



Mental Health, Drug & Alcohol Services For South SLO County Homeless

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| <p>County Mental Health Services Youth Location 354 S. Halcyon Road, Arroyo Grande, CA 93420 805-473-7060 Hours: Mon-Fri 8-5pm</p> <p>Adult Location 1350 E. Grand Avenue, Arroyo Grande, CA 93420 805-474-2154 Hours: Mon-Fri 8-5pm</p> | <p>They offer mental health treatment services for youth, adults, and senior citizens and help with family, personal, or psychiatric issues.</p> |
| <p>Transitions Mental Health (T-MHA) Street Address: 784 High Street, San Luis Obispo, CA 93401 Mailing Address: P.O. Box 15408, San Luis Obispo, CA 93406 Contact: Joe Madsen, Team Leader 805-459-7284 or 805-540-6599 jmadsen@t-mha.org Hours: Varied – call for appointment</p> <p>Arroyo Grande Wellness Center: Safe Haven 805-489-9659 www.t-mha.org Hours: Tues-Fri 10-4pm</p> | <p>Mental Health Services for Homeless Population w/Mental Illness</p> <p>Eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services.</p> <p>The Wellness Center offers person-centered, recovery-based supports designed for life enrichment, personal development, peer support, community resources, recovery education, social skill development, and various wellness workshops. Supports provided by the TMHA Wellness Center are gauged for multiple age groups and various cultures with focus upon community connection, wellness, recovery, advocacy, independence and empowerment.</p> |
| <p>Alcoholics Anonymous (A.A.) SLO County Central Office 805-541-3211 www.sloaa.org Call for county-wide meeting schedule</p> | <p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they solve their common problem and help others to recover from alcoholism. Our primary purpose is to stay sober and help others to achieve sobriety.</p> |
| <p>Narcotics Anonymous 800-549-7730 http://www.centralcoastna.org/</p> | <p>Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs have become a major problem. Our fellowship is concerned with the disease of addiction and recovery from that disease; the drug (or drugs) of choice is unimportant.</p> |

This resource is provided as a program of the 5Cities Homeless Coalition.

Disclaimer: This list is provided as a resource only. No endorsement or referral to any particular program should be assumed. Be a careful consumer and ask questions. For comments or questions regarding this directory, please contact 5Cities Homeless Coalition at info@5chc.org (805) 574-1638. Updated 8-2-16

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| <p>Road Runners Program with Casa Solana 383 S. 13th Street, Grover Beach, CA 93433 805-481-8555 www.casasolanainc.org</p> | <p>Road Runners Program have recovery and spiritual based meetings. These meetings are held Monday through Friday, twice a day for 45 minutes. Meetings begin at 9:15am and again at 10:15am. Monday, Wednesday, and Friday meetings are facilitated by Jan Stone.</p> |
| <p>Mental Health Crisis Line 800-838-1381</p> | <p>The Mental Health Crisis Line is available to access mental health services or for immediate help, such as mobile crisis services. This number is available 24 hours a day, 7 days a week.</p> |
| <p>SLO Hotline 800-783-0607</p> | <p>SLO Hotline is a confidential mental health support, crisis and suicide prevention telephone line which also provides mental health resource information. We are here for you or a family member, friend or neighbor you may be assisting 24 hours a day, 365 days a year. Make the call anytime.</p> |

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