

**SLO Co. Mental Illness Referrals, Contacts, Locations – NAMI & T-MHA Programs:  
Programs for the mentally ill and their families, education for the public**

1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES  
 NAMI Peer-to-Peer: A 10-week psychoeducational course that teaches people how to live well with their mental illness.  
 Contact Jessica Vieira, T-MHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Wellness Recovery Action Planning (WRAP): An 8-week class that helps people develop and maintain a wellness tool.  
 Contact Jessica Vieira, T-MHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Mental Health Advocates: Need help finding resources or just need some support? Contact Jessica Vieira, TMHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Atascadero Wellness Center:  
 "Life House" 5850 West Mall Rd. 464-0512  
 Hours: M, T, Th 9:30-3:30, W 12:30-6:30  
 Arroyo Grande Wellness Center:  
 "Safe Haven" 203 Bridge St. 489-9659 Hours: M-F 9:30-3:30  
 SLO Wellness Center:  
 "Hope House" 1306 Nipomo St. 541-6813  
 Hours: M, T, Th 9:30-3:30, W 11:30-5:30  
 Peer Advisory & Advocacy Team: Call Jessica Vieira, T-MHA, 540-6576

2. EDUCATIONAL & SUPPORT PROGRAMS FOR FAMILIES AND FRIENDS OF PEOPLE LIVING WITH MENTAL ILLNESSES  
 NAMI SLOCO, MEETINGS/PROGRAMS: 4th Tuesday every month (except Jul. Aug. Dec); Program: 6:45 PM in the multi-purpose room at St. Stephen's Episcopal Church (Pismo and Nipomo streets, San Luis Obispo, CA). Follow signs from parking lot off Pismo Street.  
 NAMI SLOCO, Family Support Groups: (A) 1st & 3rd Monday of every month, 6:30-8:00 PM, at the T-MHA Wellness Center, 5850 West Mall Road, Atascadero. Call James @ 441-5444 or Aurora @ 236-1007 for more information.  
 (B) 4th Tuesday every month (except Jul. Aug. Dec), 5:30-6:45 PM in the multi-purpose room at St. Stephen's Episcopal Church (Pismo and Nipomo streets, SLO) Call Joe or Madeleine @ 544-2086 for more information.  
 (C) 1st Tues @ 6:30 pm & 3rd Sat every month -10:00 am at Safe Haven Wellness Center, 203 Bridge St. Arroyo Grande. Contact Madeleine at 544-2086  
 NAMI Family-to-Family Education Class: 12- week education class for families and friends of people living with mental illnesses. Call John Klimala @ 550-3889 for time and place of next 12 week education class.  
 NAMI Basics Class: 6-week education class for families and caregivers of children and youth living with mental illnesses.  
 Contact: Aurora William  
 T-MHA Family Services: Assists anyone who has someone in their life that they know or suspect has a mental illness.  
 Contact Henry Herrera, Program Manager, 540-6571.

T-MHA Family Support Group: Tuesdays 12:00-3:00 pm, 784 High Street, SLO. Please call 540-6571 for more information.  
 T-MHA Family Orientation Class: One Day Family Orientation Class for families and friends of individuals with mental illness. One day six hour class held on Saturdays. Contact 540-6571 for information.  
 T-MHA Mental Illness in the Family and the Judicial System: One day class held on Saturday. Contact 540-6571 for information and reservations.

T-MHA Youth Family Partners, Parent Project and Active Parenting Classes: Multiple groups meet weekly throughout the county.  
 Call Youth Family Partners: Jackie Garza (458-6388), Patty Ramirez (458-2596) or Linda Quesenberry (503-0009) for more information.

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4. AWARENESS & RECOVERY PRESENTATIONS FOR THE PUBLIC  
 NAMI "In Our Own Voice" Program: Call Jessica Vieira, T-MHA @ 540-6576 "The Shaken Tree" Film/Presentation.  
 Call Henry Herrera, Program Manager at 540-6571 or [hhererra@t-mha.org](mailto:hhererra@t-mha.org)
5. EDUCATIONAL PRESENTATIONS FOR PROFESSIONAL EDUCATORS  
 NAMI Parents and Teachers as Allies: 2 hour mental illness education presentation for professional educators. Call Darryl @ 594-105

WEB RESOURCES  
 NAMI NATIONAL - [www.nami.org](http://www.nami.org)  
 NATIONAL INSTITUTE OF MENTAL HEALTH [www.nimh.nih.gov](http://www.nimh.nih.gov)  
 THE ADDICTION CENTER - [www.addictioncenter.com/](http://www.addictioncenter.com/) 1-800-586-9670

**WHERE CAN YOU GET HELP IN SLO COUNTY?**

Mobile Crisis Service (24 hours)	1-800-838-1381
Behavioral Health Admin.	781-4719
Arroyo Grande Clinic	473-7060
Atascadero Clinic	461-6060
Central Clinic on Johnson Avenue	781-4700
Inpatient Service	781-4711
Youth Services (Vicente Dr.)	781-4179
Forensic MH Services (CON REP)	781-4190
SLO Hotline 24-hour	
mental health support	783-0607
Grievance Coordinator	781-4738
T-MHA Family Services Program	
Adult Services	540-6571, 540-6572
Youth Services	458-6388, 458-2596, 503-0009
T-MHA Mental Health Advocates	540-6576

San Luis Obispo County Behavioral Health Dept. web site:  
 < <http://www.slocounty.ca.gov/health/mentalhealthservices.htm> >  
 Transitions-Mental Health Association:  
 (P. O. Box 15408), 784 High Street, San Luis Obispo, CA 93406, (Corner of High and Santa Barbara Streets); Ph. 805-540-6500; FAX: 805-540-6501;  
 Email: [info@t-mha.org](mailto:info@t-mha.org); web site [www.t-mha.org/](http://www.t-mha.org/)  
 NAMI San Luis Obispo County:  
 P. O. Box 3158, San Luis Obispo, CA 93403; Messages: 805-546-4040  
 web site: <http://www.namislo.org>