



# Client Resource Referral List

Updated November 2022

## Chronic/Crisis Mental Health Issues or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> National Suicide and Crisis Lifeline	Dial or Text: 988 (24hrs)	USA
<input type="checkbox"/> SLO County Behavioral Health Access Line	1-800-838-1381 (24hrs) (Crisis & Info Line)	SLO County
<input type="checkbox"/> Santa Barbara County Behavioral Wellness	1-888-868-1649 (24 hrs.) (Crisis & Info Line)	Santa Barbara County
<input type="checkbox"/> Mental Health Emergency Team (MHET)	1-800-838-1381 (24hrs) (Crisis & Info Line)	SLO County
<input type="checkbox"/> National Suicide Prevention Line	1-800- 273-TALK (8255) (24hrs)	SLO County
<input type="checkbox"/> Sierra Mental Wellness Group SLO Crisis Stabilization Unit (CSU)	805-788-2507 (24hrs)	SLO County
<input type="checkbox"/> Central Coast Hotline	1-800-783-0607 (24hrs)	SLO County
<input type="checkbox"/> Transitions Mental Health Association (TMHA)	805-540-6500	SLO County
<input type="checkbox"/> SLO County Psychiatric Health Facility	805-781-4711	San Luis Obispo
<input type="checkbox"/> Cottage Outpatient Center (COPE)	805-541-9113	San Luis Obispo
<input type="checkbox"/> Windhorse Integrative Mental Health	805-927-1654	San Luis Obispo
<input type="checkbox"/> Aurora Vista Del Mar Hospital	805-653-6434	Ventura
<input type="checkbox"/> National Alliance on Mental Illness (NAMI) Lifeline	1-800-950-6264 (10am-10pm EST)	USA
<input type="checkbox"/> Teen Line (Call or Text)	1-800-852-8336 (6pm-10pm PST)	USA

## Health Care (low cost, Medi-Cal/CenCal, or no insurance)

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Health Care Access / Navigation	805-781-4838	SLO County
<input type="checkbox"/> SLO Noor Foundation Clinic	805-439-1797	San Luis Obispo
<input type="checkbox"/> Community Health Center (CHC)	805-346-3900	San Luis Obispo
<input type="checkbox"/> Cuesta Student Services (Students Only)	SLO: 805-546-3138 Paso Robles: 805-591-6200	San Luis Obispo / Paso Robles
<input type="checkbox"/> French Hospital Medical Center	805-543-5353	San Luis Obispo
<input type="checkbox"/> Sierra Vista Reginal Medical Center	805-546-7600	San Luis Obispo



# Client Resource Referral List

<input type="checkbox"/>	RESOURCE INFORMATION	DIAL 2-1-1 or 1-800-549-8989	SLO County
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## Substance Abuse or Related Support

	<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/>	AA- Alcoholics Anonyms	805-541-3211 Or Sloaa.org	SLO County
<input type="checkbox"/>	CoDA (Codependents Anonymous)	coda.org/meeting/slo-coda/	San Luis Obispo
<input type="checkbox"/>	Cottage Outpatient Center (COPE)	805-541-9113	San Luis Obispo
<input type="checkbox"/>	Perinatal Outpatient Extended Group ( POEG) Mothers & Children Age 0-5	County D&A Group 805-781-4753	SLO County, Zoom
<input type="checkbox"/>	NA (Narcotics Anonymous)	1-800-549-7730 or Centralcoastna.org	Central Coast and Zoom
<input type="checkbox"/>	SLO County Drug & Alcohol D.A.S	1-800- 838-1381	SLO County
<input type="checkbox"/>	Aspire (Indv, Couples, Teens) Groups are available	805-329-5595 or 1-888-585-7373 (24 hrs.)	San Luis Obispo
<input type="checkbox"/>	Life Styles Recovery Center	805-238-2290	Paso Robles
<input type="checkbox"/>	Cambria Connection	805-927-1654	Cambria
<input type="checkbox"/>	Captive Hearts (DV, D&A, ED) (Women Residential Program)	805-481-4500	Grover Beach
<input type="checkbox"/>	Aegis Medical Systems & Treatment Centers (Substance use)	Atascadero - 805-461-5212 Santa Maria - 805-922-6597	Atascadero and Santa Maria
<input type="checkbox"/>	Nar-Anon / Narateen (For Families & Friends of Addict's)	1-800-477-6291 or nar-anon.org	Atascadero or Zoom
<input type="checkbox"/>	Balance Treatment Center	1-855-414-8100 or (805) 222-0411	SLO & Santa Maria
<input type="checkbox"/>	Santa Barbara County Behavioral Wellness	1-888-868-1649 (24 hrs.)	Santa Barbara County

## Domestic / Intimate Partner Violence & Sexual Assault

	<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/>	Lumina Alliance	805-545-8888 (Crisis & Info line)	SLO County
<input type="checkbox"/>	SLO County Probation/Batterer's Intervention	805-781-5300	San Luis Obispo
<input type="checkbox"/>	Victim Witness Assistance Care	(805) 781-5821	San Luis Obispo
<input type="checkbox"/>	Captive Hearts (DV, D&A, ED) (Women Residential Program)	805-481-4500	Grover Beach
<input type="checkbox"/>	Domestic Violence Solutions	(805) 925-2160 (Crisis & Info line)	North SB County



# Client Resource Referral List

## Eating Disorder Treatment or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> National Eating Disorders Association (NEDA) Helpline	(800) 931-2237 Call: Mon- Thur 11am-9pm ET Fri 11am-5pm ET and Text	USA
<input type="checkbox"/> Eating Disorders Anonymous	eatingdisordersanonymous.org	USA
<input type="checkbox"/> Central Coast Treatment Center	805-688-5057	San Luis Obispo
<input type="checkbox"/> SLO Eating Disorders	805-305-2254	San Luis Obispo

## Grief Counseling or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Hospice SLO	805-544-2266	San Luis Obispo
<input type="checkbox"/> Wilshire Hospice	805-269-0141	San Luis Obispo
<input type="checkbox"/> Hope House (Support Groups)	805-541-6813	San Luis Obispo

## Psychiatrists / Psychiatric Assessments

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Pacific Psychiatry (Accepts CenCal)	805-541-6000	San Luis Obispo
<input type="checkbox"/> Central Coast Psychiatric Consultants	805-545-5720	San Luis Obispo
<input type="checkbox"/> Optimal Intervention (Accept CenCal and Other Insurance)	805-925-5470	Santa Maria
<input type="checkbox"/> Dr. Michael McGee (No Insurance)	805-459-8232	San Luis Obispo
<input type="checkbox"/> Psychology Today (Psychiatrist/ Therapist Finder)	psychologytoday.com	USA

## Spanish Speaking Resources/Clinicians

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Nancy Mancha-Whitcomb (Insurance and CenCal)	805-253-1999	Atascadero / Telehealth
<input type="checkbox"/> Yumi Velazquez (Accepts CenCal)	805-429-4057	Arroyo Grande
<input type="checkbox"/> Sandra Garcia (Accepts CenCal)	805-954-9024	Santa Maria / Telehealth
<input type="checkbox"/> Erika Lefranco (Client Age 18 +)	805-633-0123	Telehealth Only



# Client Resource Referral List

## Pregnancy / Parenting or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Fussy Baby Network Warm Line	1- 888-431-2229 M-F, 9am to 5pm CST	USA
<input type="checkbox"/> Postpartum Support International Warm Line	1-800-944-4773	USA
<input type="checkbox"/> Parent Connection Of SLO County	805-543-3700	SLO County
<input type="checkbox"/> Parent Connection: Parent Coaching	English: 805-904-1411 Spanish: 805-540-1223	SLO County
<input type="checkbox"/> Community Action Partnership (CAPSLO)	805-544-4355	SLO County
<input type="checkbox"/> Pregnancy & Parenting Support	805-541-3367	San Luis Obispo
<input type="checkbox"/> Martha's Place Children's Center Indv/ Family Therapy (0-5yrs)	805-781-4948	San Luis Obispo
<input type="checkbox"/> <u>The Child Development Resource Center (CDRC)</u> Child Therapy/Child Care 2yr-5yrs / Family Resources	805-544-0801	San Luis Obispo
<input type="checkbox"/> The Link Family Resource Center	805-466-5404	North County
<input type="checkbox"/> Seneca SLO County (Adoption / Fostering Resources)	805-434-2449	Atascadero

## Counseling Alternatives or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Cal Poly Counseling Clinic (Practicum)	805-756-1532	San Luis Obispo
<input type="checkbox"/> Cal Poly Health Center (For CP Students)	805-756-1211 After Hour Crisis (805-756-2511)	San Luis Obispo
<input type="checkbox"/> Cancer Support Community	805-238-4411	Templeton
<input type="checkbox"/> Coastal Center for Anxiety Treatment	SLO: 805-546-3138 Paso Robles: 805-591-6200	San Luis Obispo / Paso Robles
<input type="checkbox"/> Cuesta Student Services (For Cuesta Students)	SLO: 805-546-3138 Paso Robles: 805-591-6200	San Luis Obispo
<input type="checkbox"/> Atascadero Wellness Center	805-462-4300	Atascadero
<input type="checkbox"/> New Life Counseling Center (Spiritual and Regular Counseling)	805-489-3254	Pismo Beach
<input type="checkbox"/> Central Coast Counseling Center	805-934-5088	Santa Maria
<input type="checkbox"/> Acorn Counseling Group of Cali.	805-424-8416	Only Telehealth



# Client Resource Referral List

## LGBTQ+ or Related Support

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Trevor Project Crisis Line	Text "Start" to 678-678 Call 1-866-488-7386 (24 hrs)	USA
<input type="checkbox"/> Trans Lifeline	1-877-565-8860 (24 hrs)	USA
<input type="checkbox"/> LGBT National Hotline	1-888-843-4564 (24 hrs)	USA
<input type="checkbox"/> Gay and Lesbian Alliance (GALA) -Support Groups / Resources	805-541-4252 or galacc.org	San Luis Obispo
<input type="checkbox"/> Tranz Central Coast	805-242-3821	San Luis Obispo
<input type="checkbox"/> Pacific Pride Foundation	(805) 963-3636	Santa Maria & SB
<input type="checkbox"/> The Queer Community Action, Research, Education, and Support (QCARES)	queercares.com	San Luis Obispo
<input type="checkbox"/> SLO Queerdos	Instagram & Facebook	San Luis Obispo
<input type="checkbox"/> The Queer Crowd	thequeercrowd.com	San Luis Obispo

## Assistance for Elderly/Senior Citizens and Housebound

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Alzheimer's Association Help Line	1-800-272-3900 (24hrs)	USA
<input type="checkbox"/> Alzheimer's Association (SLO)	805-547-3830	San Luis Obispo
<input type="checkbox"/> Wilshire Health and Community Service (Therapy, Companionship, Rides, and other services)	805-547-7025	San Luis Obispo
<input type="checkbox"/> SLO Senior Center	805-781-7306	San Luis Obispo
<input type="checkbox"/> Central Coast Commission of Senior Citizens	Information Line: 805-928-2552 Regular Line: 1-800-510-2020	Santa Maria
<input type="checkbox"/> Health Insurance Counseling and Advocacy Program (HICAP)	805-928-5663	Santa Maria
<input type="checkbox"/> Meals that Connect (Meal Delivery and Dining Hall)	805-541-3312	San Luis Obispo
<input type="checkbox"/> Senior Helpers (In-Home Care)	805-328-3052	SLO County



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## Legal Assistance

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> California Rural Legal Assistance (CRLA)	SLO: 805-544-7994 Santa Maria: 805-922-4563	SLO County
<input type="checkbox"/> Family Law Facilitator	805-706-3617	San Luis Obispo
<input type="checkbox"/> SLO Legal Assistance Foundation	805-543-5140	San Luis Obispo
<input type="checkbox"/> SLO County Child Support Clinic	(805) 781-5143	San Luis Obispo

## Case Management / Social Services

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Adult Protective Services (APS)	805-781-1790	SLO County
<input type="checkbox"/> Child Welfare Services (CWS)	805-781-1700	SLO County
<input type="checkbox"/> Department of Social Services (DSS)	805-781-1600	SLO County

## Assistance for Veterans

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Department of Veteran's Affairs	805-543-1233	San Luis Obispo
<input type="checkbox"/> SLO County Veteran's Services	805-781-5766	San Luis Obispo
<input type="checkbox"/> SLO Vet's Center	805-782-9101	San Luis Obispo

## Access Support Network

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Access Support Network (Living with HIV or Hep C)	805-781-3660	San Luis Obispo

## Disability Assistance

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Cal Poly Disability Resources	805-756-1395	San Luis Obispo
<input type="checkbox"/> Cuesta College Disabled Students Program and Services	SLO: 805-546-3138 Paso Robles: 805-591-6200	San Luis Obispo
<input type="checkbox"/> Path Point (Disability Services)	805-782-8890	San Luis Obispo
<input type="checkbox"/> Social Security Administration	1-800-772-1213	San Luis Obispo
<input type="checkbox"/> Community Action Partnership of SLO County (CAPSLO)	805-544-4355	San Luis Obispo



# Client Resource Referral List

## Employment Assistance

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> America's Job Center Of California	805-439-2557	San Luis Obispo
<input type="checkbox"/> California Job Services	805-788-2696	San Luis Obispo
<input type="checkbox"/> Employment Development Dept.	English: 1-800-480-3287 Spanish: 1-866-658-8846	California

## Food Resources

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> Food Bank of SLO County	805-238-4664	SLO County
<input type="checkbox"/> Mountain brook Food Pantry	805-543-3162 (Monday's 2:30 -4:30pm)	SLO County

## Homeless Assistance

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> 40 Prado Homeless Services Center	805-544-4004	San Luis Obispo
<input type="checkbox"/> TMHA Homeless Outreach Team	805-540-6500	San Luis Obispo
<input type="checkbox"/> El Camino Homeless Organization	805-462-3663	Atascadero
<input type="checkbox"/> 5 Cities Homeless Coalition	805-574-1638	Grover Beach

## Housing Assistance

<u>Agency</u>	<u>Contact</u>	<u>Location</u>
<input type="checkbox"/> The Housing Authority of SLO (HASLO)	805-543-4478	San Luis Obispo
<input type="checkbox"/> People's Self-Help Housing	805-781-3088	San Luis Obispo

## Notes / Additional Resources

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