

OXNARD REGIONAL CAMPUS

500 Esplanade Drive Suite 1000 Oxnard, CA 93036

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a provider to utilize.

24-HOURS HOTLINE CRISIS NUMBERS

Suicide Prevention Lifeline

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Contact: 800-273-8255

National Domestic Violence Hotline

Everyone deserves relationships free from domestic violence. When you are ready, they are here to listen with confidential support.

Contact: 800-273-8255

National Sexual Assault 24-Hour Hotline

The National Sexual Assault Hotline is a safe, confidential service. A trained staff member will provide support through listening and sharing resources.

Contact: 800-273-8255

SAMHSA's National Helpline

The helpline provides 24-hour free and confidential treatment, referrals and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Contact: 1-800-662-4357

Crisis Text Line

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

Contact: 1-800-662-4357

Veterans Crisis Line

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Contact: 1-800-273-8255 Press 1

Vets4Warriors

Vets4Warriors provides confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

Contact: 1-855-838-8255

Trans Lifeline

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Contact: 877-565-8860

MENTAL HEALTH SERVICES

Ventura County Behavioral Health Mobile Crisis Response Team- <https://vcbh.org/en/get-help/mobile-crisis-response-team>

Ventura County Behavioral Health provides crisis intervention services for psychiatric emergencies. The Crisis Team operates 24 hours per day, 7 days per week and is accessed by the entire community. Their experiences and trained mental health staff will provide you with assistance and support on the phone and, if indicated will respond in person. Individuals and families are aided in creating the least restrictive plan for safety. If a higher level of care is needed, Crisis Team may assist with the initial steps toward voluntary or involuntary psychiatric hospitalization.

Contact: 1-866-998-2243

Rates/Insurance: Free

California Lutheran University Community Counseling Services- <https://www.clucounseling.org/services/>

Community Counseling Services provides affordable counseling to individuals, families, children, adolescents, and couples. Therapy services are provided in both English and Spanish to people of all ages. We also offer group therapy services that focus on a variety of topics.

Contact: (805) 493-3059

Location: 2200 Outlet Center Dr Suite 470, Oxnard 93030

Specialties: Anxiety, depression, stress management, grief and loss, relationships difficulties, domestic violence, social anxiety, oppression and discrimination, identity concerns, sexual assault, trauma and abuse, conflict resolution, negative body image, family struggles, parenting challenges, academic challenges, personal development, loneliness, career decisions, phase of life problems, and chronic health conditions

Rates/Insurance: Call to confirm

Ventura County Behavioral Health- <https://vcbh.org/>

The Orange County Health and Psychology's mission is to help adolescents and adults struggling with mood disorders, eating disorders, and dual diagnosis find their way to hope and long-term successful recovery.

Contact: Mental Health- 1-866-998-2243

Substance Use Treatment- 1-800-385-9200

Specialties: Suicide prevention, family resources, community resources, mental health, substance use services, DUI resources and veteran resources

Rates/Insurance: Call to confirm

Ventura Counseling & Wellness Center- <https://www.venturacwc.org/>

Ventura Counseling & Wellness Center (VCWC) is a non-profit with a mission to provide affordable therapy, family counseling, community classes and support groups. Their goal is to help ease life's burdens by providing specialty services like marriage counseling, child custody mediation, community classes, and parenting education.

Contact: (805) 620-8046

Location: 950 County Square Dr, Ste 111 Ventura 93003

Rates/Insurance: Call to confirm

NAMI Ventura County- <https://namiventura.org/>

NAMI Ventura County is a affiliate of the National Alliance on Mental Illness. They offer support groups, education classes, advocacy, resources, help and hope to those living with a mental illness, as well as their families, partners/spouses, and friends.

Contact: (805) 641-2426

Rates/Insurance: Free

DOMESTIC VIOLENCE & SEXUAL ASSAULT

Coalition for Family Harmony- <https://thecoalition.org/>

The Coalition for Family Harmony's mission is to provide direct services to victims of domestic violence and sexual assault; to educate the community regarding violence against women, children, and men; to prevent the cycle of violence.

Contact: 1-800-300-2181

Location: 1030 North Ventura, Road Oxnard 93030

Specialties: Domestic violence emergency safe house, rape crisis center, batterer's intervention program, juvenile probation program, teen dating violence, counseling and support groups, parenting classes, LGBTQ+ counseling program, legal services.

Rates/Insurance: All sexual assault services are free.

County of Ventura Family Justice Center- <https://vcfjc.org/>

The goal of the Family Justice Center is to support and improve the lives of those impacted by family violence and trauma. They help to reduce trauma, eliminate repeat victimization, mitigate future risks and make a lasting, positive difference in countless lives.

Contact: (805) 652-7655

Location: 3170 Loma Vista Rd, Ventura 93003

Specialties: Emergency assistance, safety services, shelter and housing assistance, civil legal services, mental health services, career guidance, financial counseling, education, child development, and survivor advocacy.

Rates/Insurance: Free

Interface Children and Family Services- <https://www.icfs.org/>

Interface Children and Family Services provides direct, responsive, wrap-around services to address the complex needs of client and community.

Contact: (805) 485-6114

Location: Camarillo, Moorpark, Oxnard, Santa Paula, Thousand Oaks, Ventura

Specialties: Domestic violence, child abuse prevention, youth crisis and homelessness, human trafficking, justice services, mental health and trauma treatment.

Rates/Insurance: Call to confirm

Domestic Violence Solutions- <https://dvsolutions.org/>

Domestic Violence Solutions provides safety, shelter and support for individuals and families affected by domestic violence and collaborates with community partners to raise awareness regarding the cause, prevalence and impact.

Contact: Non-emergency calls- (805) 963-4458 and 24-hour crisis hotlines- (805) 964-5245

Location: 411 E Canon Perdido Ste 12, Santa Barbara 93101

Specialties: 24-hour crisis and information hotlines, emergency shelter services, housing services, Domestic Violence Emergency Response Team, support groups and other services, referral partners.
Rates/Insurance: Call to confirm

RESOURCES FOR VETERANS

Make the Connection- <https://www.maketheconnection.net/>

Make the Connection wants veterans to understand that this is support for getting your life on a better track. Many veterans have found the strength to reach out and make the connection to life changing resources. Their website has information for veterans, family and friends, guidance regarding life events and experiences, signs and symptoms, and resources.

National Resource Directory- <https://nrd.gov/>

The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them. The NRD is hosted, managed, maintained, sustained and developed by the Defense Health Agency's Recovery Coordination Program. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration.

Contact: 1-800-342-9647

County of Ventura Veteran Services Office- <https://www.ventura.org/human-services-agency/veteran-services/>

The County of Ventura's Veteran Services Office helps veterans, as well as their families, gain access to financial assistance and medical treatment.

Contact: (805) 585-1860

Location: 790 E. Santa Clara Street Ste 100, Ventura 93001

Specialties: Claims to the VA for service-connected compensation, pension for wartime veterans with non-service connected disabilities, California Tuition Fee Waiver Program, memorial benefits, VA life insurance, medical referrals and information, mental healthcare for Other than Honorable Discharged former service members, supportive services for veteran families.

Rates/Insurance: Call to confirm

Gold Coast Veterans Foundation- <https://gcvf.org/>

The Gold Coast Veterans Foundation is a non-profit agency that has become the go-to resource for military veterans in Ventura County. This is a small organization led by an all-volunteer veteran Board of Directors. They pride themselves as being the opposite of big "bureaucracy style" charities or government agencies. They offer a full range of individualized services, provided on a 1-on-1 personal contact basis.

Contact: (805) 482-6550

Location: 4001 Mission Oaks Blvd Ste D, Camarillo 93012

Specialties: Veterans Connection, Mobile Veteran Outreach, Veterans' Village, Housing Assistance, Restorative and Wellness Programs, Benefit and Claims Assistance, Employment and Career Programs, Financial Coaching, Veteran Entrepreneurship.

Rates/Insurance: Please see their website for a list of in-network insurances

Goodwill Industries of Ventura and Santa Barbara Counties- <http://gwvsb.org/vetservices/>

Goodwill Industries of Ventura and Santa Barbara Counties is proud to offer Operation Good Jobs 4.0. This program provides employment services to Veterans, Active Reservists, Active National Guard members, spouses of Veterans and Active-Duty Spouses.

Contact: (805) 981-0130

Location: 130 Lombard St. Oxnard 93030

Rates/Insurance: Free

LEGAL RESOURCES

Ventura County Legal Aid- <https://vclegalaid.org/>

Ventura County Legal Aid provides free legal services to individuals who are low-income whose court cases are in the Ventura County Superior Court.

Contact: (805) 650-7592

Location: 4475 Market Street Ste B, Ventura 93003

Rates/Insurance: Services are free for individuals who fall under 125% of the federal poverty guidelines, households with income above the guidelines will be denied services and provided with relevant referrals to other non-profits that do not income qualify.

California Rural Legal Assistance- <https://www.crla.org/oxnard-regional-office>

CRLA serves low-income individuals by providing free legal services related to housing, public benefits, employment, and education.

Contact: (805) 483-8083

Location: 338 South A Street, Oxnard 93030

Free Clinic of Simi Valley- <https://www.freedclinicsv.com/services.html#legal>

Volunteer attorneys and paralegals offer information, instruction and assistance in the complex area of law. Individuals sessions offer clients the information needed to protect their family, property or individual rights.

Contact: (805) 522-3733

Location: 2003 Royal Avenue, Simi Valley 93065

Rates/Insurance: Donation of \$40 is suggested per visit.

Conflict Resolution Institute- <http://conflictresolutionvc.org/>

Conflict Resolution Institute (CRI) facilitates both private mediation and arbitration with expert mediators and arbitrators, at reasonable rates in a comfortable location. CRI has the experience and resources to facilitate private justice outside the court litigation process.

Contact: (805) 384-1313

Location: 555 Airport Way Ste D, Camarillo 93010

Rates/Insurance: Call to confirm

Conejo Free Clinic- <https://conejofreeclinic.org/>

The Conejo Free Clinics offer free legal assistance to low-income, underserved residents of Ventura County.

Contact: (805) 497-3575

Location: 80 E Hillcrest Dr #102, Thousand Oaks 91360

Rates/Insurance: Free

HOUSING

Homeless Shelters in Ventura- <https://www.ventura.org/human-services-agency/homeless-shelters/>

The County of Ventura has compiled a list of homeless shelters within the county. Some of these shelters are seasonal, year-round and/or require a TB test.

Ventura County Rescue Mission: Lighthouse- <https://vcrescuemission.org/lighthouse/>

The Lighthouse provides a fresh start to women and children who are experiencing homelessness by offering shelter and recovery programs in a comfortable, home-like setting. They provide you with the tools you need to get back on your feet and transition into stable housing. **This is a faith-based organization.**

Contact: (805) 385-7200

Location: 234 E. 6th St. Oxnard 93030

Specialties: Emergency shelter, life recovery program, internship program and transitional living program

Rates/Insurance: Call to confirm

Ventura County Continuum of Care Alliance- <https://www.venturacoc.org/>

The Ventura County CoC Alliance is a collaborative group dedicated to promoting a safe, desirable and thriving community by ending homelessness in Ventura County.

Contact: tara.carruth@ventura.org

Location: 800 South Victoria Ave L# 1940, Ventura 93009

Specialties: Rental deposits; short-term rental payments; credit counseling; utility deposits; utility payments; and/or moving and storage costs.

Rates/Insurance: Call to confirm

BASIC NEEDS

Western Ventura County Resources for Homeless People- https://cdn.ventura.org/wp-content/uploads/2019/04/HomelessResources_WestCounty.pdf

The County of Ventura has compiled a list of resources for individuals who are homeless in Camarillo, Fillmore, Ojai, Oxnard, Port Hueneme, Santa Paula, and Ventura.

Community Action- <https://www.ca-vc.org/>

Community Actions works to reduce homelessness, improve self-sufficiency, and offer low income assistance programs to the less fortunate and families facing poverty. So the Ventura County Community action agency runs assistance programs and services for the low income and needy, among which include no interest loans for bills or rent as well as counseling.

Contact: (805) 436-4000

Location: 621 Richmond Ave, Oxnard 93030

Specialties: No interest loans for bills and rent, counseling, home energy repair, utility assistance, food assistance, family and youth services, homeless services.

Rates/Insurance: Call to confirm

Lutheran Social Services Ventura County- <https://www.lsssc.org/location/ventura-county/>

LSS Ventura County operates and manages emergency assistance programs throughout Conejo Valley. They provide short-term emergency assistance, addressing the immediate needs of marginalized and underserved communities, while promoting a sense of self-reliance and community among all persons.

Contact: (805) 497-6207

Location: 80 E. Hillcrest Dr. #101, Thousand Oaks 91360

Specialties: Emergency services, social services, housing services, transitional services, health and wellness, and Lutheran Pastors Assistance Fund

Rates/Insurance: Call to confirm

Project Understand- <https://www.projectunderstanding.org/>

Project Understanding provides hope by developing and directing resources for the purpose of transforming lives and our board community.

Contact: (805) 652-1326

Location: 43 E. Vince Street, Ventura

Specialties: Food pantry, housing programs, and tutoring services

Rates/Insurance: Call to confirm

Catholic Charities Ventura County: Ventura Client Service Center-

<https://www.catholiccharitiesvc.org/ventura-service-center.html>

Ventura Catholic Charities maintains a long tradition of serving the low income, unemployed, and working poor and hungry. The agency has helped supply the basic necessities of life to the most needy and low income residents of Ventura County.

Contact: (805) 643-4694

Location: 303 N. Ventura Ave, Ventura 93001

Specialties: Eviction prevention, food pantry and legal assistance

Rates/Insurance: Call to confirm

Ventura County Rescue Mission- <https://vcrescuemission.org/meals/>

The Ventura County Rescue Mission offers two meals daily (lunch and dinner) to those seeking a hot meal.

Contact: (805) 436-4602

Location: 234 E. 6th Street, Oxnard 93030

Rates/Insurance: Free

Salvation Army Ventura Corps- https://ventura.salvationarmy.org/ventura_corps/

The Salvation Army in Ventura offers the following services: emergency shelters, group homes and transitional living centers, family service programs, meal assistance, bill pay assistance, employment assistance. **This provider is religious based.**

Contact: (805) 659-3598

Location: 650 S. Petit Ave, Ventura 93004

Rates/Insurance: Call to confirm

MEDICAL NEEDS

Free Clinic of Simi Valley- <https://www.freeclinicsv.com/services.html#legal>

The Free Clinic of Simi Valley is a non-profit, volunteer-based community service organization. They provide medical care, counseling, dental and legal assistance to individuals and families in need, regardless of their ability to pay.

Contact: (805) 522-3733

Location: 2003 Royal Avenue, Simi Valley 93065

Rates/Insurance: Call to confirm

Conejo Free Clinic- <https://conejofreeclinic.org/>

The Conejo Free Clinic all-volunteer team provides free services for low income and uninsured residents of Ventura County.

Contact: (805) 497-3575

Location: 80 E Hillcrest Dr #102, Thousand Oaks 91360

Specialties: Medical, dental, legal, advocacy, child and youth, breast cancer screening and prevention.

Rates/Insurance: Free

Ohana Health- <https://ohanahealthclinic.com/>

Ohana Health is a nonprofit, licensed medical clinic dedicated to providing education and health services to empower individuals to make informed reproductive choices.

Contact: (805) 373-1222

Location: 80 E. Hillcrest Dr. Ste 130, Thousand Oaks 91360

Specialties: Ultrasounds, STD/STI testing and treatment, health screenings and pap clinic, parenting program, foster family support, doula services, childbirth classes, pregnancy tests, counseling (family, individuals and groups).

Rates/Insurance: Free

SUBSTANCE ABUSE/CHEMICAL DEPENDENCY

Ventura County Rescue Mission: Men's Life Recovery Program- <https://vcrescuemission.org/mens-life-recovery-program/>

The Ventura County Rescue Mission offers an extensive drug and alcohol recovery program. It is a free, ten-month, **residential Christian based**, recovery program that provides Biblically-based structure and applied discipline for living an overcoming life.

Contact: (805) 201-3769

Location: 234 E. 6th St, Oxnard 93030

Rates/Insurance: Call to confirm

Ventura County Alcohol & Drug Programs-

<http://vcportal.ventura.org/VCHCA/Behavioral%20Health/pdf/ADP%20Adult%20Services/adult-services.pdf>

Ventura County offers several alcohol and drug programs. Learn more about these programs using the above link.

Genesis Programs, Inc.- <https://genesisprograms.com/>

Genesis Programs, Inc. offers outpatient addiction treatment. They are dedicated to helping those seeking recovery from alcohol and other drug use.

Contact: (805) 650-3094

Location: 1732 Palma Dr. #208, Ventura 93003

Specialties: Partial Hospitalization, Intensive Outpatient, and Education Track

Rates/Insurance: Contracted with most insurance plans. Genesis Programs, Inc. will verify benefits and inform clients of any out-of-pocket costs.

Changing Tides Treatment- <https://changingtidesaddictiontreatment.com/>

Changing Tides Treatment works to help people recover from substance use disorder and improve their emotional well-being by any means possible.

Contact: (844) 883-3869

Location: 2021 Sperry Ave Ste 18, Ventura 93003

Specialties: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Eye-Movement Desensitization and Reprocessing, Individual Therapy, Neurofeedback, Hypnotherapy, Chiropractic Therapy, Group Therapy, Family Therapy, Psychiatry, Equine Therapy, Recreational Therapy, Yoga, Sub Acute Detox, Medically Assisted Treatment, Residential Treatment, Day Treatment, Intensive Outpatient, Sober Living

Rates/Insurance: Contracted with most insurance plans. Changing Tides Treatments Intake Team will verify benefits and inform clients of any out-of-pocket costs.

Ventura Center: Alcohol and Drug- <https://vchca.org/locations/companies/36>

These Centers promote recovery from substance use problems and provide leadership in the treatment of alcohol, substance use and co-occurring substance use and mental health disorders.

Contact: (805) 652-6919

Location: 5850 Thille St Ste 205, Ventura 93003

Rates/Insurance: Call to confirm

MISCELLANEOUS

Diversity Collective- <https://www.diversitycollectivevc.org/>

Diversity Collective is a community-based nonprofit governed by a volunteer board of directors and volunteer advisory board. It is their mission to promote advocacy, education, mental and physical health for the LGBTQ community and those affected by HIV and AIDS in Ventura County. They do this work via their community resource center, programs, and community-building events.

Contact: (805) 644-5428

Location: 2471 Portola Road Ste 100 Ventura 93003

Our Lady of the Assumption Support Groups- <https://www.olaventura.com/>

Our Lady of the Assumption Parish offers two support groups: a grief group and a cancer group for those living with cancer, as well as their family members and caregivers.

Contact: (805) 642-7966

Location: 3175 Telegraph Rd, Ventura 93003

SELF HELP RESOURCES

Ventura County Alcoholics Anonymous- <https://aaventuracounty.org/meetings>

Alcoholics Anonymous San Fernando Valley Central Office compiled their daily AA meeting schedule at the above link.

Rates/Insurance: Free

Ventura County Al-Anon and Alateen- <https://www.alanonventura.org/>

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.

Rates/Insurance: Free

Narcotics Anonymous- <https://www.na.org/meetingsearch/text-results.php?country=USA&state=California&city=Ventura&zip=&street=&within=20&day=0&lang=&orderby=datetime>

Narcotics Anonymous (or NA) is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Rates/Insurance: Free

Mental Health America Support Groups Resources- <https://mhanational.org/find-support-groups>

Mental Health America compiled a list of resources including specialized support groups.

Grief.com- <https://grief.com/>

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.