

# Referral Resource Guide

Northern Santa Barbara County – Santa Maria, Lompoc, Guadalupe, & Santa Ynez Valley

## IN AN EMERGENCY OR CRISIS

### For assistance in an emergency situation

Dial 911

### Central Coast Hotline (Call/Text)

1-800-783-0607

### National Suicide Prevention Lifeline

**1-800-273-TALK (8255)** (*press 1 for veterans, 2 for Spanish*)

### Santa Barbara County Department of Behavioral Wellness

1-888-868-1649

## DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

### National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

### Lompoc Domestic Violence Hotline

1-805-736-0965

### Santa Ynez Valley Domestic Violence Hotline

1-805-686-4390

### Santa Barbara County Elder Abuse

1-805-922-1236

### North County Rape Crisis Center

1-805-736-7273

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

### Santa Maria Domestic Violence Hotline

1-805-925-2160

### StrongHearts Native Domestic Violence & Sexual Assault Hotline

1-844-762-8483

### Standing Together to End Sexual Assault 24-Hour

1-805-564-3969

### American Indian Health & Services; Domestic Violence

1-805-964-5245

Good Samaritan Shelter  
400 West Park  
Santa Maria, CA 93458  
1-805-623-5304

Santa Ynez Valley People Helping People  
545 Alisal Road #102  
Solvang, CA 93463  
1-805-686-0295

Casa of Hope  
1130 E. Clark Avenue Ste. 150  
Santa Maria, CA 93455  
1-805-862-5045

## TREATMENT RESOURCES

### *Substance Abuse Treatment*

Good Samaritan Recovery Point  
245 Inger Drive #103  
Santa Maria, CA 93454  
1-805-346-8185

Coast Valley Substance Abuse Treatment Center  
133 N. F Street  
Lompoc, CA 93436  
1-805-735-7525

Pathway to Healing  
1812 Bungalow Drive  
Santa Maria, CA 93458  
1-805-354-5121

Recovery Ranch  
3694 Tivola Street Ste. B  
Santa Ynez, Ca 93460  
1-805-705-0766

Central Coast Rescue Mission  
1207 N. McClelland Street  
Santa Maria, CA 93456  
1-805-614-0220

Council on Alcoholism and Drug Abuse (CADA)  
106 South C Street  
Lompoc, CA 93436  
1-805-742-4243

LAGS Recovery and Mental Health Services  
135 Carmen Lane  
Santa Maria, CA 93458  
1-805-332-4568

Good Samaritan Shelter - Lompoc Recovery Center  
104 South C Street Ste. A  
Lompoc, CA 93436  
1-805-741-7853

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.  
1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support.  
[TheNationalCouncil.org](https://www.thenationalcouncil.org) (click on “Find a Provider”)

### ***Mental Health Treatment***

Santa Barbara County Behavioral Wellness  
1-805-934-6380  
24-hour Access Line 1-888-868-1649

Recovery Learning Community  
1-805-928-0139

The Department of Behavioral Wellness  
1-805-737-6690  
Transitional Aged Youth Clinic 1-805-737-6600

Helping Hands of Lompoc  
1-805-819-0460 x 153

Alsana – Holistic Eating Disorder Treatment 24/7  
1-866-403-6122

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.  
1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264)

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support.  
[TheNationalCouncil.org](https://www.thenationalcouncil.org) (click on “Find a Provider”)

## CHILDREN & YOUTH RESOURCES

### *a. Emergency and Referral Services*

<b>National Runaway Safeline</b>
1-800-621-4000

<b>North County Rape Crisis and Child Protection Service</b>
1-805-736-7273

### *b. Children and Youth Mental Health Services*

North County Rape Crisis and Child Protection Services:

24-Hour Crisis Line: 1-805-736-7273

Lompoc Office: 1-805-736-8535

Department of Social Services:

To report child abuse: 1-800-367-0166

Santa Maria Youth and Family Services

1-805-928-1707

### *c. Family Mental Health Services*

Department of Social Services:

To report elder or dependent adult abuse/neglect: 1-844-751-6729

Family Service Agency

1-805-735-4376

Adult Protection Services

24-Hour Hotline 1-805-737-6020

California Peer-Run Warmline

1-855-845-7425

Santa Barbara County Community Resources

2-1-1

Central Coast Hotline

1-800-783-0607

Crisis Text Line

Text HOME to 741741

## RESOURCES FOR SPECIAL POPULATIONS

### Gay, Lesbian, Bisexual, Transgender Support Resources

#### GLBT National Help Center

1-888-843-4564  
[www.glnh.org](http://www.glnh.org)

#### GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)  
[www.glnh.org/talkline](http://www.glnh.org/talkline)

#### Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)  
[www.theTrevorProject.org](http://www.theTrevorProject.org)

Pacific Pride Foundation – Santa Maria  
105 North Lincoln Street  
Santa Maria, CA 93458  
1-805-963-3636Le

## SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

#### Alcoholics Anonymous

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

#### National Domestic Violence Hotline

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

#### National Domestic Violence Hotline

[www.draonline.org](http://www.draonline.org)

#### Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)  
[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

#### Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

## OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions.  
[www.findlaw.com](http://www.findlaw.com)