



Mental Health Navigation & Referrals

Organization	Description	Contact
211 SLO County Tinyurl.com/211-SLOCO	Free phone call, text, or online service connecting you with local resources, including mental health care	Call or text 211
CenCal Health-Mental Health Provider Directory	A comprehensive directory of mental health providers for CenCal Patients	Provdircencalhealth.org/Home/SearchForDoctors/MentalHealth
County of SLO Health Care Access & Navigation Slocounty.gov/hca	Free service that helps you find a mental health care provider who accepts your insurance	Call 805-781-4838 Email: Ph.nursenavigator@co.slo.ca.us
Transitions-Mental Health Association (TMHA)- Behavioral Health Navigation Program t-mha.org/program-details.php?id=20	Free service connecting individuals experiencing mental health concerns or illness with resources and peer support; Service available for all	Call 805-540-6576 Email: BHNreferrals@t-mha.org

Free or Low-Cost Mental Health Care

Organization	Description	Location	Contact
Community Counseling Center Cccslo.org	Short-term, low-cost counseling for individuals, couples, and families	Locations in Paso Robles & San Luis Obispo Telehealth	Call 805-543-7969
Community Health Centers of the Central Coast (CHC) CommunityHealthCenters.org/health-services/behavioral-health/	Behavioral health services at CHC locations or via telehealth	Locations throughout the County Telehealth	Call or text 1-805-361-8400
County of SLO Behavioral Health Slocounty.gov/BH	Mental health and substance use assessments, therapy, resources, and referrals	Locations throughout the County	Call 800-838-1381
Transitions-Mental Health Association (TMHA) t-mha.org	Mental health services and case management for any SLO County community member	784 High St, San Luis Obispo	Call 805-540-6500 Email: info@t-mha.org



Mental Health

For Families Affected by Mental Illness

Organization	Description	Location	Contact
NAMI SLO NAMISLO.org	Support groups for family, friends, caregivers, and loved ones of those who have mental illness	Groups meet in Atascadero & Arroyo Grande and virtually	Call 805-674-3993 Email Dawn: sgroups.nami.slo.co@gmail.com
TMHA- Family Support Groups t-mha.org/family-support-groups.php	Support groups for families with an adult or youth with mental illness; Groups offered in English and Spanish	Groups meet virtually	Call 805-540-6571 Email Jorge: jhuerta@t-mha.org

Youth Mental Health Services

Organization	Description	Location	Contact
Balance Treatment Center BalanceTreatment.com/programs/kids-treatment-program	Specialized Intensive Outpatient Program (IOP) for children 6-12 who face mental health challenges	1551 Bishop St, A-130, San Luis Obispo	Call 805-322-4400
Center for Child and Adolescent Mental Health (CCAMH) Ccamh.org	Evidence-based mental health care for children, teens, and young adults	3231 S. Higuera St., San Luis Obispo	Call 805-996-0535 Email: info@ccamh.org
Child Development Resource Center (CDRC) Childrensresource.org	Free therapy for children focused on developing necessary life skills	1720 Bishop St., San Luis Obispo	Call 805-544-0801 Email: michelle@childrensresource.org
County of SLO Behavioral Health Slocounty.gov/BHYouth	Provides a range of services for children and youth affected by mental illness, trauma, and environmental stress	Locations throughout SLO County	Call 800-838-1381
Seneca Family of Agencies Senecafoa.org/senecacentralcoast/	Therapy focused on building up and enhancing strengths, accelerating progress towards stability, self-sufficiency, and long-term success; Habla Espanol	6850 Morro Rd, Atascadero	Call 805-434-2449
SLO County Friday Night Live SLOFNL.com	Youth-led programs dedicated to positive attitudes, leadership, safety, and substance use prevention	Chapters throughout the County	Call 805-781-4289 Email: fridaynightliveboard@gmail.com



Mental Health

Crisis & Emergency Hotlines

Organization	Description	Languages	Contact
Emergency Law or Ambulance	Police, ambulance	English, Spanish	Call or Text 911
California Poison Control System Hotline Calpoison.org	Poison-related help, questions, and advice	English and translation available	Call 1-800-222-1222
California Youth Crisis Lifeline Calyouth.org/cycl	Free, 24/7 emergency response and crisis support line for youth (12-24) and families	English, Spanish, and other interpretation available	Call or text 1-800-843-5200
Central Coast Alcoholics Anonymous SLOAA.org	Free, confidential, 24/7 hotline staffed by volunteers for those with problems with alcohol or who want to stop drinking	English	Call 805-541-3211
County of SLO Adult Protective Services (APS) Slocounty.ca.gov/APS	Emergency intervention for dependent adults and seniors; Investigates allegations of abuse and intervenes when necessary	English, Spanish, and interpretation available	Call 805-781-1790 M-F, 8am-5pm Call 805-729-8011 at all other times
County of SLO Child Welfare Services Emergency Reporting Line Slocounty.ca.gov/SCAR	24/7 hotline to file a Suspected Child Abuse Report (SCAR) in SLO County	English, Spanish, and interpretation available	Call 805-781-5437 805-781-1700
Lumina Alliance Luminaalliance.org/get-help-now	24/7 support for people impacted by sexual assault, sexual abuse, and intimate partner violence in SLO County	English, Spanish, ASL, and interpretation available	Call 805-545-8888
National Maternal Mental Health Hotline https://tinyurl.com/nationalmaternalhealthhotline	Free, confidential, 24/7 hotline for pregnant and postpartum women and their families	English, Spanish, and other interpretation available	Call or text 833-TLC-MAMA (833-852-6262)



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National Runaway Safeline 1800runaway.org	Free, confidential, 24/7 crisis hotline for runaway youth or those at risk	English, Spanish	Call or text 1-800-RUNAWAY (1-800-786-2929) Chat online at 1800runaway.org
SLO Hotline (Central Coast Hotline) https://tinyurl.com/centralcoasthotline	Free, confidential support for those struggling with mental health, postpartum depression, and suicidal thoughts	English, Spanish	Call or text 1-800-783-0607
Suicide and Crisis Lifeline 988lifeline.org	Free, 24/7 confidential and judgement-free support for people in distress	English, Spanish, and interpretation services available	Call or text 988 Chat online at 988lifeline.org

Emergency & Crisis Services

Organization	Description	Location	Contact
County of SLO Crisis Stabilization Unit (CSU) Slocounty.gov/CSU	Voluntary, short-term mental health facility for adults 18 and older experiencing a mental health crisis CURRENTLY CLOSED	2180 Johnson Ave, Unit B, San Luis Obispo	Call 805-788-2507
County of SLO Mental Health Evaluation Team (MHET) Slocounty.gov/MHET	Provides crisis services at local hospitals and mental health referrals; Services are typically initiated by hospital staff	Responds to all of SLO County	Call 1-800-838-1381
County of SLO Mobile Crisis Team (MCT) Slocounty.gov/MCT	Crisis de-escalation team that will respond to people when and where they need it; Provides referrals and resources as needed	Responds to all of SLO County	Call the SLO Hotline 800-783-0607
County of SLO Sobering Center Slocounty.gov/soberingcenter	Short-term sobering center for adults experiencing acute intoxication	2180 Johnson Ave, Annex, San Luis Obispo	Call 820-280-0415 for bed availability