



Helping Children and Adults Live, Work and Grow in Our Community

SLO Hotline Facts

SLO Hotline 1.800.549.4499 is San Luis Obispo County's suicide prevention, mental health and emotional support phone line. It is available free of charge, 24 hours every day.

Confidential telephone services are always available for anyone in suicidal crisis or emotional distress through this program. SLO Hotline is also available to answer non-emergency calls from anyone in need of emotional or mental health information or referrals.

SLO Hotline is a valuable resource in the community, supporting the work of local government and mental health service agencies and relieving call volume for the local 911 service. Additionally, SLO Hotline will refer callers with other needs to 211, the resource phone number available for all other community information and referral needs.

In addition to providing these services, SLO Hotline strives to reduce stigma, educate and inform our community about mental illness – what it is and is not.

SLO Hotline is a program of Transitions-Mental Health Association, a community-based nonprofit. It began as a local crisis support and resources referral hotline and continues its service to the community now with a new stigma-reduction and mental health recovery mission.

SLO Hotline's Vision... To build and maintain a healthy, vital community by providing suicide prevention, stigma reduction and mental health support services.

SLO Hotline's Mission... Assisting our friends and neighbors by preventing suicide and encouraging mental health recovery in our community.

Our Purpose... To provide emotional support and mental health crisis intervention for the people of San Luis Obispo County in a caring and cost effective way.

To contact SLO Hotline, call 1-800-549-4499