



FREE

THERAPY SERVICES PROVIDED DURING COVID-19

Because we know how important it is for our community to maintain their mental health and well being at this time.

SLO   
HOTLINE
(800) 783-0607
— MAKE THE CALL. ANY TIME. —

TO HELP YOU COPE:

Call SLO Hotline to get tips on coping with increased stress and mental health symptoms that you may be experiencing due to our public health emergency. They can also connect you to **free** therapy if you are unable to access these services using your health insurance at this time

Therapy services will be provided over the telephone or by using private, safe and secure video chat. Therapy services will be offered short term and will be available for the duration of the COVID-19 public health emergency. All services will be provided by qualified therapists in our community who have volunteered through the Medical Reserve Corp*.

CenCal beneficiaries may continue to request and access County Behavioral Health services by calling the Central Access Line at 1-800-838-1381.

*For information about the Medical Reserve Corp. please visit www.readyslo.org

To learn more about County Behavioral Health services, please visit us online at www.slobehavioralhealth.org or call 1-800-838-1381