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**
      i. Atascadero Wellness Center: “Life House”
         - 5850 West Mall Rd. | 805-464-0512
         - M/T/Th 9:30-3:30, W 12:30-6:30
      ii. Arroyo Grande Wellness Center: “Safe Haven”
          - 203 Bridge St. | 805-489-9659
          - M/F 9:30-3:30
      iii. 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**
      i. 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
      ii. 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.
      iii. 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