

Maternal Mental Health Community Resources List

Postpartum Support International (PSI) Warmline and Website

The PSI Warmline is a toll-free telephone number anyone can call to get basic information, support and resources. Dial extension 1 for Spanish and extension 2 for English. The Warmline messages are returned every day of the week. You can leave a confidential message any time and a volunteer will return your call as soon as possible.

1.800.944.4773

www.postpartum.net

Counseling Services

- To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
- If you are covered by Medicaid call your County Medicaid Mental Health Services Access line.

Santa Barbara County: 1.888.868.1649

San Luis Obispo County: 1.800.838.1381

In an Emergency

National Suicide Prevention Hotline and Website

1.800.273.8255

www.suicidepreventionlifeline.org

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationally; available 24/7.

211 for Santa Barbara County

Dial 2-1-1 or text your zip code to 898-211 to find Health and Human Services including:

- Postpartum Depression
- Health Care
- Counseling
- Food Assistance
- Housing
- Parenting Resources

Santa Maria Community Resources/ Recursos de la Comunidad de Santa Maria

Emergency 24 Hours Hotlines/ Servicios de Emergencia las 24 Horas	911
24 Hour Helpline/Linea de Ayuda las 24 Horas	211
California Postpartum Support Warmline/ Línea telefónico de Apoyo Postparto	1.855.227.7462
CARES Mental Health Crisis Services/Crisis de Salud Mental	
24 hours and walk-ins/Disponibile 24 horas sin cita.	
212 Carmen Lane, Santa Maria, 18 and older	805.739.8700
500 Foster Road, Santa Maria, 18 and older	805.934.6380
Access toll free for CARES	1.888.868.1649
Department of Child Support Services	
201 Miller Street, #206, Santa Maria	1.866.901.3212
Domestic Violence Solutions/ Violencia Doméstica	
24 hour hotline/Línea telefónica de 24 horas	805.925.2160
Rape Crisis Center/Centro Contra la Violación Sexual	
24 hour hotline/Línea telefónica de 24 horas	805.928.3554
SAFTY (Safe Alternatives to Treating Youth)	
24 hour hotline for youth in crisis, up to age 21/ Línea telefónica las 24 horas para jóvenes en crisis, a 21 años.	1.888.334.2777
Victim Witness/Asistencia a las Víctimas	
312 Cook Street, #D, Santa Maria	805.346.7529
Legal Aid Foundation/Asistencia Legal	
301 Miller Street, Santa Maria	805.922.9909

Counseling/Consejería

CALM

210 E. Enos Drive, Suite A, Santa Maria

805.614.9160

Great Beginnings Home Visits, for children 0-5 years/

Programa de Gran Principios, visitas en el hogar para niños 0-5 años.

Also offers Prevention and Early Intervention (PEI), Child Parent Program (CPP), SafeCare, Postpartum Therapeutic Support, Front Porch, Domestic Violence Treatment Program, Children Sexual Abuse Treatment (CSAT) and Welcome Every Baby (WEB) services.

Care Net

Free parenting classes/Clases de crianza gratis.

201 S Miller Street, Suite 101, Santa Maria

805.928.9285

Family Service Agency dba

Santa Maria Valley Youth and Family Center

105 N. Lincoln Street, Santa Maria

805.928.1707

Food and Clothing/Alimentos y Ropa

Catholic Charities

Lunes-Viernes, 9-12PM and 1-4PM or Sábado, 9-1PM

607 West Main Street, Santa Maria

805.922.2059

Marian New Life

Marian Community Clinic

117 Bunny Avenue, Santa Maria

805.739.3896

Rescue Mission Food Pantry/Dispensa de Alimentos

805.614.0220

Lunes 5PM: Foursquare Church, 709 North Curryer St, Santa Maria

Miércoles 12PM: Rescue Mission, 1207 North McClelland, Santa Maria

Jueves 6PM: Lemos Feed Parking Lot, 525 South Broadway, Santa Maria

Viernes 5PM: Power of God Church, 1503 North McClelland, Santa Maria

Salvation Army

Free lunch/Lonche gratis, Mon-Sat/Lunes-Sábado 12-12:30PM

200 Cook Street, Santa Maria

805.349.2421

WIC

805.346.8450

Lactation Consultant/Consultora de Lactancia

805.346.8452

Newborn Home Visitation

County of SB, Maternal Child and Adolescent Health	800.288.8145
Marian – Dignity Health Home Health	805.739.3830
New Parent Support Program (for Tricare Military Beneficiaries only)	805.606.8217/3166
WEB Welcome Every Baby/Bienvenida a todos los Bebés	805.922.5459

Transportation

Regional Transit Authority	805.781.4472
SMAT Bus/Autobús	805.928.5624
Smooth	805.922.8476

Drug and Alcohol Treatment/ Tratamiento para el abuso de Drogas y Alcohol

AA (Alcoholics Anonymous)	805.925.3782
Dejar de Fumar	1.800.456.6386
NA (Narcotics Anonymous)	1.818.773.9999
Recovery Point	805.346.8185
Tobacco Cessation	1.800.662.8887
Transitional Center and Project PREMIE	
Perinatal recovery effort through maternal intervention and education.	805.925.0315

Education/Educación

Allan Hancock College	
Community Education, ESL, Parent Education	805.922.6966 ext 3209/3492
Boys and Girls Club	
901 North Railroad, Santa Maria	805.922.7163
4691 11th Street, Guadalupe	805.343.7813
City of Santa Maria Public Library	
421 South McClelland Street, Santa Maria	805.925.0994
Free ESL classes/Clases de inglés gratuitas.	805.922.6966 ext 3299/3740

College for Kids/La Universidad para los niños 805.922.6966 ext 3209

County Self-Sufficiency Services/CalWorks

Mon-Fri/Lunes a Viernes, 8-4PM

1444 South Broadway, Santa Maria 805.614.1300

Dignity Health Parenting Support Group: 'Cambio de la vida con un bebé'

(Mixtec interpreter available)

Ultimo Viernes de cada mes 6PM, Marian Hospital, Education Department 805.739.3398

Fighting Back Santa Maria Valley

Parent Education

201 South Miller, Suite 208, Santa Maria 805.346.1774

Headstart CAC/Educación Infantil y Preescolar

6 weeks-5 years/6 semanas a 5 años.

201 West Chapel Street, Santa Maria 805.922.2243

Santa Maria Bonita School District

708 Miller Street, Santa Maria

805.928.1783

Medi-Cal, Food Stamps/

Medi-Cal, Estampas de Comida y Ayuda Monetaria

Benefit Service Center

1.866.404.4007

Birth Certificate/Certificados de Nacimiento

After 6 weeks/Después de 6 semanas.

Cashier/Cajera Mon-Fri/Lunes-Viernes.

511 Lakeside Parkway, Santa Maria 805.346.8370

CenCal Health/Grupo Holman

1.877.814.1861

Centro Binacional Oaxaqueno

Lunes-Jueves, 10-2PM

204 West Main Street, Ste D, Santa Maria 805.925.5262

Centro de Servicio de los Beneficios

1.844.289.4682

Department of Social Services/Servicios Sociales 2125 South Centerpointe Parkway, Santa Maria	805.346.7135
Disability	1.800.480.3287
Discapacidad	1.866.658.8846
Healthy Start Family Resource Center Application Assistance/Asistencia para aplicaciones 648 East Enos Street, Santa Maria	805.928.4150
Little House by the Park 4681 11th Street, Guadalupe	805.343.7794
Social Security/Seguridad Social 2436 Professional Parkway, Santa Maria	1.800.772.1213

Special Needs/ Servicios de Desarrollo Necesidades Especiales

Alpha Resource Center Support and information for families of children with developmental disabilities of all ages, teen and adult recreation, and life skills training for adults.	805.347.2775 1.877.414.6227
California Children's Services	805.681.5360
CHDP, Immunizations/Vacunaciones	805.346.8414
Child Welfare Services/Reporte de Abuso Infantil	1.800.367.0166
Family Resource Center (Support Services) 648 East Enos Street, Santa Maria	805.928.4150
Hometown Pharmacy (inside Vallarta) 1482 South Broadway, Santa Maria	805.922.6515
Pregnancy Health Info Line/Línea de Información sobre Salud del Embarazo For your questions about exposure to drugs, pesticides and infections/ Para las preguntas sobre la exposición a drogas, pesticidas e infecciones.	1.800.532.3749
Public Health Department 2115 Centerpointe Parkway, Santa Maria	805.346.7230
St. Vincent's Family Strengthening Program	805.683.9381

Tri-Counties Regional Center/Tres Condados 805.922.4640

County Clinics

Family Practice/Clinicas de la Comunidad 805.346.7230

**Prenatal and Postpartum Services/
Servicios de Embarazo y Postparto** 805.739.8411

Women & Infants' Mobile Health Clinic 805.756.5089
Santa Maria/Guadalupe locations

Dentists Who Take Medi-Cal

CHC

Children/niños

1414 South Miller Street #8 , Santa Maria 805.345.3702

Adults/adultos

210 North Broadway, Santa Maria 805.347.1171

CHC Dental Office

150 Tejas Place, Nipomo 805.929.3254

Coast Dental Services

1304 Miller Street, Santa Maria 805.925.6229

Dentistry for Children

1430 East Main Street, Suite 203, Santa Maria 805.922.3530

Friendly Smiles

2528 South Broadway, Suite C, Santa Maria 805.928.6776

Guadalupe Dentistry

4723 West Main Street, Suite C, Guadalupe 805.343.9500

Steve Hutcherson, DDS

Dental surgery

1414 Miller Street, Suite J, Santa Maria 805.922.9626

Jesse Kim, DDS/Plum Tree Dental Practice

1774 South Broadway, Santa Maria 805.928.5400

Ion Naumescu, DDS

1414 Miller Street, Suite N, Santa Maria 805.928.3780

Bing Qiao, DDS

1414 Miller Street, Suite S, Santa Maria

805.925.6229**Shepard CHC Surgical Center**

General sedation cases only

1418 East Main Street, Suite 110, Santa Maria

805.614.9500**Sunrise Dental**

1414 Miller Street, Suite G, Santa Maria

805.739.2716**Yat Tang, DDS/Zen Dental**

2050 South Broadway, Suite E, Santa Maria

805.349.8890**Western Dental Services**

2202 South Broadway, Santa Maria

805.346.2130

Family Practices

CHC

430 Blosser Road, Santa Maria

805.361.8900

4581 10th Street, Suite C, Guadalupe

805.343.5577**Family Medicine Center**

1400 East Church Street, Santa Maria (Next to Marian Hospital)

805.739.3561**Marian Community Clinic**

117 Bunny Avenue, Santa Maria

805.739.3890

4723 Main Street, Suite H, Guadalupe

805.739.3890

Pediatricians/Pediatras

CHC

Laura Herzberg, MD

2801 Santa Maria Way, Suite A & B, Santa Maria

805.934.5405**CHC**

Richard Ripple, MD

Susan Bartolini, MD

1835 North Broadway, Santa Maria

805.345-3701**CHC**

Niranjan Dass, MD

430 Blosser Road, Santa Maria

805.361.8900

Robert Barry, MD and John MacLean, MD

1420 Miller Street, Suite A, Santa Maria

805.922.3573

Family Medicine Center

1400 East Church Street, Santa Maria (next to Marian)

805.739.3561

Jeffrey Kaplan, MD Inc.

301 Miller Street, Suite 204, Santa Maria

805.354.5200

Liong Lau, MD

1505 Sheppard Drive, Suite 202, Santa Maria

805.739.1023

Pediatric Medical Group

George Robertson, MD

Joseph Nunez, MD

David Ikola, MD

Shane Rostermundt, MD

Michelle Kielty, MD

1430 East Main Street, Suite 201, Santa Maria

805.922.3548

Barbara Ramirez, NP

1420 Miller Street, Suite B, Santa Maria

805.614.7200

Peter Statti, MD

1414 Miller Street, Suite 12, Santa Maria

805.922.8311

Hilmat Tank, MD

1505 Sheppard Drive, Suite 102, Santa Maria

805.928.9300