

WE ARE STILL HERE FOR YOU



ABOUT US

The Community Wellness Team (CWT) is a collaboration of local agencies working together to support those in Santa Barbara County.

COVID19 SERVICES

If you or someone you know is struggling or in crisis, you are not alone. We will come to you - virtually.

There are many resources for your mental health that can be accessed remotely during COVID19.

CONTACT US

- To contact an organization directly - See next page.
- For guidance on services, call the CWT at (805) 364-2750 or visit sbccwt.org

- CR Immediate Crisis Response**
Crisis Counseling, Grief Counseling, Psychological First Aid, Spiritual Care
- C Counseling**
Counseling for Individuals, Families, or Groups
- SP Services in Spanish**
Spanish Language Services and Resources
- R Remote Support**
Via Telephone or Video Conference
- L Services for Leaders & Helpers**
Business Owners, Therapists, Health Care Professionals, and other Helpers
- FR Services for First Responders**
Critical Incident Stress Debriefings and Counseling
- S Services for Schools**
Teachers, Administrators, Parents

WE ARE STILL HERE TO HELP

Santa Barbara County has many resources for your mental health that can be accessed remotely. Contact an organization directly with the directory below.

Santa Barbara County Department of Behavioral Wellness (Lead)
Suzanne Grimmese | (805) 886-5403



Institute for Collective Trauma and Growth (Co-Lead)
Kate Wiebe | kwiebe@ictg.org | ictg.org



American Red Cross / Santa Barbara Disaster Mental Health
Roberta Ainciart | (805) 687-1331



Cottage Health
(805) 682-7111 | cottagethealth.org

Hospice of Santa Barbara
Michael Cruse | (805) 563-8820



Jewish Family Service of Greater Santa Barbara
Ruth Steinberg | (805) 957-1116



Mental Wellness Center
Annmarie Cameron | (805) 884-8440
acameron@mentalwellnesscenter.org



Santa Barbara County Psychological Association
Karen Lehman | karen@drkarenlehman.com
www.sbcpa.org



Santa Barbara Response Network
Jina Carvalho | (805) 699-5608



Sheriff Department Behavioral Sciences Unit/AT EASE program
Cherylynn Lee | crl5034@sbsheriff.org
(805) 698-8934

