



# HELP IS HERE

EMERGENCIES: CALL 911

## Youth Resources:

Youth Housing Assessment.....805.560.8250  
 Text Line..... 805.698.6701  
 Noah's Anchorage.....805.963.8775

**301 West Figueroa Street, Santa Barbara**  
 Street Outreach & Support.....805.770.2187  
**701 East Haley Street, Santa Barbara**

## Shelter

PATH..... 805.884.8481  
 Rescue Mission..... 805.966.1316  
 Warming Shelter Hotline ..... 805.324.2372

## Medical

Emergency Services.....911  
 Cottage Hospital..... 805.682.7111  
 Franklin Clinic..... 805.568.1136  
 Planned Parenthood..... 805.963.2445

## Mental Health/Substance Abuse Services

HELP Line.....211 or 692-4011  
 National Runaway Safeline..... 1 800 RUNAWAY  
 Mental Health Access Line ..... 888-868-1649  
 STESA (Rape Crisis Center)..... 805.564.3639  
 Domestic Violence Solutions..... 805.964.5245  
 Pacific Pride Foundation ..... 805.963.3636  
 Council on Alcohol and Drug Abuse ... 805.963.1433

## Food Distribution

Food Bank Santa Barbara Co ..... 805.967.5741  
[foodbanksbc.org/get-help/](http://foodbanksbc.org/get-help/)

# YOUTH AND FAMILY SERVICES YMCA

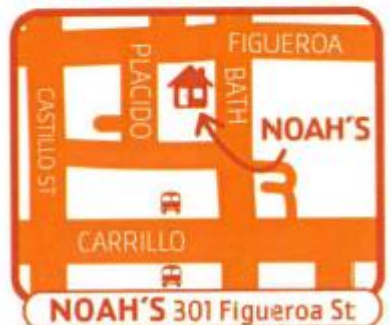


## Our Programs

Noah's Anchorage  
 Youth Shelter

Street Outreach and  
 Support Services (SOS)

My Home



## DROP IN SERVICES

**24/7 at Noah's**  
 Ages 12-17 years old

**9am-1pm Daily at SOS**  
 Ages 16-24 years old

## WHAT WE OFFER

- A Safe Place
- Food & Supplies
- Clothing
- Career Planning
- School Support
- Housing & Shelter
- Computer/Phone Access
- Laundry
- More!

**SERVICES ARE CONFIDENTIAL  
 AND FREE OF COST**