

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 translation 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 translation 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 translation 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 translation available	Call: 805-545-8888
National Domestic Violence Hotline TheHotline.org	Free, confidential, 24/7 hotline for survivors of domestic abuse and their families	English, Spanish, and other translation available	Call: 1-800-799-7233 Text "Start" to: 88788
National Human Trafficking Hotline	Free, confidential, 24/7 hotline for victims of human trafficking	English, Spanish, and 200+ languages	Call: 1-888-373-7888 Text: 233-733

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HumanTraffickingHotline.org			
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 translation available	Call or Text: 833-TLC-MAMA (833-852-6262)
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: 988lifeline.org

Non-Emergency Crisis Informational Lines

Organization	Description	Languages	Contact
211 SLO County 211SLO.org	Helps individuals locate resources and social services in SLO County	English, Spanish	Call: 211 Text your zip code to 898-211
California Peer-Run Warm Line MentalHealthSF.org/warm-line	Free, 24/7 non-crisis emotional support phone and chat service by and for Californians	English	Call or Text: 855-600-9276
Central Coast Area Narcotics Anonymous Centralcoastna.org	Free, confidential, 24/7 phone line support staffed by volunteers for those with narcotics addiction	English	Call: 800-549-7730
Crisis Text Line CrisisTextLine.org	Free, confidential, 24/7 texting service for those experiencing crisis or distress	English, Spanish	Text "HOME" to: 741741
Disaster Distress Helpline Tinyurl.com/disasterdistress	Free, 24/6 disaster crisis hotline for those experiencing emotional distress due to natural or human-caused disasters	English, Spanish, and other languages	Call or Text: 1-800-985-5990
Fussy Baby Network Warmline Fussybabynetwork.org	Free, national resource for help with fussy babies	English, Spanish	Call: 1-800-431-2229 Email: fussybaby@erikson.edu

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Kick It California Support Line Kickitca.org	Support line to help Californians quit smoking, vaping, and smokeless tobacco	English, Spanish	For English Call: 1-800-300-8086 For Spanish Call: 1-800-600-819
Mother to Baby MothersToBaby.org	Free source of evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding	English, Spanish	Call or Text: 866-626-6847 Chat online: mothersToBaby.org
Postpartum Support International HelpLine Postpartum.net/get-help	Free, volunteer-staffed hotline providing basic information, support, and resources for individuals experiencing postpartum stress	English, Spanish	Call: 1-800-944-4773 Text in English: 800-944-4773 Text in Spanish: 971-203-7773
Pregnancy & Parenting Support of SLO County's Support Line Psslo.org/maternalwellness	Postpartum support line providing emotional support and educational and assessment services; Will connect you with local resources	English, Spanish	Call: 805-541-3367
Safely Surrender Baby Program Slocounty.ca.gov/safelysurrender	Support for safely and anonymously surrendering a newborn; Call the number to find a time and place to surrender	English, Spanish, and interpretation available	Call: 1-877-222-9723
Substance Abuse and Mental Health Service Administration's (SAMHSA) National Helpline Samhsa.gov/find-help/national-helpline	Free, confidential, 24/7 substance abuse treatment referral and information services for individuals and families	English, Spanish	Call: 1-800-662-4357

Police, Sheriff, & Highway Patrol

Organization	Location	Non-Emergency Phone Number
Arroyo Grande Police Department ArroyoGrande.org/123/Police	200 N. Halcyon Rd, Arroyo Grande, CA 93420	805-473-5100
Atascadero Police Department Atascadero.org/Department/Police-Department	5505 El Camino Real, Atascadero, CA 93422	805-461-5051
California State Highway Patrol (San Luis Obispo) Chp.ca.gov/find-an-office/coastal-division	675 California Blvd, San Luis Obispo, CA 93401	805-594-8700



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City of San Luis Obispo Police Department SLOCity.org/Police	1042 Walnut St., San Luis Obispo, CA 93401	805-781-7317
Grover Beach Police Department Grover.org/643/Police-Department	711 Rockaway Avenue, Grover Beach, CA 93433	805-473-4511
Morro Bay Police Department MorroBayCA.gov/128/Police	850 Morro Bay Blvd., Morro Bay, CA 93442	805-772-6225
Paso Robles Police Department PRCity.com/252/Police-Department	900 Park Street, Paso Robles, CA 93446	805-237-6464
Pismo Beach Police Department PismoBeach.org/71/Police	330 Main Street, Pismo Beach, CA 93449	805-773-2208
San Luis Obispo County Sheriff's Office (for unincorporated cities/towns) SLOSheriff.org	1585 Kansas Ave, San Luis Obispo, CA 93405	805-781-4540