

Community Resources

Shine A Light Counseling Center

- A non profit organization that offers counseling services on a sliding scale.
550 Water St., Bldg C, Suite 3 in Santa Cruz
255-A East Lake Ave. in Watsonville
(831) 996-1222
<https://www.shinealight.info/>

Family Service Agency, of the Central Coast (FSACC)

104 Walnut Avenue #208, Santa Cruz, CA 95060
(831) 423-9444 x200
fsa-cc.org

Scotts Valley Counseling Center

5523 Scotts Valley Dr, Scotts Valley
(831) 706-6962

<https://www.opencounseling.com/united-states/scotts-valley/counseling-agency/scotts-valley-co-counseling-center>

<http://www.svcounselingcenter.com/>

https://svcounselingcenter.com/about_us.html

<https://www.psychologytoday.com/us/therapists/scotts-valley-counseling-center-scotts-valley-ca/294489>

East Cliff Family Health Center

21507 East Cliff Drive Santa Cruz, CA 95062
(831) 427-3500
Website: <https://www.schealthcenters.org/services/east-cliff-family-health-center/>

Encompass Community Services

Encompass is a nonprofit organization with about 40 programs county-wide providing services in behavioral health, family and social well-being, early childhood education, housing, and more. We touch hundreds of lives in the community each year by providing access to:

- Housing
- Counseling for individuals, families and youth
- Substance use recovery programs
- Head Start and Pre-K
- Reentry services
- Health and financial services

380 Encinal St, Suite 200
Santa Cruz, CA 95060
(831) 469-1700
<https://www.encompasscs.org/>

Encompass Youth Services

380 Encinal St, Suite 200, Santa Cruz, CA 95060 Phone: (831) 429-8350 Fax:
(855) 864-2513 E-mail: youthservices@encompasscs.org

Psychology Today (<https://www.psychologytoday.com/us>) is a great resource where you can filter specific areas regarding counseling needed supports.

Free 2 Be a Kid Clothing Exchange

Free 2 Be A Kid is a children's clothing exchange. It takes place on the first saturday of every Month from 9:30-11:30 am at the Live Oak Grange Hall at 1900 17th ave in Santa Cruz. Anyone and everyone is welcome to attend.

1900 17th Avenue, Santa Cruz

www.free2beakid.com

Hopes Closet

Hopes Closet is an all volunteer run non-profit clothing bank, offering clothing and necessities to families in need in Santa Cruz County free of charge. Their goal is to provide items that help our

recipients feel dignified. They take pride in providing quality, pre-loved items to children who would otherwise go without.

To donate goods or request assistance, please call or text 831-566-1731

Santa Cruz Women's Health Center

Operated for women and their children regardless of their economic status, the Santa Cruz Women's Health Center is built on a 40-year legacy of equality, advocacy, high-quality care and respect. Operating as a family practice, it serves women and children through high-quality, patient-centered primary care, mental health counseling, prenatal care and more.

- Address: 250 Locust St, Santa Cruz, CA 95060
- Phone: (831) 427-3500

<https://www.schealthcenters.org/services/santa-cruz-womens-health-center/>

Walnut Avenue Family and Women's Center

Walnut Avenue Family & Women's Center (Walnut Avenue) is a 501 (c) 3 public benefit organization dedicated to improving the quality of life for women, children, and families in Santa Cruz County for over 85 years and is a strength-based family center. Walnut Avenue seeks to improve the economic, physical, and emotional well-being of the individuals and families we serve. Our service providing programs include Early Education Center, Services for Children & Youth, Services for Survivors of Domestic Violence, Family Support Services, and Community Engagement. Many of the families participating in Walnut Avenue programs are from under-served populations due to poverty, early pregnancy, homelessness, and/or domestic violence.

24-hour Domestic Violence Hotline: 1-866-2MY-ALLY
303 Walnut Avenue, Santa Cruz, CA 95060

831-426-3062

<http://www.wafwc.org/>

Monarch Services

Monarch Services offers immediate crisis response to victims of domestic violence and sexual assault through our 24-hour crisis line, including emergency response to law enforcement or medical facilities, and accompaniment to forensic rape examinations.

Support services include emergency shelter for victims of domestic violence or sexual assault and their children, peer counseling, advocacy, information, referrals, drop-in support groups, and assistance with restraining order applications. We also provide community education presentations to schools, community groups and service providers.

24-Hour Bilingual Crisis line

1-888-900-4232

Santa Cruz Office

1509 Seabright Avenue

Santa Cruz, CA 95062

(831) 425-4030

<https://www.monarchsc.org/>

Planned Parenthood

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Address: 1119 Pacific Ave Suite 200 Suite 200, Santa Cruz, CA 95060

Phone: (831) 426-5550

https://www.plannedparenthood.org/health-center/california/santa-cruz/95060/westside-health-center-2232-90130?utm_campaign=westside-health-center&utm_medium=organic&utm_source=local-listing

Santa Cruz Child Protective Services

Child Protective Services (CPS) provides protection for children who are at risk of, or are experiencing neglect, physical, sexual, or emotional abuse. The focus is on the safety of the child and support for parents to strengthen families and promote safe nurturing homes for children.

- Screens and investigates reports of abuse, neglect, or harm
- Assesses safety and risk
- Provides families with referrals to community resources
- Provides supportive services to children and families in their homes
- Provides out of home placement and permanency planning when necessary
- Provides services to help foster care youth transition to adulthood

<https://santacruzhumanservices.org/FamilyChildren/ChildProtectiveServices/WhatisChildProtectiveServices>

Address: 1400 Emeline Ave # K, Santa Cruz, CA 95060

Phone: (831) 454-4222

Child Help USA

www.childhelp.org

Childhelp helps the victims of child abuse through education treatment & prevention programs.

A 501 C3 non-profit charity aiding children throughout the USA.

1-800-422-4453

Prevent Child Abuse America

At Prevent Child Abuse America, they lay the groundwork to deliver the great childhoods that all children deserve. They are a 501(c)(3) dedicated to promoting services that improve child well-being in all 50 states and developing programs that help to prevent all types of abuse and neglect.

<https://preventchildabuse.org/>

Santa Cruz Metro Center

Santa Cruz Metropolitan Transit District, or simply Santa Cruz METRO, provides bus service throughout Santa Cruz County, California.

Contact: (831) 425-8600

Second Harvest Food Bank

- Second Harvest Food Bank of Santa Cruz County provides fresh fruits and vegetables for families in need.

800 Ohlone Parkway

Watsonville, CA 95076

Phone: (831) 722-7110

Fax: (831) 722-0435

<https://www.thefoodbank.org/>

Holy Cross Food Pantry

-Collects and distributes food and resources to those in need.

210 High St, Santa Cruz, CA 95060

(831) 469-0631

<https://holycrosssantacruz.com/>

Head Start Santa Cruz

Head Start has been improving the lives of low-income children and families in Santa Cruz County since 1965 through high-quality, comprehensive child development, and family support services. Head Start supports school readiness and promotes healthy families through delivery of education, health, and social services. Enrollment opportunities are available to children aged 3-5 years in our part-day or extended-day centers. These options are located throughout Santa Cruz County. Part day classes are offered August through May, and extended-day classes are offered August through June.

Head Start ensures that every child is ready to learn by offering families opportunities to:
Develop new skills · Participate in decision-making · Volunteer · Set and meet family goals ·
Advocate for their child · Participate in family literacy activities · And much more!

Address: 255 Swift St, Santa Cruz, CA 95060

Phone: (831) 457-8506

https://www.encompasscs.org/head_start

Early Head Start

Early Head Start provides high quality child development services to the most vulnerable young children in our community. The pre-natal months and the first three years of life are periods of incredible growth in all areas of a baby's development. Parents too, experience this exhilarating growth as they engage with and get to know their baby. Early Head Start helps children and their families get off to a good start and establish healthy patterns for life-long learning.

Services are designed to reinforce and respond to the unique strengths and needs of each child and family. Early Head Start partners with families to

- enhance children's physical, social, emotional, and cognitive development;
- enable parents to be better caregivers and teachers to their children; and
- help parents meet their own goals.

Services include quality early education in and out of the home; parent capacity building, including leadership and advocacy; and comprehensive health services, including services to women after birth.

Address: 255 Swift St, Santa Cruz, CA 95060

(831) 688-3802 or (831) 724-3885

Crisis Lines

A crisis line is a service that provides free, confidential support and resources for people in emotional distress. The service is provided by a trained crisis counselor on the phone and in some cases by text and/or chat. You can call or text for help with someone you're worried about or for yourself. In addition to the resources listed below, some states have their own crisis lines with phone, text, and/or chat services.

Local 24-Hour Suicide Crisis Line

Toll-free: 1-877-663-5433 (ONE LIFE)

Serving Monterey, Santa Cruz, and San Benito Counties for over 50 years

National Suicide Prevention Lifeline

Call 800-273-TALK (8255) Chat service and other information: Go to www.suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741 Other information: Go to www.crisistextline.org

Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13–24 Trevor Lifeline: Call 1-866-488-7386 TrevorText: Text TREVOR to 1-202-304-1200 TrevorChat and other information and resources: Go to www.trevorproject.org

FREE CRISIS SUPPORT RESOURCES

Hospice of Scotts Valley * (831) 430-3040

Amy Marlo, Youth Grief Support Program Manager Hospice of Scotts Valley

Maaliea Wilbur, LMFT

Therapy Works, Executive Director

TherapyWorks Intake Department - 831-525-5000

Maaliea and her compassionate team of therapists welcome those in need of emotional support to receive a complimentary and confidential counseling session.

MERT * (800) 952-2335

The Mobile Emergency Response Team is the **Santa Cruz County** Behavioral Health Crisis Intervention and Evaluation service team for youth and families living in SC County regardless of insurance coverage. MERT provides crisis intervention, stabilization and field-based response to acute crisis situations.

SUICIDE PREVENTION

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[Suicide Talking Points](#)