

	Inpatient	Outpatient	Bereavement/Life-Threatening Issues	Peer Counseling	Support Groups	Friendly Visitors
Counseling	ADMH, CHS	CADA, CDCC, CCC, FSA, HA/NBC, JFS, PPF, RCC, SBNC UCHC	HSB, VNHC	AIC, CSA	AA, ACS, CC, CCSB, CSA, CCRC, FSA, FSC, HSB, JFS, VNHC	JFS, SBV

1. **AA** **Alzheimer's Association** 892-4259
Education, training and support to families where members are suffering from dementia
2. **ACS** **American Cancer Society** 963-1576
Information about cancer and its treatment.
3. **ADMH** **County Alcohol Drug Mental Health** 681-5220
Inpatient Psychiatric Health Facility (PHF), access team for emergency assessment. Mental health services at CARES facility on De La Vina.
4. **AIC** **Adventures in Caring** 962-4500
Raggedy Companions. Student volunteers lift the spirits and alleviate the loneliness of the frail elderly in local skilled nursing facilities.
5. **CADA** **Council on Alcoholism and Drug Abuse** 963-1433
Alcohol/drug counseling/support for seniors & families.
6. **CC** **Catholic Charities** 965-7045
Case management, food distribution, and some financial support for low-income seniors.
7. **CCC** **Community Counseling & Education Center** 962-3363
Individual outpatient counseling for seniors & families.
8. **CCRC** **Coast Caregiver Resource Center** 962-3600
Assessment/care planning for caregivers of adults with brain impairment; respite/counseling for caregivers of seniors & those under 60 with cognitive impairment.
9. **CCSB** **Cancer Center of Santa Barbara** 682-7300
Diagnostic and treatment services along with clinical trials, wellness, counseling and support for people with cancer.
10. **CDCC** **Cliff Drive Care Center** 965-1338
Counseling, social/recreational activities & lunch on the 1st & 3rd Thursday 11am-1pm at the Free Methodist Church on the Mesa.
11. **CHS** **Cottage Health System** 682-7111
Medical social workers make referrals, program info., crisis counseling, substance abuse assessment, durable power of attorney info.
12. **CSA** **Center For Successful Aging** 963-8080
Peer counseling, CareLine phone reassurance, "Successful Aging" newspaper & educational programs.
13. **FSA** **Family Service Agency** 965-1001
Individual, family and group psychotherapy, needs assessment, case management, referrals & care giving counseling. Call 211 for social services information and referral.
14. **FSC** **Friendship Center** 969-0859
Day programs for dependent adults and seniors with Alzheimers, cognitive impairments, & other illnesses that provides respite for caregivers-sites in Montecito and Goleta.
15. **HA** **Housing Authority of the City of SB** 965-1071
Offers low-income Section 8 housing, case management & free counseling to its residents.
16. **HSB** **Hospice of Santa Barbara** 563-8820
Non-medical care management & counseling for life-threatening illness and bereavement.

17. **JFS** **Jewish Family Service** 957-1116
Individual counseling for Medicare seniors, recreation classes & weekly Schmooze room for social interaction.
18. **NBC** **New Beginnings Counseling Center** 963-7777
Free counseling for seniors living in City Housing Authority facilities; counseling on sliding scale for other seniors.
19. **PPF** **Pacific Pride Foundation** 963-3636
Information, referral, support groups for gay & lesbian seniors.
20. **RCC** **Rape Crisis Center** 963-6832
Information, referral, counseling and advocacy for rape victims & their families.
21. **SBNC** **Santa Barbara Neighborhood Clinics** 617-7850
Medical & psychological assessment, information, referral and counseling services for seniors.
22. **SBV** **Santa Barbara Village** 729-8828
Membership organization providing referrals on seniors' needs. Volunteer friendly visitors provide care giving relief & help with personal tasks.
23. **UHC** **U.C.S.B Hosford Clinic** 893-8064
Low cost individual counseling & psychological assessment.
24. **VNHC** **Visiting Nurse and Hospice Care** 965-5555
In-home nursing/rehab, palliative care, personal care and case management services, in-patient and outpatient hospice, community loan closet, bereavement support and counseling.