Individuals and Adults

Our communities have resources available to support individuals and adults. The following list provides help for those seeking help from free or low-cost programs. If you are in need, please contact one of the organizations, below, near you. Although these organizations are available to the public, you must qualify for some.

Attention CenCal Health Members:
If you have questions about your health benefits, please contact our Member Services Department at (877) 814-1861 Monday through Friday, 8am to 5pm (for the hard of hearing TTY 1-833-556-2560 or the CA Relay at 711). The call is toll-free. Please have your member identification card ready when you call.

All Areas

Denti-Cal (Medi-Cal dentists & benefits), (800) 322-6384, www.denti-cal.ca.gov
California Poison Control Hotline, (800) 222-1222, www.calpoison.org
California Smokers’ Helpline (Spanish), (800) 456-6386, www.nobutts.org/spanish
California Smokers’ Helpline, (800) 662-8887, www.nobutts.org
American Cancer Society Helpline, (800) 227-2345, www.cancer.org
National Domestic Violence Hotline, (800) 799-7233

South Santa Barbara County
American Red Cross, (805) 687-1331, www.redcross.org/ca/santa-barbara
Multiple Sclerosis Society, 805-343-6094 https://calcoastms.org/
American Heart Association, (805) 963-8862, www.heart.org
SB Public Library, (805) 962-7653
SBCC Adult Education ESL classes, (805) 964-6853, (805) 687-0812
Tobacco Prevention Programs, (805) 681-5407
Pacific Pride-Santa Barbara, (805) 963-3636, www.pacificpridefoundation.org
Ridley-Tree Cancer Center, (805) 879-0670, www.ccsb.org
Domestic Violence Solution (24 Hr Hotline)-Santa Barbara, (805) 964-5245, www.dvsolutions.org
Domestic Violence Solutions (24 Hr Hotline)-Santa Ynez, (805) 686-4390
SB Rape Crisis Center (24 Hr Helpline), (805) 564-3696, www.sbrapecrisiscenter.org

North Santa Barbara County
Pacific Pride-Santa Maria, (805) 349-9947, www.pacificpridefoundation.org
American Heart Association, (805) 963-8862, www.heart.org
Central Coast Literacy Council, (805) 925-0994 ext 2837
https://www.centralcoastliteracycouncil.org/
Allan Hancock College ESL classes, (805) 922-6966 ext. 3336
Santa Maria Public Library, (805) 925-0994
Mission Hope Cancer Center, (805) 219-4673,
https://www.missionhopecancercenter.com/
Domestic Violence Solutions (24 Hr Hotline)-Santa Maria, (805) 925-2160,
www.dvsolutions.org
Domestic Violence Solutions (24 Hr Hotline)-Lompoc, (805) 736-0965
North County Rape Crisis Center & Child Protection (24 Hr Helpline)-Santa Maria & Lompoc, (805) 736-7273, www.sbcountyrapecrisis.org

San Luis Obispo County
Literacy for Life, (800) 549-4219, www.literacyforlifeslo.org
SLO Public Library, (805) 781-5991, www.slolibrary.org
Tobacco Control Program, (805) 781-5564
HIV and Hepatitis C Testing/Services, (805) 781-4878
American Red Cross, (805) 543-0696, www.redcross.org
Hearst Cancer Resource Center, (805) 542-6234
SLO Hep C Project, (805) 781-3664, www.calhelp.org
RISE - Sexual Assault/Partner Violence Programs-San Luis Obispo & Paso Robles, (805) 226-5400 www.riseslo.org
RISE-Sexual Assault/Partner Violence 24 Hour Crisis Line, (855) 866-7473
Stand Strong Women’s Shelter (Crisis Line), (805) 781-6400 https://standstrongnow.org/
Stand Strong Women’s Shelter (Business line), (805) 781-6401