

Arroyo Grande Mental Health (Adult)

1350 E. Grand Ave., Arroyo Grande, CA 93420
(805) 474-2154

Arroyo Grande Mental Health (Youth)

354 S. Halcyon, Arroyo Grande, CA 93420
(805) 473-7060

Atascadero Drug & Alcohol (Adult & Youth)

3556 El Camino Real, Atascadero, CA 93422
(805) 461-6080

Atascadero Mental Health (Adult & Youth)

5575 Hospital Dr., Atascadero, CA 93422
Adult- (805) 461-6060 Youth- (805) 461-6113

Grover Beach Drug & Alcohol (Adult & Youth)

1523 Longbranch Ave., Grover Beach, CA 93433
(805) 473-7080

Paso Robles Drug & Alcohol (Adult & Youth)

805 4th St., Paso Robles, CA 93446
(805) 226-3200

San Luis Obispo Drug & Alcohol (Adult)

2180 Johnson Ave., San Luis Obispo, CA 93401
(805) 781-4275

San Luis Obispo Drug & Alcohol (Youth)

277 South St., Suite T, San Luis Obispo, CA 93401
(805) 781-4754

San Luis Obispo Mental Health (Adult)

2178 Johnson Ave., San Luis Obispo, CA 93401
(805) 781-4700

San Luis Obispo Mental Health (Youth)

1989 Vicente Dr., San Luis Obispo, CA 93405
(805) 781-4179

San Luis Obispo Mental Health (Children 0-5)

Martha's Place Children's Center
2925 McMillan Ave., Suite 108, San Luis Obispo, CA 93401
(805) 781-4948

San Luis Obispo Prevention & Outreach

277 South St., Suite T, San Luis Obispo, CA 93401
(805) 781-4754

San Luis Obispo Psychiatric Health Facility

2178 Johnson Ave., San Luis Obispo, CA 93401
(805) 781-4711

Services Affirming Family Empowerment (SAFE)

1086 Grand Ave., Arroyo Grande, CA 93420
(805) 474-2105

RESOURCES AND HOTLINES

Crisis Resources:

Central Coast Hotline: text or call 1-800-783-0607
National Suicide Prevention Hotline: 988
Crisis Text Line: text 'Hello' to 741-741
Friendship Line: (People Aged 60+) 1-800-971-0016
Military & Veterans 24/7: 988 and press 1 or text 838255
Trevor Lifeline: (LGBTQ+ Youth) 1-866-488-7386

Community Resources:

Aegis Methadone Treatment Center: 805- 461-5212
Al-Anon Central Coast: 628-400-3033
Alcoholics Anonymous Central Coast: 805-541-3211
Cal Poly Health Services: (Students Only) 805-756-1211
CenCal Health for Medi-Cal Patients: 800-421-2560
Central Coast Area Narcotics Anonymous: 800-549-7730
Community Action Partnership (CAPSLO): 805-544-4355
Community Counseling Center: 805-543-7969
Community Health Center (CHC): 866-614-4636
County of SLO Behavioral Health Patients' Rights Advocate: 805-781-4738
County of SLO Public Health: 805-781-5500
Cuesta College Health Services SLO: (Students) 805-546-3171
Cuesta College Health Services Paso: (Students) 805-591-6201
ECHO Shelters: 805-462-3663
Family Care Network, Inc.: 805-781-3535
Gala Pride and Diversity Center: 805-541-4252
Hospice of SLO County: 805-544-2266
LINK Family Resource Center: 805-466-5404
Nar-Anon Central CA: 800-477-6291
Transitions-Mental Health Association (TMHA): 805-540-6500
Wilshire Hospice: 805-269-0141
Restorative Partners: 805-242-1272
SLO Food Bank: 805-238-4664
40 Prado: 805-544-4004

Updated April 2023



HEALTH AGENCY
Behavioral Health Department



www.slobehavioralhealth.org
(800) 838-1381

If you are in a mental health crisis, please call the 24/7 Central Coast Hotline at (805) 783-0607. If you are experiencing an emergency, please call 911.

Se habla español. Tiene a su disposición servicios gratuitos de asistencia lingüística.

The Behavioral Health Department provides services to improve and maintain the health and safety of individuals and families affected by mental illness and/or substance use disorder. Recovery and support services are designed to help clients achieve the highest quality of life through culturally competent, strength-based, and client and family-centered practices.



Step 1: Call us at (800) 838-1381. During the phone conversation, we will ask you whether your needs are urgent and what type of help you are looking for.

Step 2: Once we identify what type of help you would like, we will schedule a follow-up appointment to go into more detail and complete your assessment so we may understand your specific needs.

Step 3: At your follow-up appointment, once your assessment is complete, we will connect you and/or your family member to services and treatment that you and your counselor agree will help you most.

SLO Behavioral Health is licensed by the State Department of Health Care Services. No clients are denied access to services due to inability to pay. Discounted fees and sliding fee schedules are available based on family size and income. The Health Agency complies with Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, or any other protected class.

MENTAL HEALTH SERVICES

Individual and group mental health therapy and rehabilitation options to help you find ways to cope and grow through your wellness journey.

Medication management services with a psychiatrist to discuss the best medication options for treating and managing your mental illness.

Case management to connect you to local agencies to get the other services you need to achieve the highest quality of life.

Other programs include:

Adult and Youth Outpatient and Inpatient Mental Health Services, Veterans and Military Counseling, Latino Outreach Program, Co-Occurring Treatment for both mental health and substance use disorders, Crisis Mental Health Evaluation and Response, Justice Services Assisted Outpatient Treatment, Mental Health Diversion Court, Youth Early Intervention Counseling, College Wellness, Suicide Prevention, Veterans Outreach, Community-Focused Mental Health Trainings, Education, and Outreach.



SUBSTANCE USE DISORDER PROGRAMS

Individual and group treatment options to help you find ways to cope and recover from your substance use disorder.

Withdrawal management services including medication, evaluation, and treatment to reduce and manage withdrawal symptoms for opiate, alcohol, and/or methamphetamine use.

Case management to connect you to local agencies to get the other services you need to achieve the highest quality of life.

Other programs include:

Court Directed Treatment Programs, Intensive Outpatient Treatment, Recovery Residences, Residential Treatment, Perinatal Outpatient Extended Group (POEG), Women and Children Treatment, Driving Under the Influence Program, Friday Night Live (FNL) educational school clubs, Student Support Counseling, Youth Substance Use Treatment, Community-Focused Substance Use & Opioid Safety Trainings, Education, and Outreach.