

Mental Health

Santa Barbara County Resources



Cottage Health offers a plethora of mental health resources for all patients

[Click here to view resources](#)



The County of Santa Barbara offers behavioral wellness resources

[Click here to view resources](#)



Local Sanctuary Centers offer support for those in crisis

[Click here for more information](#)



CalHope offers free help, including hotlines and counseling

[Click here to view resources](#)



NAMI offers help for anyone struggling with mental illness

[Click here for more information](#)