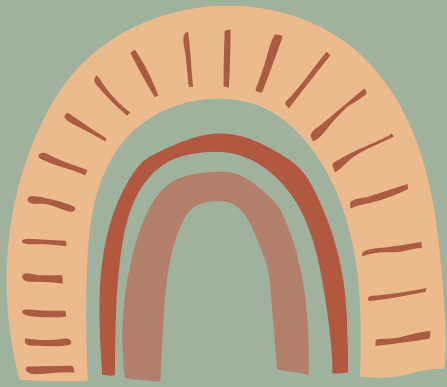




MENTAL HEALTH RESOURCES



CREDIT STUDENTS

- ✓ Free, in-person or telehealth mental health counseling
- ✓ Schedule an appointment: 805-922-6966, ext. 3212
Complete appointment request here:



- ✓ BetterMynd 24/7 telehealth mental health counseling & crisis counseling

NON-CREDIT STUDENTS



Soluna's commitment to you

Access to the Soluna app is 100% free. No ads, no data sales, ever. Just completely safe and anonymous mental health support, available whenever you need it, 24/7.

3 steps to get started

1. Find Soluna on the App Store or Google Play
2. Enter your California zip code and birthdate
3. Embark on your journey in the Solunaverse

Still on the fence? Feel free to explore as a guest user first.

If you have any questions or need more info, feel free to reach out.



COMMUNITY RESOURCES

- ✓ Access Line:
SB County behavioral wellness, mobile crisis team, 24/7, all ages
888-868-1649
- ✓ Central Coast Hotline:
SB & SLO County crisis line, 24/7, all ages
800-783-0607
- ✓ Domestic Violence
Helpline & emergency shelter,
24/7
805-964-5245
- ✓ Sexual Assault
North County Rape Crisis:
805-736-7273
- ✓ [Eatingrecoverycenter.com](https://www.eatingrecoverycenter.com)

Need help?

Text: "courage" To: 741741

FREE, 24/7, CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

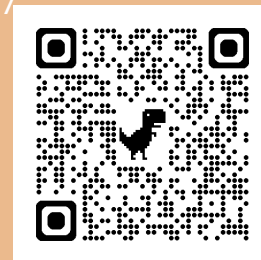
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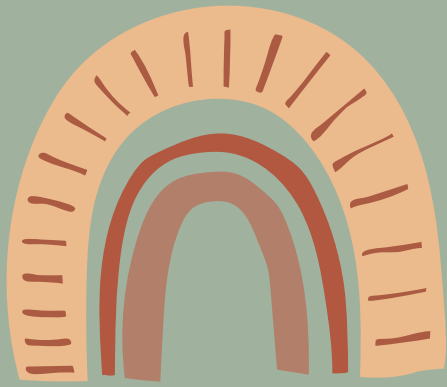
BASIC NEEDS

- ✓ Hancock Essentials:
805-922-6966, ext. 3927



- ✓ 211- connect with health & human services, housing, 24/7





HEALTH CARE RESOURCES



CREDIT STUDENTS

- ✓ Tb testing and screening
- ✓ Health Check up
- ✓ Acute illness assessment & treatment
- ✓ Physicals & Immunization Clearance
- ✓ Flu Vaccine
- ✓ Tobacco Cessation
- ✓ Over the counter medication
- ✓ Nutrition Education
- ✓ Clinical screenings
 - Blood sugar
 - Cholesterol screening
 - Anemia screening
 - Vision & Hearing screening
- ✓ Pregnancy testing
- ✓ Reproductive health care
 - Including Emergency Contraceptives
- ✓ Opioid & other drug overdose prevention
- ✓ Acupuncture & Massage
- ✓ And MORE!

EMERGENCY SERVICES

- ✓ Marian Medical Center
1400 E. Church St,
Santa Maria, 805-346-7230
- ✓ Dignity Health Urgent Care
1102 E. Clark #102A, Santa
Maria, 805-332-8185
- ✓ Cottage Urgent Care
1846 N. Broadway #A,
Santa Maria, 805-361-4279

CONTACT INFO

- ✓ Schedule an appointment:
805-922-6966,
ext. 3212
Complete appointment
request
here:



COMMUNITY RESOURCES

- ✓ County of Santa Barbara Public Health
Department
805-346-7230
- ✓ CHC Primary Care
430 S. Blosser, Santa Maria
805-361-8900
2801 Santa Maria Way, Santa Maria
805-934-5400
- ✓ The Center: Arroyo Grande
805-489-4026
- ✓ Planned Parenthood
888-898-3806



STUDENT HEALTH
SERVICES



Most services are FREE for credit
students!