

# HELP IS A PHONE CALL AWAY



## Family Support Specialists, Youth and Adult Services

Maria Perez: 805-441-3325

Zandra Alfaro-Olea: 805-458-5487

## Santa Maria Recovery Learning Community

805-928-0139

## Lompoc Recovery Learning Community: Helping Hands of Lompoc

805-819-0460

## Growing Grounds Farm

805-934-2182

## Santa Maria Supportive Community Services

805-614-4940

## Lompoc Assertive Community Treatment (ACT)

805-865-1940

## Santa Barbara County Department of Behavioral Wellness

888-868-1649

## Behavioral Health Crisis Triage Team

Contact the Crisis and Recovery  
Emergency Services (CARES) Clinic  
at 805-934-6315, or contact the  
24/7 ACCESS Line at 888-868-1649

## 2-1-1

Call 2-1-1 for a complete list of  
mental health resources

## National Suicide Prevention Hotline

1-800-273-8255

## California's Peer-Run Warmline

855-845-7415

For more information, visit us at [www.t-mha.org](http://www.t-mha.org).

**SLO**     
**HOTLINE**  
**(800) 783-0607**

MAKE THE CALL. ANY TIME.

**We are here for you 24 hours a day, 365 days a year,  
free of charge.**

Don't be confused by the name—SLO Hotline is always available to residents of Santa Barbara County. SLO Hotline is a confidential telephone service for anyone in suicidal crisis or emotional distress. It is also available to answer non-emergency calls from anyone in need of emotional or mental health information or referrals.