



Feeling hopeless, desperate or alone? Concerned for someone else?

Call or Text Central Coast Hotline
800-783-0607

San Luis Obispo County's suicide prevention, mental health resources and emotional support line.

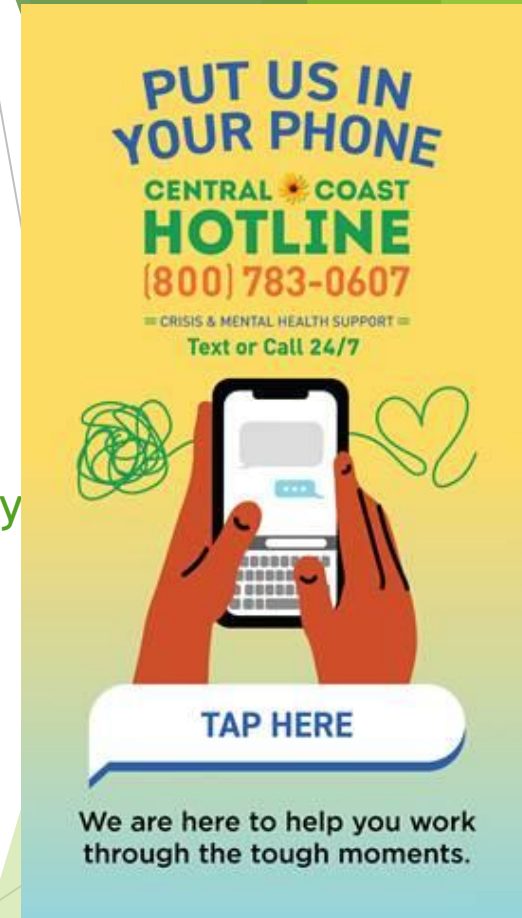
Confidential/Free 24/7 - 365

**CENTRAL
COAST** 
HOTLINE
(800) 783-0607
Text or Call 24/7



Central Coast Hotline facts:

- Central Coast Hotline has been in existence for over 55 years!
- CCH serves all the Central Coast, including Santa Barbara county and beyond!
- Central Coast Hotline answers approximately 800-1,000 calls per month.
- We have had 24/7 texting since 2022, and we average 40-50 texts a month.
- 65+ hours of training - 11 staff, 14 volunteers and 2 interns - volunteers include community members and Cal Poly/Cuesta Students!
- Posters, stickers and cards in Spanish and English available!
- We work alongside police to respond to the mental health/suicide crisis emergencies.
- We are the most accessible way of dispatching Mobile Crisis Team in SLO County.
- Continue to support our TMHA clients: FSP/HOT/CRP/HSP
- Community outreach, presentations, and trainings!



Language Line

- ▶ Our commitment to inclusivity extends beyond language barriers.
- ▶ We partner with the Language Line to offer 24/7/365 translation services.
- ▶ This helps ensure every caller feels heard and understood in their preferred language
- ▶ We welcome Spanish speaking community members to call in for support!

LanguageLine
Solutions®

= CRISIS & MENTAL HEALTH SUPPORT =

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Now you can text
the Central Coast
Hotline at any time
of day or night.

We are here to help
you work through
the tough moments.

Resources

- ▶ No matter where you are on the Central Coast, our Crisis Line Specialists are just a call or text away, ready to connect you with local resources and support.
- ▶ We are very familiar with TMHA program information and referrals.
- ▶ We can fill out referrals for the following TMHA programs:
 - ▶ Brief Therapy Clinic
 - ▶ Veteran Wellness Program
 - ▶ Behavioral Health Navigation
 - ▶ Homeless Outreach Team



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Resources

- ▶ Alzheimer's Association has a 24/7 line you can call 800.272.3900.
- ▶ Wilshire FSP is now closed fortunately TMHA Adult FSP has taken on some of their clients.
- ▶ Mobile Crisis Team are clinicians who can deem someone to be on a 5150 hold and provide in-person emotional support.
- ▶ SLO Fire Mobile Crisis Unit: (805) 550-7270
- ▶ Community Action Team!



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We Are Accredited Crisis Center

- ▶ We are an accredited crisis center, as evaluated by the American Association of Suicidology (AAS).
 - ▶ AAS establishes and monitors the criteria for crisis lines in the U.S.
- ▶ I am also a member of the National Association of Crisis Organization Directors.
 - ▶ This groups meets every months to discuss topics in our work and communicate with one another on best practices.



A M E R I C A N
ASSOCIATION OF SUICIDOLOGY



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Confidential. Free. Hablamos Español.
Transitions-Mental Health Association
www.t-mha.org

Crisis or Not: We are Here for You



- ▶ Everyone deserves a confidential, supportive ear, regardless of the situation.
- ▶ The Central Coast Hotline is available 24/7/365 for conversations that matter—feeling stressed, anxious, or just disconnected.
- ▶ Our trained Crisis Line Specialists are here to offer anonymous support without judgment.

**CENTRAL COAST
HOTLINE**
(800) 783-0607
= APOYO PARA LA SALUD MENTAL
Y SITUACIONES DE CRISIS =
Llame o envíe un mensaje de texto 24/7



Confidencial. Gratis. Hablamos Español.
Transitions-Mental Health Association | www.t-mha.org

Central Coast Hotline vs 988-What's the difference?

Central Coast Hotline has been helping our community for the past 55+ years and knows the local resources and has relationships with the community partners that help us keep our community safe.

The new 988 National Lifeline number is a number that is available to call in an emergency from anywhere in the US and has the potential of changing the way we address Mental Health emergencies in this country.

We advocate that if you live on the Central Coast that you call the Central Coast Hotline. Not only are we staffed so that your call/text will be answered or returned quickly, but that you will get people answering the call/text that are very familiar with our local services.

Central Coast Hotline is hopeful that we will become a 988 Lifeline Center in the near future! Transferred callers who originally called 988 for support in SLO County will be routed to CCH!









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