



**SLO**     
**HOTLINE**  
**(800) 783-0607**  
== MAKE THE CALL. ANY TIME. ==

In response to an increased need for mental health services during these challenging times, SLO Hotline has added two new features to better support our Central Coast communities:

## Brief Therapy Clinic

Provides short-term therapy with sessions ranging **once a week for 10 to 12 weeks**. This pilot program is available for clients who are underinsured, meaning they may not have insurance at all or it may have lapsed since COVID. The program also accepts clients without a current therapist or psychiatrist. Clinical interns will work with callers that have a diagnosis ranging in the mild to moderate categories. Sessions are Zoom-based and all sessions are free.

Referrals for this program will come from TMHA programs, county partners, and SLO Hotline call handlers. No one is required to have a referral from SLO County Behavioral Health.

## Texting Services

Our new Texting Service is now available **Monday through Friday, from 10am-2pm** and uses the (805) area code with the SLO Hotline phone number. Just text **805-783-0607** during hours of operation to begin a text conversation.

**Monday-Friday**

10am to 2pm

Text: 805-783-0607

