

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

**NEW
TEXTING
SERVICE**

SLO Hotline provides mental health support, resources, and a suicide prevention lifeline.

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**



WELLNESS • RECOVERY • RESILIENCE