🌟 Support in San Luis Obispo County 🌟

Quick Guide to Resources for Families, Youth & Professionals

Please note: This quick guide provides a starting point, but many additional resources are available throughout San Luis Obispo County. For a more robust list and detailed information, please refer to the community guides.

📘 Community Resource Guides

211 SLO County - free information and referral to local health and human service programs via phone, text, messaging and online tool.

🟢 Google search: "211 SLO County resources" 🌐 Website: www.211slo.org 📞 Phone: Dial 2-1-1

Central Coast Hotline – 24/7 Crisis, Mental Health Support and community resources – Free, Confidential

🟢 Google search: "Central Coast Hotline" 🌐 Website: www.t-mha.org 📞 Phone: Text or Call – 800-783-0607

NavigateSLO - connects parents, children, teens, providers and everyone in between with local services.

🟢 Google search: "NavigateSLO Resource Guide"

🌐 Website: *https:// www.slocounty.ca.gov/departments/health-agency/public-health/all-public-health-services/maternal-child-health/navigateslo*

🏠 Basic Needs

SLO Food Bank

🟢 Google search: "SLO Food Bank" 🌐 Website: www.slofoodbank.org 📞 Phone: (805) 238-4664

Helpful Tool: "Food Resources Map" to locate neighborhood food distribution sites, pantries, and meal services across the county. Find Food Distributions And Assistance In SLO County

Prado Day Center (Homeless Services)

🟢 Google search: "Prado Day Center SLO" 🌐 Website: www.pradoshelter.org 📞 Phone: (805) 786-0617

ECHO Homeless Shelter

🟢 Google search: "ECHO Shelter SLO County" 🌐 Website: www.echoshelter.org 📞 Phone: (805) 462-3663

5 Cities Homeless Coalition

🟢 Google search: "5 Cities Homeless Coalition" 🌐 Website: www.5chc.org 📞 Phone: (805) 574-7638

Community Action Partnership - SLO (CAPSLO)

🟢 Google search: "CAPSLO San Luis Obispo" 🌐 Website: www.capslo.org 📞 Phone: (805) 544-4355

The Link Family Resource Center

🟢 Google search: "The Link SLO" 🌐 Website: www.linkslo.org 📞 Phone: (805) 466-5404

SLO County Department of Social Services

🟢 Google search: "SLO County Social Services" 🌐 Website: www.BenefitsCal.com Phone: (805) 466-5404

📞 Main SLO Office: (805) 781-1600 📞 Arroyo Grande: (805) 474-2000 📞 Atascadero: (805) 461-6000
📞 Morro Bay: (805) 772-6405 📞 Paso Robles: (805) 237-3110 📞 Nipomo: (805) 931-1800

💚 Mental Health & Wellness

SLO County Behavioral Health - 24/7 Central Access line to help SLO residents get connected to mental health and substance use disorder services.

🟢 Google search: "SLO County Behavioral Health" 🌐 Website: www.slocounty.ca.gov/behavioralhealth

📞 Phone: (800) 838-1381

Lumina Alliance – 24/7 Crisis Line supporting survivors of sexual assault and intimate partner violence. Free and CONFIDENTIAL

🟢 Google search: "Lumina Alliance" 🌐 Website: Lumina Alliance

📞 Phone: (805) 545-8888

BrightLife Kids - a free, state-funded behavioral health coaching program available to all families in California with children aged 0 to 12. No insurance, referrals, or cost are required.

🟢 Google search: " BrightLife Kids California" 🌐 Website: www.hellobrightline.com

📞 Phone: (888) 275-5357

Soluna - a free, anonymous mental health and wellness app designed for California youth ages 13 to 25.

🟢 Google search: "Soluna Mental Health App California" 🌐 Website: www.solunaapp.com

📞 Phone: (855) 765-8621

Never A Bother - Youth Suicide Prevention for teens and young adults up to age 25

🟢 Google search: "Never a Bother California" 🌐 Website: www.neverabother.org

National Suicide & Crisis Line – free, 24/7, confidential phone line connecting callers to trained counselors and local services.

📞 988 — available nationwide, 24/7 💬 Text HOME to 741741 free, 24/7

The Trevor Project (LGBTQ+ Youth)
📞 1-866-488-7386 💬 Text START to 678678

❤️ Countywide SAFE System of Care of San Luis Obispo County

Services Affirming Family Empowerment (SAFE) is a school-linked, family-centered system of care that supports children and families across San Luis Obispo County who are facing complex challenges.

SAFE Intensive Meetings unite families with local organizations, schools, and service agencies to provide coordinated support. The meetings focus on strengths, removing barriers, and ensuring families have a central role in shaping their plan. Referrals can be made by schools, agencies, or directly by families.

🔗 **Referral Forms:**

- CAPSLO SAFE Family Resource Centers → Select **"SAFE Intensive Meeting Referral"**
- The Link Family Resource Center → Select **"SAFE Referral Form"**

Questions? Contact:
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