring for children, showers and laundry room use, bed linens and toiletries are supplied.

Eligibility: Must be homeless. Families are separated from single adult population
Language: English, Spanish
Phone Number: 805.347.338 x101
Coverage Area: Santa Barbara County
Website: http://goodsamaritanshelter.org/

Family Program-VWF National Home for Children
Military and veteran families who need a fresh start can live in the safe and peaceful environment of the VWF National Home for Children campus community for one to four years and have access to numerous community supports. Families will live in single-family homes, in neighborhood-like setting and benefit from supportive services like professional case managers, on site licenses child care, life skills training, tutoring and other educational services, and numerous recreational and community service opportunities.

Eligibility: Open to married, single parent or guardian(s) families with dependent child(ren) where the child(ren) have VFW or Ladies Auxiliary member in his or her parental lineage and/or a parent is a veteran, honorably discharged or still serving in the National Guard or Reserves; also open to deploying or unaccompanied tour service members who have a spouse with dependent child(ren) or a Family Plan appointed guardian with dependent child(ren)
Language: English
Phone Number: 800.313.4200
Coverage Area: National
Website: www.vfwnationalhome.org

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbc.org
Family Shelter-Good Samaritan Shelter
Offers a two-year transitional housing program for families experiencing economic hardship. Clients are required to attend trainings and meetings, as well as participate in group chores. All shelter residents are encouraged to have at least one member who gains employment while in program, and save money towards getting their own home or apartment. Case manager will guide participants through the process.

Eligibility: N/A
Language: English, Spanish
Phone Number: 805.347.338 x110
Coverage Area: Santa Barbara County
Website: http://goodsamaritanshelter.org/

Hospitality House Transitional Living Program-The Salvation Army South County
70-bed transitional living program designed to assist single, homeless men and women to become self-sufficient and maintain secure income and safe housing. The program is structured, emphasizing support and accountability. Onsite resources as well as collaboration with other agencies. All residents are required abstinence from drugs and alcohol.

Eligibility: Single homeless adults
Language: English
Phone Number: 805.962.6281 x123
Coverage Area: Santa Barbara County
Website: salvationarmy-santabarbara.org

La Casa de Flores-Echo Group
Stable housing for homeless and veterans at risk of becoming homeless.

Eligibility: Honorable discharge
Language: English, Spanish
Phone Number: 805.623.8880
Coverage Area: Mid/North Santa Barbara County
Website: N/A

Financial Assistance Programs

Affordable Housing Program – Housing Authority of the City of Santa Barbara
Provides rental subsidies (Sec. 8) for low income households. Applicants must meet income and household requirements and generally are required to pay 30% to 40% of income toward rent

Eligibility: Must meet income limits, call for more information
Language: English, Spanish
Phone Number: 805.965.1071
Coverage Area: South Santa Barbara County
Website: http://hacsb.org

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbco.org
Affordable Housing Programs-Santa Barbara County Housing Authority (Veterans Preference)

Section 8 Housing Choice Voucher: Allows low-income households (voucher holders) to pay approximately one-third of their income in rent and utilities to participating housing providers. The remainder of the rent is paid through federal subsidies to the housing providers. Additional Programs; family self-sufficiency program, Public Housing Resident Initiatives, Public Housing Resident Councils, Comprehensive Modernization of Public Housing, Mortgage Credit Certificate Program for First Time Homebuyers, Tax Exempt Bond Financing, Property Management Services, Provision of Housing and management services for developmentally disabled individuals in group home setting.

Eligibility: 18+; Must meet income limits, call for more information
Language: English
Phone Number: 805.967.3402 Goleta
805.735.8351 Lompoc
805.925.4393 Santa Maria
Coverage Area: Santa Barbara County
Website: http://hc.hasbarco.org

Supportive Services for Veteran Families (SSVF)- New Beginnings Counseling Center

Provides rapid response and homeless prevention to veterans and their families. Case management services and financial assistance provided on a case by case basis to support and promote housing stability.

Eligibility: US Military veteran with 1 day of active duty and any discharge other than dishonorable. Below 50%AMI, homeless or with an eviction notice
Language: English
Phone Number: 805.963.7777 x176
Coverage Area: Santa Barbara County
Website: www.newbeginningscounselingcenter.org

Santa Barbara Community Housing Cooperation

A non-profit organization providing safe and affordable housing, including special needs housing for under-served individuals in the local area.

Eligibility: N/A
Language: English
Phone Number: 805.963.9644
Coverage Area: Santa Barbara County
Website: http://www.chcsb.com/
Congressional Support
Congress
Provides Constituent service to Veterans related to working with the US Department of Veterans Affairs to ensure constituents have their concerns addressed appropriately.
Eligibility: Must reside within the 24th congressional District, California
Language: English, Spanish
Phone Number: 805.730.1710
Coverage Area: Santa Barbara County

Treatment Program
Veterans Courts-County of Santa Barbara Superior Court
Serves justice for involved veterans struggling with additions, serious mental illness and co-occurring disorders. Continuously promoting sobriety, recovery and stability through a coordinated response.
Eligibility: Must be a Veteran
Language: English
Phone Number: 805.614.6473
Coverage Area: Santa Barbara County
Website: https://www.calvet.ca.gov/VetServices/Pages/Veterans-Treatment-Court.aspx
EMPLOYMENT

Unemployment Assistance

Operation Good Jobs-Goodwill Industries of Ventura and Santa Barbara Counties
Offers employment and training assistance for veterans and their household. Goodwill will help clients learn to write resumes, practice interviewing and ensure participants are fully prepared for employment.

Eligibility: Must be a veteran or live in the household of a veteran
Language: English
Phone Number: 805.981.0130
Coverage Area: Santa Barbara County
Website: http://goodwillvsb.org

Workforce Resource Center-State of California Employment Development Department (EDD)
Provides assistance to people who have lost their job through no fault of their own. When clients are unemployed, or working less than full-time, and ready, willing, and able to work, they may be eligible to receive unemployment insurance benefits.

Eligibility: Unemployed CA resident
Language: English, Spanish
Phone Number: 805.568.1296 Santa Barbara
805.614.1550 Santa Maria
Coverage Area: Statewide
Website: http://edd.ca.gov/

Business Resources

U.S. Small Business Administration (SBA)
The SBA helps Americans start, build and grow businesses. Through an extensive network of field offices and partnerships with public and private organizations.

Veterans, service disabled veterans, active duty eligible for T.A.P., reservists and guardsman, current spouses of any previously listed and widow of any previously listed who died of service-connected action

Eligibility: Veterans 18 years and older
Language: English
Phone Number: 805.384.1800 Small Business Development Center
805.563.0084 SCORE Counseling Location
866.368.8830 Women’s Business Center
Coverage Area: Santa Barbara County
Website: www.sba.gov

Transitional Programs

Cal Fire Recruitment-California Department of Forestry and Fire Protection (Cal Fire)
Offers various forestry and fired related employment, which include full-time, seasonal, or temporary work, health benefits, and opportunities to work in various locations through the state.

Eligibility: Veterans 18 years and older
Language: English
Phone Number: 916.327.3985
Coverage Area: California
Website: www.calfire.ca.gov/rvets.php

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbcog.org
Helmets to Hardhats
Offers an online job search to connect military service members with career opportunities in the construction industry.

**Eligibility:**  Must be a National Guard, Reserve, retired or transitioning active duty military service members

**Language:**  English

**Phone Number:**  866.741.6210

**Coverage Area:**  U.S.

**Website:**  www.helmetstohardhats.org/
**EDUCATION**

**College Centers**

**Veterans Affairs Resource Office – Santa Barbara City College**
Supports veterans with education benefits, GI Bill benefits, choosing majors, resume writing, job searching, networking, planning and organizing educational and career goals/objectives and assists in understanding federal and state regulations/legislation related to veteran’s services.

**Eligibility:** Veterans need to have Honorable discharge. Dependent survivors require service connected disability

**Language:** English

**Phone Number:** 805.373.0403

**Website:** [http://www.sbcc.edu/veteranssupport/](http://www.sbcc.edu/veteranssupport/)

**Veterans Success Center-California Polytechnic State University (CalPoly)**
Connects student veterans to services to include but not limited to; financial educational benefits, Mental Health Counseling, Disability Resource Center, resume improvements, network opportunities, and housing.

**Eligibility:** Enrolled student veterans and dependents

**Language:** English

**Phone Number:** 805.756.6838

**Coverage Area:** Santa Barbara County

**Website:** [https://veteransuccess.calpoly.edu/](https://veteransuccess.calpoly.edu/)

**Veteran Success Center – Allan Hancock College**
Allan Hancock College’s Veteran Success Center provides multi-faceted assistance to prospective and enrolled student-veterans, and prospective and enrolled student-veteran dependents while also providing a welcoming and inviting environment for veterans that will aid in their transition to college.

**Eligibility:** All veterans and their families

**Language:** English

**Phone Number:** 805.922.6966 ext. 3248

**Coverage Area:** Santa Barbara County

**Website:** [http://www.hancockcollege.edu/veterans/](http://www.hancockcollege.edu/veterans/)

**Educational Financial Assistance**

**Free Application for Federal Student Aid (FAFSA) – Federal Student Aid**
Financial aid programs including the student financial assistance programs. These programs provide grants, loans, and work-study funds to students attending college or a career school.

**Eligibility:** Call or visit website for more information

**Language:** English

**Phone Number:** 1.800.4.FED.AID (1.800.433-3243)

**Coverage Area:** U.S.

**Website:** [www.fafsa.gov](http://www.fafsa.gov)
SUPPORTIVE SERVICES

Band of Brothers-Echo Group
Recreational sports group for veterans of any service.
Eligibility: Veteran of Armed Forces, active duty member of military member
Language: English
Phone Number: 805.458.0366
Coverage Area: Santa Barbara County
Website: N/A

CalVet Women and Minority Veterans Divisions-California Department of Veteran Affairs
The Women Veterans Division provides advocacy, information and support to all women veterans and their families in California. The division also coordinates with veteran service organizations, interest groups, legislators and the U.S. Department of Veterans Affairs to enhance the lives of women veterans and to keep them up-to-date on the changing laws that impact their lives. The Minority Veterans Division is the California Department of Veterans Affairs model for inter- and intra-agency cooperation, to ensure all Veterans receive equal service regardless of race, origin, religion, gender or sexual orientation.
Eligibility: Open
Language: English
Phone Number: 916.653.1402
Coverage Area: Statewide
Website: www.calvet.ca.gov

Dreams for Veterans-Dreams Foundation
Grants wishes to veterans (including active duty, the Reserve and National Guard) who are suffering with a life-limiting illness. Provides inspiration, comfort and closure at the end of life.
Eligibility: Must be United States military veterans living in United States (aged 18 and older), including who currently serve on active duty, the Reserve and National Guard. Must be diagnosed with a life-limiting illness and a life expectancy of 12 months or less, and lack the resources to fulfill the Dream themselves.
Language: English
Phone Number: 888.437.3267 (888.4DREAMS)
Coverage Area: U.S.
Website: www.dreamfoundation.org/veterans

Earn-A-Bike-Santa Barbara Bicycle Coalition (Veterans Preference)
Provides individuals the ability to earn a bicycle by volunteering to become educated on how to use a bicycle properly as transportation in the city. Education and support on bicycle maintenance and repair for increase of self-reliance available.
Eligibility: Open
Language: English, Spanish
Phone Number: 805.617.3255 Santa Barbara
805.623.5763 Santa Maria
Coverage Area: Santa Barbara County
Website: www.sbbike.org

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1, Text your zip code to 898-211, or Visit www.211sbco.org
Financial Coaching Initiative-Armed Forces Services Corp. (under The Consumer Financial Protection Bureau)
Provides one-on-one free financial coaching service for Veterans, assisting them in developing skills needed to prosper in the financial market. Can work on credit building, paying off debt, creating a spending plan and support on other financial plan needs.
Eligibility: Must be a veteran, no active duty members
Language: English
Phone Number: 805.614.6781 Business Line
805.245.9972 Mobile Number
Coverage Area: Santa Barbara County
Website: http://www.peopleready.com/veterans

Helping You Help Veteran Support Center-Psycharmor Institute
Offers a support center staffed by Education and Resource Counselors who are prepared to answer any question a civilian may have with regards to service members and veterans. Provides resources specific to veterans in order to ensure their success.
Eligibility: Anyone who works with, lives with, or cares for Veterans, Service members, and their families.
Language: Farsi, English
Phone Number: 844.779.2427
Coverage Area: Statewide
Website: psycharmor.org

The Salvation Army Corps & Community Center
International nonprofit organization whose mission is to serve men, women and children in need on a daily basis without discrimination through a mixture of church activities and social service programs for families and individuals of all ages
Eligibility: N/A
Language: English
Phone Number: 805.964.9738 Santa Barbara
805.349.2421 Santa Maria
Coverage Area: Santa Barbara County
Website: salvationarmy-santabarbara.org

Veterans Service -Santa Barbara County Treasurer-Tax Collector –Public Guardian
Assists veterans and their families in initiating claims and applications for benefits, compensations, appeals, educational programs, insurance and loans. Makes house calls when necessary. Helps with Veteran Administration burial claims.
Eligibility: Veterans and their dependents
Language: English, Spanish
Phone Number: 805.737.7900 Lompoc
805.681.4500 Santa Barbara
805.346.7160 Santa Maria
Coverage Area: Santa Barbara County
Website: https://www.countyofsb.gov

Note: These are veteran specific services. For additional up to date health and human resources Dial 2-1-1. Text your zip code to 898-211, or Visit www.211sbc.org