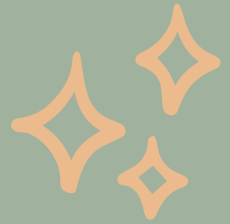
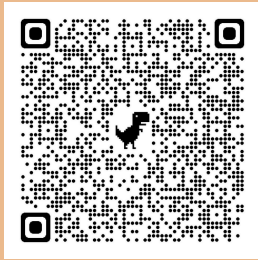


# MENTAL HEALTH RESOURCES



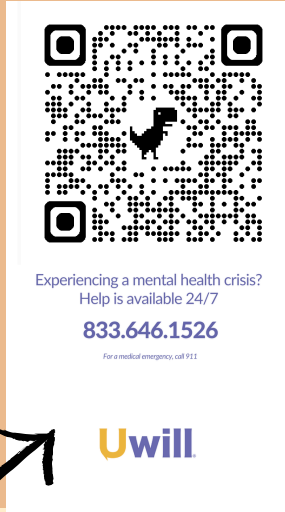
## CREDIT STUDENTS

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



- ✓ Uwill: 24/7 telehealth mental health counseling & crisis counseling

## NON-CREDIT STUDENTS



## EMPLOYEES

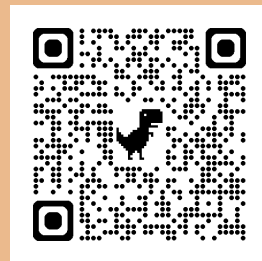
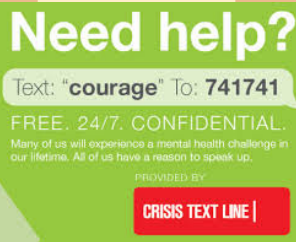
- ✓ Employee Assistance Program: 1-800-999-7222, code: SISC

## 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

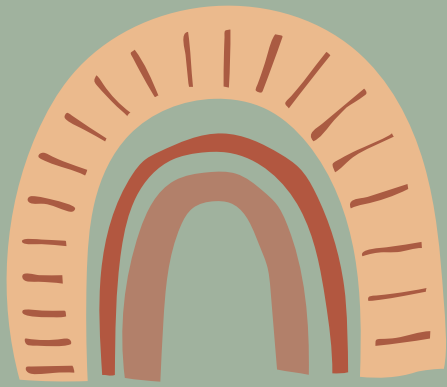
## BASIC NEEDS

- ✓ Basic Needs Center: 805-922-6966, ext. 3927



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





# HEALTH CARE RESOURCES



## CREDIT STUDENTS

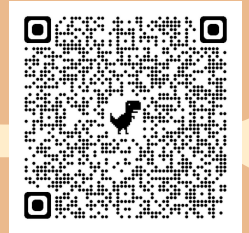
- ✓ Tb testing and screening
- ✓ Health Check up
- ✓ Acute illness assessment & treatment
- ✓ Physicals & Immunization Clearance
- ✓ Flu Vaccine
- ✓ Tobacco Cessation
- ✓ Over the counter medication
- ✓ Nutrition Education
- ✓ Clinical screenings
  - Blood sugar
  - Cholesterol screening
  - Anemia screening
  - 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!