



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

## SLO Hotline Q&A

### *What is SLO Hotline?*

SLO Hotline can be reached at 800.549.4499. We are a suicide prevention and mental health crisis line that is staffed 24 hours a day, seven days a week. You can also call us for emotional and mental health support for yourself or someone else. We are here for you.

### *Who answers SLO Hotline calls?*

Compassionate and highly-trained SLO Hotline staff and volunteers are available around the clock to answer your calls. Every call is confidential. Staff and volunteers' primary goal is to listen to you, and offer the care, support or referrals to local mental health resources. Spanish-speaking call specialists are also available.

### *Who are the volunteers?*

SLO Hotline Volunteers form the core of our service to the community. Ranging in age from 18 to 80, they bring a diversity of experience and skills, and share a common interest in helping others. Be the Voice on the Other End of the Line

As a SLO Hotline Volunteer, you will be trained to help staff the County's only 24-hour hotline and will make a difference in the lives of youth, seniors, and families. Volunteers learn the skills required to aid in suicide prevention, diffusing crisis situations and providing emotional and mental health support.

### Requirements

- \* 18 years or older
- \* Open-minded
- \* Willingness to assist individuals of different belief systems and backgrounds than your own.

We encourage you to call and speak to us so we may explain our volunteer program to you in more detail. Please feel free to call or email us with any questions you may have.

**To reach SLO Hotline, call 1-800-549-4499**