

SLO County Teen Resource List

(**) notes when payment is required for a resource

Mental Health

[San Luis Obispo Mental Health Youth Services](#)
[Community Counseling Centers**](#)
[SLO counseling services at Cal Poly**](#)
[Central Coast/SLO Hotline](#)
[Suicide and Crisis Text Lifeline](#)
[LGBTQIA+ Crisis Lines](#)
[Lumina Alliance](#)
[National Teen Dating Violence Hotline](#)
[Teen Talk Hotline](#)
[AUSD Wellness Center on the AHS Campus Students Only](#)

Wellness Support

[CAPSLO Teen Wellness Department](#)
[The Center for Health and Prevention](#)
[Planned Parenthood of San Luis Obispo**](#)
[NOOR Clinic](#)
[GALA Pride & Diversity Center](#)
[YMCA Teen Programs**](#)

Basic Needs

[Family Resource Centers](#)
[SLO Food Bank](#)
[Free Neighborhood Food Pantries](#)
[40 Prado Shelter](#)
[ECHO Shelter](#)
[Estero Bay Kindness](#)

Workforce and Academic Resources

[Youth Workforce Development](#)
[Eckerd Connects/America's Job Center of California](#)
[SLO County Libraries](#)

Resources for Teens with Different Needs

[Department of Rehabilitation \(DOR\)](#)
[WorkAbility 1](#)
[Transitional Age Youth \(TAY\) Full Service Partnership](#)

Pregnant and Parenting Teenagers

[Teen Academic Parenting Program \(TAPP\)](#)
[Pregnancy and Parenting Support](#)

[PostPartum Support International](#)

[Cal-LEARN](#)

[Youth in Foster Care](#)

[Family Urgent Response System \(FURS\)](#)

[General Support + Housing Support](#)

[Foster Youth Support at Cuesta College](#)

[California Youth Connection](#)

[Foster Youth in Action](#)

[Youth Cancer Support](#)

[Along Comes Hope](#)

[Surf for Hope - Surf Camp](#)

[Grief Counseling](#)

[Wilshire Health and Community Center**](#)

[Hospice SLO County**](#)

Mental Health

San Luis Obispo Mental Health Youth Services

Medi-Cal/Cen-Cal insurance Only

Mental Health Clinics in San Luis Obispo County that specialize in assessing and treating mental health. 0-18 population – **Parents/Legal guardian needed to access services.**

8:00am-5:00pm

1. Call Managed Care 1-800-838-1381
2. Have Medi-Cal/Cen-Cal card in front of you/ or DOB and home address
3. If applicable, provide Member I.D. number to clinician
4. Answer all questions to the best of your capabilities. It helps to have a couple of notes in front of you. (i.e., behavior changes, family dynamic changes, concerns/needs)

If you don't have insurance or have private insurance:

Access SLO Mental Health Youth Services using: *Minor Consent (access services without needing parental consent)*

1. Go to your nearest Department of Social Services office
2. Request Minor Consent Medi-Cal application
3. Fill out the first page + last page of the packet provided to the best of your capabilities.
4. Parent information will be asked, provide as much information as you can however it won't be a factor to your application.
5. They will take you to the interview room and ask why you need Minor Consent for Medi-cal
6. Let them know you are seeking outpatient mental health support

7. You will be asked to fill out another form for all the months you require mental health services.

Community Counseling Centers**

Short-term, low-cost, professional counseling for individuals, and families. Insurance not required (will accept MediCal/CenCal); fees based on a sliding scale for affordable care.

Call **(805) 543-7969** for more information or to schedule an appointment.

Visit their website: <https://www.cccslo.org/what-we-do.php>

SLO counseling services at Cal Poly**

Short term counseling and consultation for those that don't qualify for county mental health or can't afford private counseling. Each session ranges from \$3-\$15.

Call **(805) 756-1532** for more information OR

Visit their website: <https://psycd.calpoly.edu/community-programs/counseling-clinic>

Central Coast/SLO Hotline

Provides confidential mental health support, 24 hours a day, 7 days a week; Services include mental health guidance, crisis and suicide prevention. Offers housing referrals, family support, work, clinical services, homeless services, and forensic services.

Office number for general questions: (805) 540-6500; 784 High Street, San Luis Obispo, CA 93401

Hotline number: (800) 783-0607

Suicide and Crisis Text Lifeline

Provides crisis and suicide intervention support, 24 hours a day, 7 days a week;

call or text 988

LGBTQIA+ Crisis Lines

The Trevor Project provides support and education to LGBTQ+ youth, 24 hours a day, 7 days a week, year round.

Call **(866)488-7386** OR

Text "START" to **678-678** OR

Visit their website: <https://www.thetrevorproject.org/>

TRANS Lifeline provides support and suicide prevention, 24 hours a day, 7 days a week;

Call **(877)565-8860**

Lumina Alliance

Confidential support for survivors of sexual assault and intimate partner violence.

24/7 Crisis & Information Hotline **(805)545-8888**

Walk-in centers:

San Luis Obispo: **(805) 781-6401**; 51 Zaca Lane #100, San Luis Obispo, CA 93401; Hours: 9am-5pm (walk-in services)

Paso Robles: **(855) 886-7473**; 1030 Vine Street, Paso Robles CA 93446; Hours: 9am-5pm (walk-in services)

Visit their website:

- ❖ <https://luminaalliance.org/teen-survivors/>
- ❖ <https://luminaalliance.org/teen-dating-violence/>

National Teen Dating Violence Hotline

Free, confidential support hotline for teens experiencing domestic violence in their relationship, their home, or someone close to them, available 24/7, call **(866)331-9474** OR

visit the website: <https://www.thehotline.org/>

Teen Talk Hotline

Peer Run Program; talk with trained teen counselors for mental health peer support and resources.

Call **(800)852-8336** Nationwide (6 PM - 10 PM) OR

Text TEEN to 839863 (6pm - 9pm PST) OR

visit the website: www.teenline.org

Alcoholics Anonymous in SLO County

Free support groups for anyone struggling with alcohol abuse.

Do you think you or someone you know might be struggling with alcoholism? Review [this 12-question quiz](#) to help you decide.

Call 24 hour Confidential Helpline: **805-541-3211** OR email info@sloaa.org

Visit their website to find local Anonymous support groups specifically for young people:

<https://www.sloaa.org/meetings/?tsml-day=any&tsml-type=Y>

AUSD Wellness Center on the AHS Campus **AHS Students Only**

The Wellness Center offers free, confidential therapy for Atascadero students either in person or via telehealth. We see people on a drop-in or scheduled basis. The Wellness Center hosts clubs and groups on campus and is a safe space for students to hang out before school, during breaks, and lunch. The Wellness Center celebrates diversity, promotes inclusion, and strives to create a sense of belonging for all.

Website: <https://sites.google.com/atasusd.org/ahs-wellness-center>

Call: **(805) 462-4319**

What is GroupChat? A mentorship style peer support group for students to share and explore daily challenges and coping mechanisms through art.



Scan the QR code to register for weekly Paso Robles GroupChat sessions every Monday. Pizza is provided!

Paso Robles GroupChat meets on PRHS campus at the Wellness Center, 801 Niblick Road, Paso Robles, 93446

Paso Robles High School students meet on Mondays, during Lunch A and Lunch B.
Paso Robles High School students only

Eating Disorder Support

The Yellow House Project**

Accepts MediCal + other insurances

A local, group nutrition practice and recovery community for anyone struggling with an eating disorder. Located in Morro Bay.

Call: (805) 305-9911 OR email hello@marlenatanner.com

Visit their website: <https://www.marlenatanner.com/>

National Alliance for Eating Disorders

The Alliance offers referrals, education and support for individuals experiencing eating disorders.

Call their HelpLine 1(866)662-1235

Access their free virtual support groups: <https://www.allianceforeatingdisorders.com/groups/>

Visit their website: <https://www.allianceforeatingdisorders.com/>

Wellness Support

CAPSLO Teen Wellness Department

Provides a variety of services to support adolescent wellbeing including reproductive and sexual health services, mindfulness and stress reduction programs, fitness, healthy relationship nutrition and more.

Visit their website: <https://capslo.org/teen-programs/> OR

Contact them via email with questions: Teenwellness@capslo.org OR

Call them: **(805)602-2883**

The Center for Health and Prevention

Provides confidential, free/low cost birth control, condoms, emergency contraception, STI testing, sexual health education, and more.

Walk-in services welcomed:

- ❖ San Luis Obispo: 705 Grand Avenue, San Luis Obispo, CA 93401; Call them with questions or to schedule an appointment: **(805) 544-2478**
- ❖ Arroyo Grande: 1152 E Grand Ave, Arroyo Grande, CA 93420; Call them with questions or to schedule an appointment: **(805) 489-4026**

Planned Parenthood of San Luis Obispo**

Provides high quality, affordable health care and sex education.

Appointment Required; call: **(888) 898-3806**; Please note that there are often protesters outside of the building.

743 Pismo Street, San Luis Obispo, CA 93401

NOOR Clinic

Medical, Dental, Vision services for teens ages 18+ that do not have health insurance.

Call to ask questions or to schedule an appointment: **(805) 439-1797** OR visit their website:

<https://slonoorfoundation.org/>

GALA Pride & Diversity Center

LGBTQIA+ support groups, community events, and connection to local resources. Supports and empowers people of all sexual orientations, gender identities, and expressions to strengthen and unite our Central Coast community.

(805) 541-4252; 1060 Palm Street, San Luis Obispo, CA 93401

Friday Night Live SLO County Programs

Voluntary student club hosted weekly on every middle and high school campus in SLO County that focuses on overall wellness, including drug and alcohol prevention/education, mental health awareness, leadership and advocacy skills, safe driving, and more!

Visit their website for more information and meeting dates/times:

<https://www.slofnl.com/chapters>

Check in with your school's front office for more information as well.

YMCA Teen Programs**

Teaches youth about being active and socially responsible, and helps develop healthy habits that will help teens throughout their lifetime. Provides a safe environment for teens to develop healthy, trusting relationships and build self reliance. Membership (fee) Required.

(805) 543-8235; 1020 Southwood Drive, San Luis Obispo, CA 93401

Basic Needs

Family Resource Centers

The following Family Resource Centers can support Basic Needs (i.e. provide clothing, hygiene products, food support, as well as case management and community referrals support).

Appointments preferred - walk-ins welcomed! Hours: 8:30am - 4pm

- ❖ SLO Family Resource Center: 1375 Balboa Street, San Luis Obispo, **(805) 458-5499**
- ❖ Oceano Family Resource Center: 1425 19th Street, Oceano CA, **(805)474-3690**
- ❖ Nipomo Family Resource Center: 920 West Tefft Street, Nipomo CA, **(805)540-4147**
- ❖ Arroyo Grande Family Resource Center: 1086 Grand Avenue, Arroyo Grande, CA, **(805)556-2048**
- ❖ The Link Family Resource Center: 4507 Del Rio Avenue, Building 1, Atascadero, CA, **(805)794-0217**

SLO Food Bank

Various free Food Distribution sites throughout SLO county, please click the link below for up to date food locations <https://www.slofoodbank.org/food-locator/>

- ❖ Once you click the link, scroll down the webpage to “Find Food In Your Neighborhood” and click on the ‘neighborhood food distributions’ thumbnail

Recommended to bring student ID, as the distribution site will ask for it, but it is not required to receive food.

Free Neighborhood Food Pantries

Available 24/7, Little Free Pantries generally contain food, feminine hygiene products, pet food, etc. and are free to the public. Like Little Free Libraries, these take the form of small, enclosed, sidewalk-accessible boxes in neighborhoods. They are stocked by volunteers, and are not guaranteed to be full.

Locate a Free Pantry near you: [https://localwiki.org/slo/Little Free Pantries](https://localwiki.org/slo/Little_Free_Pantries)

40 Prado Shelter

Provides safe overnight parking, showers, meals, mental health services, and physical health Services, and more. free of charge - **minors cannot access facilities unless a parent or legal guardian is in attendance.**

(805) 544-4004; 40 Prado Road, San Luis Obispo, CA 93401

ECHO Shelter

Provides food, shelter and supportive services. free of charge - **minors cannot access facilities unless a parent or legal guardian is in attendance.**

(805) 462-3663; 6370 Atascadero Avenue, Atascadero, CA 93422

If you are in a position where there is no safe parent/legal guardian, call the 24 hour Child Abuse Hotline at **(805) 781-KIDS (5437)** or toll free **1-800-834-KIDS (5437)**
Or call the Center for Family Strengthening at **(805)543-6216**

You can also call the National Runaway Safeline, available 24 hours a day, 7 days a week, year round.

Call **1(800)RUNAWAY (786-2929)**

Estero Bay Kindness

Food pantry for all SLO county students. Clothing closet for middle and elementary aged children. free of charge

To schedule a shopping appointment, Call **(805) 305-5671**; based in Morro Bay

Workforce and Academic Resources

Youth Workforce Development

Program to empower youth and young adults (ages 16-24) in SLO County to overcome obstacles to employment. Services include assistance with career exploration, educational and training opportunities, and access to paid internships.

Visit their website to apply and learn more: <https://youthworkforce.slococoe.org/>

Eckerd Connects/America's Job Center of California

This program provides young adults, adults and dislocated workers ages 18+ with an opportunity to obtain employment and pursue industry-recognized certifications with support from program specialists. Check the website (link below) for eligibility requirements.

Locations:

8005 Morro Road, Atascadero, CA 93422

Call to ask questions or if interested in the Adults Services (18+): **(805) 286-8530**

3450 Broad Street, Suite 103, San Luis Obispo, 93401

Call to ask questions or if interested in the Adults Services (18+): **(805) 286-8530**

Visit their website: <https://eckerd.org/jobs-training/slo/>

SLO County Libraries

Teens 13-17 can get their own library card, just show your student ID. With this card, access online learning and ebooks/audiobooks/streaming/music/etc. for free.

Access free online learning services, ex. Live tutoring for multiple subjects, driving practice tests, citizenship prep course, career development courses and more. To learn more and access these resources, visit their website: [Online Learning \(slolibrary.org\)](https://onlinelearning.slolibrary.org/)

SLO county libraries offer a variety of in-person services like, volunteer services hours, resume building workshops, laptop checkout program, financial literacy classes, and more.

Access 14 library locations/hours throughout the county here: <https://www.slolibrary.org/>

Resources for Teens with Different Needs

Department of Rehabilitation (DOR)

The Student Services program offers activities that support you in exploring and preparing for the world of work, and more.

For questions regarding Student Services or enrollment call **(805)549-3361**

DOR office location: 3220 South Higuera Street, Suite 102, San Luis Obispo, CA 93401

Eligibility is as follows for 16-21 year old students, whom have either one of the following:

- ❖ You have a 504 Plan, or you're eligible for one if you want one.
- ❖ You have an IEP.
- ❖ You have a disability.
- ❖ Others think you have a disability.

WorkAbility 1

A vocational program serving special education students to provide job opportunities, and career awareness.

For questions regarding the WorkAbility1 program or enrollment call, **(805)782-7317**

Visit their website: <https://www.sloselpa.org/workability/>

WorkAbility 1 is offered through SLO SELPA. Call SELPA, **(805)782-7301**

Transitional Age Youth (TAY) Full Service Partnership

Serves youth ages 16-22; this program provides support for teens with serious emotional disturbances/mental illness and a chronic history of psychiatric hospitalizations; law enforcement involvement; co-occurring disorders.

Call to access services, **(805)503-2316** or **1 (800)838-1381**

Pregnant and Parenting Teenagers

Teen Academic Parenting Program (TAPP)

Provides one-on-one parenting support and resource access to teenage parents, teens who are pregnant, and expectant teen fathers.

Call for more information **(805)458-5499**

Visit their website: <https://capslo.org/tapp-teen-academic-parenting-program/>

Pregnancy and Parenting Support

Provides monthly access to material items needed for children under 5, referrals to community resources and parent education.

Call to register at **(805)541-3367** or email at info@ppsslo.org

Visit their website: <https://ppsslo.org/>

Walk-in to the office, open M-F 10am-3pm, 3480 South Higuera, Suite 100, San Luis Obispo

PostPartum Support International

Website provides access to support groups and information for pregnant and parenting people with a variety of needs.

Visit their website:

<https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-30>

Cal-LEARN

This program encourages pregnant and parenting teens to graduate from high school or its equivalent, become independent, and form healthy families, while providing financial assistance to the teen family. Teen must enroll with assistance from parent/legal guardian.

Call for more information **(805)458-5499**

Visit their website: <https://www.cdss.ca.gov/cal-learn>

Youth in Foster Care

Family Urgent Response System (FURS)

FURS is a Free 24/7/365 Hotline for current or former foster youth and their caregivers to call and get immediate help for any big or small issues they may be having.

Call to access services **(833)939-3877**

Visit their website:

<https://www.cdss.ca.gov/inforesources/cdss-programs/foster-care/family-urgent-response-system/furs-youth-page>

General Support + Housing Support

Marie Bolin, *FCNI Education Services Manager*. Contact Marie with general support questions, housing support program eligibility or resource referral.

Call to access services **(805)858-0530**; Leave Marie a voicemail with contact information and they will get back to you.

Margaux Jones, *FCNI Independent Living Program (ILP)* eligibility and housing support.

Call to access Services **(805)668-8453**; Leave Margaux a voicemail with contact information and they will get back to you.

Foster Youth Support at Cuesta College

Liana Rivera-Cardera, *Foster Youth Liaison*. Call Liana with general support questions, Cuesta College related questions or resource referral.

Call to access services **(805) 592-9502**

Access virtual office hours and further contact information on their website:

<https://www.cuesta.edu/student/studentservices/fosteryouth/index.html>

California Youth Connection

The mission of California Youth Connection (CYC), a youth with lived experience-led organization, is to develop leaders who empower each other and their communities to transform the foster care system through legislative, policy, and practice change.

Visit their website: <https://calyouthconn.org/>

Foster Youth in Action

Foster Youth in Action was founded in 2008 by foster youth organizers and supporters with California Youth Connection (CYC). FYA is now powered by an international network of over 20 local foster youth-led groups across the U.S. and Canada organized around a shared commitment to creating radical change.

Visit their website: <https://www.fosteryouthaction.org/>

Youth Cancer Support

Along Comes Hope

Program provides financial assistance with travel for treatment, creative emotional support and advocacy.

Visit their website: <https://alongcomeshope.com/>

Call for more information **(805) 322-1423**; 3940-7 Broad St., Suite 344 San Luis Obispo, CA

Surf for Hope - Surf Camp

Offers safe space and emotional support for children and teens with family members that have cancer.

Surf camp ages 6-18 years old - No surf experience needed.

For more information or to apply to the camp, visit their website:

<https://surfingforhope.org/pure-stoke-surf-camp>

Grief Counseling

Wilshire Health and Community Center**

Individual and/or family grief counseling is available. Counseling requires scheduling an appointment, call **(805) 269-0141**;

Center for Grief, Education & Healing
277 South Street, Suite S
San Luis Obispo, CA 93401

Community group sessions are available in-office and around San Luis Obispo County.
[Click here to see the types of sessions & dates](#)

Visit the website: <https://www.wilshirehospicecc.org/grief-education-healing/>

Hospice SLO County**

Support Groups Available, *please check in with parents*

Visit the website to find support groups to fit your needs: <https://hospiceslo.org/support-groups>

If you know someone who is in need of hospice care (end of life care) call, **(805) 544-2266**