

# Student Health Services

On-Site & Off-Site:  
Mental Health, Medical, and Wellness  
Support Services and Resources



# ALERT!

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In order to meet the needs of our students during this difficult time, we will be offering telehealth support to students. If you are having an emergency, please dial 911.

This guide provides a comprehensive list of on-site & off-site mental health, medical, and wellness support services and resources.

# Welcome...

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Welcome to [Student Health & Wellness Services](#) we provide medical services, personal counseling and a comprehensive wellness program through our Wellness Center “[The Well](#)”.

# Our Mission...

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Is to ensure the diverse SBCC student community feels heard, respected, and encouraged to gain vital knowledge, tools, and support to move towards optimal life long health and wellness!

# SBCC Personal Counseling

# SBCC Personal Counseling

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**If students want to sign up for SBCC personal counseling through telehealth:**

Please have students contact:

**Alyson Bostwick** at: [bostwick@sbcc.edu](mailto:bostwick@sbcc.edu) ,  
or **Lacey Peters** at: [ljpeters1@pipeline.sbcc.edu](mailto:ljpeters1@pipeline.sbcc.edu)

A Personal Counselor will reach out to you via email or by phone regarding mental health support, resources, and referrals. (Please include your K number and phone number in the body of the email).

# Off-site Mental Health Support Services & Resources

# Mental Health Support & Resources:

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## Are you Experiencing a Mental Health Emergency?

In the case of a physical or mental health emergency, Please Call 911 or go to the nearest Emergency Room.

## Emergency and Crisis Hotline Information

If you or someone you know is at risk for harm to self or others and you want to talk to a mental health specialist immediately, call one of the crisis numbers listed below. Help is available.

## Text

COURAGE to 741741 (24-7)

## Call

- Santa Barbara County Department of Behavioral Wellness, Crisis Response & Service Access Line  
1-888-868-1649
- Safe Alternatives for Treatment of Youth (SAFTY)  
SAFTY 1-888-334-2777
- Ventura County Healthcare Agency, Crisis Response & Service Access Line 1-866-998-2243
- National Suicide Prevention Lifeline  
1-800-273-8255



# Mental Health Support & Resources: Cont.

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## South County:

- Cottage Hospital Emergency Room-  
Psychiatric Services, West Junipero St. and,  
Castillo St, Santa Barbara, CA 93105  
805-569-7210
- SB County Behavioral Wellness Crisis  
Services, 315 Calle Del Remedio Suite B  
Santa Barbara, CA 93110 805-884-6850

## North County:

- Lompoc - Adult Mental Health Services, 117 North B  
Street Lompoc, CA 93436 805-737-6690
- Lompoc Valley Medical Center, 1515 E Ocean Ave,  
Lompoc, CA 93436 (24 hour ER) 805-737-3300
- Santa Maria- North County Crisis Services, 212  
West Carmen Lane Santa Maria, CA 93458  
805-739-8700
- Marian Regional Medical Center 1400 E Church St,  
Santa Maria, CA 93454 (24 hour ER) 805-739-3000

# Mental Health Support & Resources: Cont.

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## **Ventura County:**

- Ventura County Healthcare Agency and STAR Program, 1911 Williams Drive, Oxnard, California, United States Crisis Response & Service Access Line  
1-866-998-2243
- Vista Del Mar Hospital, 801 Seneca St, Ventura, CA 93001 805-653-6434
- Community Memorial Hospital, 147 N Brent St, Ventura, CA 93003 (24 hour ER)  
805-652-5011
- Ventura County Medical Center, 300 Hillmont Ave, Ventura, CA 93003 (24 hour ER)  
805-652-6000

# Additional Crisis Hotlines

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- National Suicide Hotline at 877-727-4747
- LGBTQ Youth Hotline at 866-488-7386
- Translifeline at 877-565-8860
- Veterans Crisis Hotline at 800-273-8255
- Standing Together to End Sexual Assault at 805-564-3696
- Nationwide RAINN National Rape Crisis Hotline at 800-656-HOPE
- Domestic Violence Solutions Crisis Hotline at 805-964-5245
- Child Abuse/Child Welfare Services at 800-367-0166
- Elder Abuse/Adult Protective Services at 844-751-6729

# Off-Site Recovery Meetings

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## Virtual Recovery Meetings

Visit [ucsbgfr.com](https://ucsbgfr.com) and click on 'Virtual Meetings' for login information.

**All SBCC students welcome!**

GAUCHOS FOR  
RECOVERY

# Off-site Low-cost Counseling Services & Resources

# Low-Cost Counseling Resources in SB:

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## **Community Education & Counseling Center**

923 Olive St. Suite 1 (805) 962-3363

## **Family Service Agency**

123 W. Gutierrez St. 93101 (805) 965-1001

## **STESA (Standing Together to End Sexual Assault)**

433 E. Canon Perdido 93101

24 hour hotline: (805) 564-3696

## **Hospice of Santa Barbara (Grief Counseling)**

2050 Alameda Padre Serra Suite 100 (805)  
563-8820

## **Acacia Counseling Center (Isla Vista and Goleta)**

281 Magnolia Ave | Floor 2, Goleta, CA 93117  
(805) 883-6856

948 Embarcadero del Norte | 102 Isla Vista, CA  
93117 (805) 699-6668

## **Family Therapy Institute**

111 E. Arrellaga St. (805) 882-2400

## **Holman Group- Psychiatry and Psychotherapy (Medi-cal/Cen-cal provider)**

1 (800) 321-2843

# Low-Cost Counseling Resources in SB:

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## **New Beginnings Counseling Center**

324 E. Carrillo St. Ste. C, 93101 (805) 963-7777

## **Pacific Pride Foundation (LGBTQ counseling and resources)**

126 E Haley St, 93101 (805) 963-3636

## **Visiting Nurse and Hospice Care (Grief Counseling)**

512 E Gutierrez St (805) 965-5555

# Low-Cost Counseling Resources in Ventura:

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## **Ventura Counseling and Wellness Center**

5450 Ralston Street Suite 101, Ventura CA 93003 (805)  
620-8046

## **Maple Counseling Center**

2021 Sperry Ave #41, Ventura, CA 93003 (805) 669-8846

## **Ventura Community Counseling Center**

2140 Eastman Avenue, Suite 112, Ventura, CA (805) 791-9700



# Santa Barbara County Resource Guides:

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## **Common Ground Santa Barabara County Resource Guide**

View/Download [here](#).

## **Common Ground Santa Barabara North County Resource Guide in Spanish**

View/Download [here](#).

## **Common Ground Santa Barabara South County Resource Guide in Spanish**

View/Download [here](#).

# SBCC Medical Services

# Got Medical Questions? Ask a SBCC Nurse

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**Ask a Nurse** is a free service offered by SBCC Health Services. You may submit a medical question by clicking the [medical link](#) below.



Medical questions are answered by email during normal Health Services operating hours. Answers to questions submitted during the weekend may take up to 72 hours. In case of emergency, you should seek immediate medical attention. The Health Services nurse may suggest an alternate source for your answer depending on the nature of the question.

# Additional Medical Questions?

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Contact Student Health & Wellness Services Director

**Laura Fariss** at: [lfariss@sbcc.edu](mailto:lfariss@sbcc.edu).

(Please include your K number and phone number in the body of the email).

# Off-site Medical Support & Resources

# Off-Site Medical Resources:

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**Santa Barbara County Public Health Department for latest COVID-19 information:**

<https://www.countyofsb.org/phd>

**Cottage Hospital Emergency Services:**

<https://www.cottagehealth.org/services/emergency-medicine-trauma-services>

**Santa Barbara Neighborhood Clinics:**

<https://sbclinics.org>



# **SBCC's The WELL Support Services & Resources**

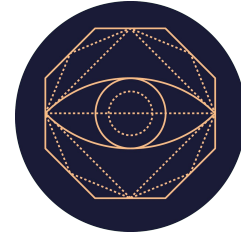
# The WELL Support Services & Resources:

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**SBCC's The WELL** is now operating remotely.

The WELL's Website has a range of mental health and physical health resources: [thewellsbcc.com](https://thewellsbcc.com)

If you have any questions regarding The WELL or Health & Wellness Resources, please contact Student Program Advisor, Becky Bean at: [rlbean1@pipeline.sbcc.edu](mailto:rlbean1@pipeline.sbcc.edu)



THE WELL



# The WELL's Online Support Groups Via Zoom:

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The WELL is currently providing its **Positive Psychology** and **Single Parent Support Groups** digitally via zoom while students are remote.

The WELL is also providing its **WELL Club** meetings and **Men's Group** digitally via zoom to foster student support and build community.

If students are interested in joining these support groups please contact **The WELL's Student Program Advisor, Becky Bean, at [rlbean1@pipeline.sbcc.edu](mailto:rlbean1@pipeline.sbcc.edu)**

# The WELL Resources:

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## The WELL's Staying-In Self-Care Kit:

This kit provides students and staff with wellness tools, self-care methods, stress management techniques, and creativity boosters.

[thewellsbcc.com/selfcare-kit](http://thewellsbcc.com/selfcare-kit)



# The WELL Resources:

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## The WELL's Alternative Activity Guide:

This guide helps students nourish and elevate their time off from school and find ways to be creative, curious and engaged during this overwhelming time (this guide is great for weekends).

[Click here to visit webpage](#)



# The WELL Resources:

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## The WELL's Digital Health & Wellness Series:

The WELL's Digital Health & Wellness Series will be launching in mid April and will provide students with educational health and wellness videos for students to learn and develop tangible wellness skills and gain insight into a variety of holistic health practices... Stay tuned!



# Additional Health & Wellness Resources

# CampusWell Online Health & Wellness Magazine

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**Student Health & Wellness Services** are excited to partner with **Student Health 101** to offer **CampusWell**, the online health & wellness magazine for SBCC students.

Each week, students receive a weekly email that focuses on self care, reducing anxiety/depression, time management, sleep health, indoor fitness, healthy relationship building, social distancing coping skills, and how to be successful navigating and completing online classes

Check out the online wellness magazine at:

[sbcc.campuswell.com](https://sbcc.campuswell.com)

# CampusWell Online Health & Wellness Magazine

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STUDENT  
health101 & CAMPUS:  
WELL:

**Social Distancing Coping Skills, Stress Management Tools, & Mindfulness Techniques:**

[\*\*Stuck @ home\*\* - 7 do's and don'ts to make the best of social distancing](#)

[\*\*This quick body scan meditation\*\* will melt away your stress](#)

[\*\*A mindfulness trick\*\* for dealing with troublesome thoughts](#)

**Sleep Health & Insomnia Articles w/ Resources:**

[\*\*Insomnia fix:\*\* How to finally get some sleep](#)

[\*\*3 apps to help you fall asleep\*\* and wake up feeling refreshed](#)

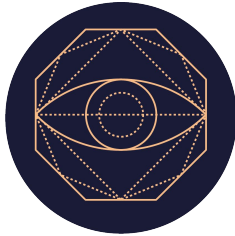
[\*\*Upgrade your sleep:\*\* Simple bedroom solutions](#)

[\*\*Sleep debt might be the reason you're always tired\*\*—here's how to avoid it](#)

# The WELL & Student Health Services on Instagram

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These instagram accounts cover a variety of health & wellness resources and support services!



Here is The WELL's Instagram  
[@sbcc\\_thewell](https://www.instagram.com/sbcc_thewell)



Student Health Services Instagram  
[@sbcc\\_studenthealth](https://www.instagram.com/sbcc_studenthealth)



# Food Bank of Santa Barbara County:

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**The Food Bank of Santa Barbara** County is hosting additional food distributions in order to meet the growing need in the community caused by COVID-19.

All sites are implementing social distancing practices to ensure the food you receive is safe! Many locations offer a drive-thru option to minimize contact, and others are scheduling food pick-up appointments for individuals to prevent crowds. You may be asked to wear provided hygienic gloves.

[foodbanksbc.org/get-help](https://foodbanksbc.org/get-help)

# Wellness Central

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## Looking for reliable health information?

Wellness Central was created with you in mind.

This private, Canvas-based online tool provides information specifically for California Community College students about six dimensions of health and wellness.

## Access Wellness Central through Canvas now:

[cvc.edu/wellness](https://cvc.edu/wellness)

Each health and wellness topic includes an overview and additional resources for exploration such as videos, articles, quizzes, and more – all available 24/7.



Visit:

[Student Health & Wellness Services](#)

[The WELL](#)