

**SLO Co. Mental Illness Referral,
Contact and Location Information:**

1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES

NAMI Peer-to-Peer Education Class (9 week education class for people living with mental illnesses):

Call Transitions-Mental Health Association @ 541-5144 x 113, Betty M.

Dual Recovery Anonymous:

452 Higuera St., SLO, 2:30-3:30 Friday.

8600 Atascadero Ave. Atascadero, 2:30-3:30 Thursday

203 ½ Bridge St. Arroyo Grande, 2:30-3:30 pm, Tuesday

WRAP - Group Wellness and Recovery Action Plan:

TMHA, 277 South St., Suite "Y", SLO, call for dates/times

Women's Support Group:

There are no classes/meetings now.

Peer Support:

5395 El Camino Real B, Atascadero, Fri. 9:30-11:00 am

452 Higuera St. SLO, 12:30-2:00 pm, Wednesday

2. EDUCATIONAL AND SUPPORT PROGRAMS FOR FAMILIES AND FRIENDS OF PEOPLE LIVING WITH MENTAL ILLNESSES

NAMI San Luis Obispo County MEETINGS/PROGRAMS:

4th Tuesday every month (except Jul. Aug. Dec); Program: 7:00 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

T-MHA Family Orientation Class and Family Support Group:

Tuesday Afternoons; Orientation – 12:00-1:00; Family Support Group – 1:00-3:00. Transitions-Mental Health Association, 277 South St., Suite Y, SLO. Call Janice H. @ 541-5144 x 171 for more information.

T-MHA Family Support Group in Spanish: For families and loved ones of persons with mental illness; this is a drop in group no charge and no need to call for attendance. Call Henry Herrera, Family Advocate, Bilingual/ Spanish @514-5144 ext. 129

T-MHA Grupo de Apoyo Familiar: Para Familias y seres queridos que tienen personas con problemas mentales; visite el grupo sin hacer cita – no hay costo y no es necesario llamar para asistir. Para más información llame a Enrique (Henry) Herrera, Asesoría Familiar, Se habla español - Bilingual/Spanish 514-5144 ext. 129

T-MHA Young Adult Family Support Group:

Wednesday Afternoons through April'10 – 3:30-5:00. Transitions-Mental Health Association, 277 South St., Suite Y, SLO. In May'10, the group will move to the Cal Poly campus. Contact Cami Rouse at 541-5144 x 156 or crouse@t-mha.org for more information.

T-MHA Youth Family Support Group:

Multiple groups meet weekly throughout the county. Call Youth Family Partners Jackie G. or Patty R. @ 458-6388, 458-2596, or 503-0009 for more information.

NAMI Facilitated Family Support Groups:

3rd Monday of every month 6:30-8:00 PM, at the T-MHA MHSA Support Center, 5395 "B" El Camino Real, Atascadero. Call James or Diane @ 461-1286 for more information. For updated support group information, please visit < www.namisol.org > and click on the Resources/Support tab.

NAMI Family-to-Family Education Class(12 week education class for families and friends of people living with mental illnesses):

Call John K. @ 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): Call Carole @ 771-9063 for next 6 week class.

3. MENTAL ILLNESS AWARENESS AND RECOVERY PRESENTATION FOR THE PUBLIC

NAMI In Our Own Voice Program (2 hour public mental illness awareness and recovery presentation):

Call Transitions-Mental Health Association @ 541-5144 x 105, Dan Sheridan.

4. MENTAL ILLNESS EDUCATION PRESENTATION FOR PROFESSIONAL EDUCATORS

NAMI Parents and Teachers as Allies (2 hour mental illness education presentation for professional educators): Call Lisa @ 788-0869

5. WHERE CAN YOU GET HELP IN SAN LUIS OBISPO COUNTY?

Mental Health Department 1-800-838-1381

24-Hr. MHD Crisis Service 781-4700

Behavioral Health Admin. 781-4700

Arroyo Grande Clinic 473-7060

Atascadero Clinic 461-6060

San Luis Obispo Outpatient Clinic 781-4700

Inpatient Service 781-4711

Youth Services (Vicente Dr.) 781-4179

Forensic MH Services (CON REP) 781-4190

Hotline 24-hour Info., Referral, Listening 211

Grievance Coordinator 781-4738

T-MHA Family Services Program

Adult Services 541-1-5144 ext's.-171, 129, 156

Youth Services 4 58-6388, 458-2596, 503-0009

6. Useful Websites

San Luis Obispo County Behavioral Health Dept.

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

Transitions-Mental Health Association

<http://www.t-mha.org/>

NAMI San Luis Obispo County

<http://www.namisol.org>

Officers

Lisa Kelley President..... 788-0869

Ian Fenwick Vice-president 543-9590

Pam Zweifel Secretary..... 543-1825

Nancy Griffin Treasurer..... 543-9399

Standing Committee Chairs

Naoma Wright Publicity.....543-5232

Roger Gams Newsletter,Peer to Peer Liaison.....461-6590

Ed &Kathy Garner Newsletter & Website.....550-3117

Carole Wallace Librarian..... 771-9063

Pam Zweifel Membership..... 543-1825

Norma Hoffman Housing..... 544-2725

Rae Belle Gams Forensic.....461-6590

Support Group Facilitator OPEN

Special Committee Chairs

Lillian Bareither - Newsletter Mailing 595-2821

Jerry Howe – Farmers Market 543-2261

John Klimala-

Family to Family Coordinator 550-3889

Lisa Kelley—

Parents and Teachers as Allies Coordinator..... 788-0869

Carole Wallace NAMI Basics Coordinator.....771-9063

Lisa Kelley NAMI Basics Coordinator788-0869

NAMI SLOCO WEBSITE: www.namisol.org