

CENTRAL COAST HOTLINE

CALL OR TEXT 24/7
1-800-783-0607



OBJECTIVE

Our main goal at Central Coast Hotline is to let as many people know about the services we offer our callers such as mental health support, local resources, and crisis intervention.

ABOUT

We have a plethora of outreach materials we have given out over the years to help spread our numbers far and wide. Central Coast Hotline has been saving lives since the 1970s and is accredited by American Association of Suicidology. We have also introduced texting in the last year so we can be more easily accessible to all including the younger population who find texting as a preferred way of communication. We are dedicated to serving the residents of San Luis Obispo and Santa Barbara counties 24/7 365 and completely free of charge. Available in multiple languages, the Central Coast Hotline is ready to serve callers wherever they may be in their mental health journey or if they are calling in for a friend or a loved one.

OUTREACH MATERIAL

TEXTING PROGRAM COORDINATOR: ROBERTO CUEVA
RCUEVA@T-MHA.ORG

We have a plethora of outreach materials we have given out over the years to help spread our number far and wide. In my time working for Hotline, I've realized our outreach material has proven to be the most effective way to reach students. That's why I want to drop off our stickers, brochures, posters, cards, and fun swag items as soon as possible. Lastly, we have recently created an Instagram ad that can be shown on any school-run social media account. Having as many as these items around campus ensures that your students who are struggling with their mental health feel like they have someone to talk to. I believe Hotline is crucial for students who do not have access to sufficient mental health resources at home. Reminding your students that there are local resources available to them 24/7 helps reduce the stigma around mental health. Please contact me for material requests or if you have any further questions about the Central Coast Hotline.

WHAT WE OFFER:

- Suicide Prevention and Central Coast Hotline Presentations
- Central Coast Hotline lunchtime talks
- Suicide Prevention education for students & staff
- Unlimited free access to Central Coast Hotline material (swag items, cards, stickers, posters, video's, and social media post)

MATERIALS AND SWAG ITEMS

CRAYONS, FIDGET CUBE, CHAPSTICK



STICKERS



BUSINESS CARDS



POSTER

CENTRAL  COAST
HOTLINE

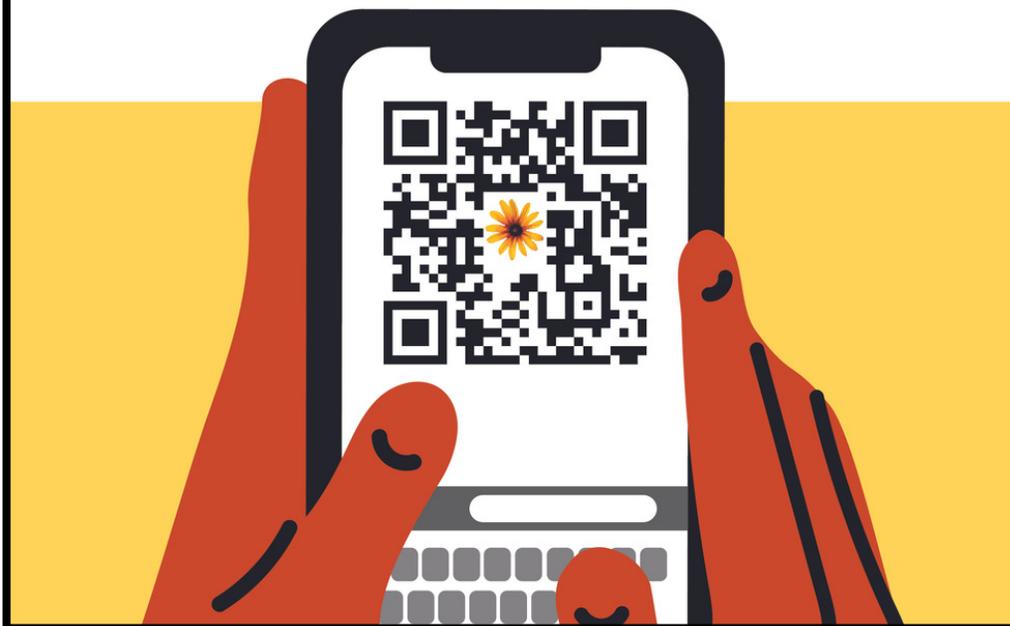
— (800) 783-0607 —

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

Estamos aquí para ayudarlo a superar
los momentos difíciles.

Text or Call 24/7
Texto o llamada

Confidential. Free. Confidencial. Gratis.



PAMPHLETS

Tough time? We're here to help!

Text or Call us anytime for:

- Mental Health Support
- Resources & Referrals
- Suicide Prevention
- Crisis Intervention
- Hablamos Espanol

Free & Confidential

24 hours a day

CENTRAL  COAST
HOTLINE
(800) 783-0607

= CRISIS & MENTAL HEALTH SUPPORT =

Text or Call 24/7



A Program of
Transitions-Mental Health Association
805-540-6500 • info@t-mha.org • www.t-mha.org

¿Tiempo difícil? ¡Estamos aquí para ayudar!

Texto o Llámenos en cualquier momento por:

- Apoyo A La Salud Mental
- Recursos y Referencias
- Prevención Del Suicidio
- Intervención En Crisis
- Hablamos Español

Gratuito y Confidencial

24 Horas Al Día

CENTRAL  COAST
HOTLINE
(800) 783-0607

= APOYO PARA LA SALUD MENTAL
Y SITUACIONES DE CRISIS =

Texto o Llamada 24/7



Un programa de
Transitions-Mental Health Association
805-540-6500 • info@t-mha.org • www.t-mha.org