

Santa Barbara County 



*Get Connected. Get Answers.*

**Free, Confidential, 24 hours/7days  
Available in 150 languages**

**Dial 2-1-1 to find Health &  
Human Services including:**

- **Counseling**
- **Food Assistance**
- **Domestic Violence Services**
- **Employment Resources**
- **Health Care**
- **Senior Services**
- **Legal Assistance**
- **Substance Abuse Services**
- **Parenting Resources**
- **Housing**

**And much more ...**

**Remove this card and keep handy**

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**DIAL 2-1-1 TO FIND  
HEALTH AND HUMAN SERVICES**

- **Free, Confidential, 24/7**
- **Available in 150 Languages**
- **Also 800-400-1572; TTY 805-919-1148**

**[www.211sbco.org](http://www.211sbco.org)**