

SLO County Mental Illness Referrals, Contacts, Locations

NAMI & T-MHA programs for the mentally ill and their families, and education for the public.

UPDATED MARCH 2019

Mobile Crisis Service (24 hours) 1-800-838-1381
SLO Hotline 24-hour mental health support 805-783-0607
24/7 Texting Hotline: Text LISTEN to 741741

WHERE CAN YOU GET HELP IN SLO COUNTY?

Behavioral Health Admin.

805-781-4719

Arroyo Grande Clinic

805-473-7060

Atascadero Clinic

805-461-6060

Central Clinic on Johnson Avenue

805-781-4700

Inpatient Service

805-781-4711

Youth Services (Vicente Dr.)

805-781-4179

Forensic MH Services (CON REP)

805-781-4190

Patient's Rights Advocate

805-781-4783

TMHA Family Services Program

Adult Services

805-540-6571, 540-6572, 540-6574

Youth Services

805-458-6388, 458-2596, 503-0009

TMHA Mental Health Advocates

805-540-6576

San Luis Obispo County Behavioral Health Dept.

<http://www.slocounty.ca.gov/health/mentalhealthservices.htm>

Transitions-Mental Health Association

(P. O. Box 15408), 784 High Street, San Luis Obispo, CA 93406

Ph. 805-540-6500; FAX: 805-540-6501

Email: info@t-mha.org; www.t-mha.org

NAMI San Luis Obispo County

P. O. Box 3158, San Luis Obispo, CA 93403

www.namislo.org

1. Education, Support, Wellness, and Recovery: People Living With Mental Illness

a. NAMI Peer-to-Peer

- 10-week psychoeducational course that teaches people how to live well with their mental illness.
- Contact: Hannah Tenpas, TMHA | 805-540-6576 | HTenpas@t-mha.org

b. Wellness Recovery Action Planning (WRAP)

- 8-week course that helps people develop and maintain a wellness tool.
- Contact: Hannah Tenpas, TMHA @ 540-6576 or HTenpas@t-mha.org

c. Wellness Centers

- Atascadero Wellness Center: "Life House"
 - 5850 West Mall Rd. | 805-464-0512
 - M/T/Th 9:30-3:30, W 12:30-6:30
- Arroyo Grande Wellness Center: "Safe Haven"
 - 203 Bridge St. | 805-489-9659
 - M/F 9:30-3:30
- SLO Wellness Center: "Hope House"
 - 1306 Nipomo St. | 805- 541-6813
 - M/T/Th 9:30-3:30, W 11:30-5:30

d. Peer Advisory & Advocacy Team

- Contact: Meghan Madsen, TMHA | 805-503-0350

Mental Health Advocates: Need help finding resources or support?

Contact Hannah Tenpas, TMHA | 805-540-6576 | HTenpas@t-mha.org

2. Educational & Support Programs: Families of People Living With Mental Illness

a. NAMI SLOCO Meetings

- 4th Tuesday of the month at 6:30 PM
- St. Stephen's Episcopal Church (multi-purpose rm) | 1344 Nipomo St, SLO

b. NAMI SLOCO Family Support Groups

- North County Support Group
 - 1st & 3rd Monday of the month, 6:30-8:00 PM
 - TMHA Wellness Center, "Life House" | 5850 West Mall Road, Atascadero
 - Contact: Diana Wilson | 805-674-8009
- San Luis Obispo Support Group
 - 4th Tuesday of the month (except Jul. Aug. Dec), 5:30- 6:45 PM
 - St. Stephen's Episcopal Church (multi-purpose rm) | 1344 Nipomo St, SLO
 - Call Joe or Madeleine @ 544-2086 for more information.
- South County Support Group:
 - 3rd Saturday of the month -10:00 AM
 - Arroyo Grande Wellness Center, "Safe Haven" | 203 Bridge St, AG
 - Contact: Madeleine Johnson | 805- 544-2086

Families of People Living With Mental Illness - Support Groups (cont.)

- c. NAMI Family-to-Family Education Class
 - 12- week class for families/friends of people living with mental illness.
 - Contact: Henry Herrera | 805-440-3516 for information and schedules.
 - d. NAMI Basics Class
 - 6-week class for families/caregivers of children living with mental illness.
 - Call 805-236-1007 for more information.
 - e. TMHA Family Services
 - Assists those who know or suspect a loved one has a mental illness.
 - Contact: Henry Herrera | 805-540-6571
 - f. TMHA Family Support Group
 - Tuesdays, 12:00-3:00 PM, 784 High Street, SLO
 - Contact: 805-540-6571 for more information
 - g. TMHA Family Orientation Class
 - Six-hour Saturday orientation for families and friends of individuals with mental illness.
 - Contact: 805-540-6571 for information.
 - h. TMHA Mental Illness in the Family and the Judicial System
 - One day class held on Saturday
 - Contact: 805-540-6571 for information and reservations
 - i. TMHA Youth Family Partners, Parent Project and Active Parenting Classes
 - Multiple groups meet weekly throughout the county.
 - Contact: Youth Family Partners
 - South County & SLO | 805-458-6388
 - North County | 805-458-2596
 - North Coast & SLO | 805-503-0009
- 3. NAMI Awareness & Recovery Presentations for the Public**
- a. "In Our Own Voice" Program
 - Contact: Hanna Tenpas, TMHA | 805-540-6576
 - b. "The Shaken Tree" Film & Presentation
 - Contact: Henry Herrera | 805-540-6571 | hherrera@TMHA.org
 - c. NAMI "Ending the Silence" Presentations:
 - Contact: Joe Johnson | 805-544-2086
- 4. For Professional Educators**
- a. Parents and Teachers as Allies
 - 2-hour mental illness education presentation for professional educators
 - Contact: Marcia | 805-481-4847