

Mental Health Supports @ SBHS



Struggling? Anxious? Depressed? Overwhelmed? Grieving? Lonely? Need someone to talk to? We want to hear from you and help guide you in the right direction for the best resources available. Your Mental Health Matters!

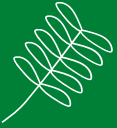


Book and appointment with your SBHS Counselor



Receive school based counseling through the Family Service Agency.

*Ask your school counselor for a referral



Receive grief/loss counseling through Hospice of Santa Barbara

*Ask your school counselor for a referral



Stop by our Wellness Center at the end of the main hall any day between 11am - 1pm



Santa Barbara Area Youth Mental Health and Wellness Resources



Free 24/7 Crisis Text Line
Text HOME to 741-741
Santa Barbara County 2-1-1

#YouMatter

Questions? See Your Counselor

