

What We Do



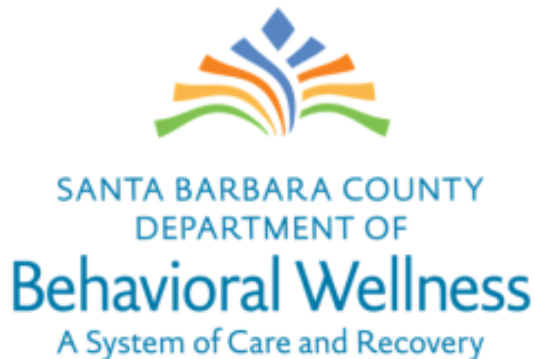
We understand that everyone goes through difficult times, and we are here to be a resource. We are available to assist you before, during and after a crisis. The multi-disciplinary team includes therapists, case workers, peer recovery specialists and a psychiatrist. The team is available Monday-Sunday from 7 a.m. to 7 p.m.



Supportive Services

- Crisis intervention services
- Short-term case management
- Peer support
- Community referrals
- Psychiatric services
- Advocacy services

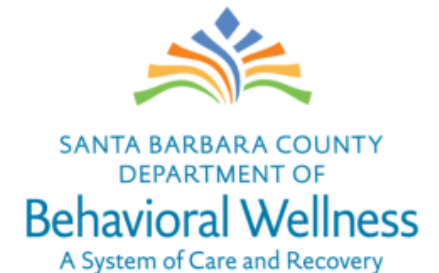
The team will support you to get connected to county and community resources.



North County Crisis Services



**Supporting you
when you need it
most.**



Mission of the Santa Barbara County Department of Behavioral Wellness

The mission of the Department of Behavioral Wellness is to promote the prevention of and recovery from addiction and mental illness among individuals, families and communities, by providing effective leadership and delivering state-of-the-art, culturally competent services.

Crisis Team Goals

Our goal is to assist you when you are in distress. We will connect you to appropriate services which promote mental health wellness and recovery. We will empower you to take control and improve your quality of life. In addition, we work with you to help prevent hospitalization and other psychiatric emergencies.

To obtain support for yourself:

Contact ACCESS Line at
1-888-868-1649
or walk into the Clinic.

**212 West Carmen Lane
Santa Maria, CA 93458**

To obtain support for someone experiencing a mental health crisis:

There are three possibilities:

- (1) If the crisis places anyone in immediate danger, **call 911**.
- (2) If the crisis does not involve immediate danger, and if the person in crisis has insurance coverage through a health plan, **call the health plan** to get a referral to a covered mental health provider.
- (3) For all others, call **ACCESS Line at**

1(888) 868-1649. The call is toll-free, and someone will answer to assist you 24 hours per day, seven days per week.



Suggestions to Reduce Your Stress

- Breathe Deeply
- Review your body for stress indicators
- Seek medical services if necessary
- Reach out to a significant other
- Seek out mental health Services



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you need it most.