

Name of Organization	Services	Address	Phone #	Website	Hours
Transitions - Mental Health Association	A non-profit organization serving San Luis Obispo and North Santa Barbara Counties, Transitions-Mental Health Association is dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community, and family support services.	784 High St, San Luis Obispo, CA 93401	(805) 5400-6500	https://www.transitionsmha.org/	Monday-Friday: 8AM-5PM
Family Care Network	The Family Care Network was established as a community-based organization to provide clinical and treatment services and support to children and youth in a family setting, preferably their own, and within their community, with the goal of enhancing their safety, wellbeing and permanence, and to foster stable and self-sufficient families.	1255 Kendall Rd, San Luis Obispo, CA 93401	(805) 781-3535	https://fcni.org/	Monday-Friday: 8:30AM-5PM
San Luis Obispo Mental Health Youth Services	Our first priority is for clients and our community to stay safe and calm. We would like to reassure you that we will continue to provide you with behavioral health care in the safest way possible including offering telephone appointments in lieu of in-person visits. Both medication services and therapy/counseling services will be provided over telephone or via telehealth. . . . Our goal is to continue to provide consistent [mental health] care as much as possible.	1989 Vicente Dr, San Luis Obispo, CA 93405	(805) 781-4179	https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Adult.aspx	Monday-Friday: 8AM-5PM
County of San Luis Obispo-Behavioral Health, Prevention and Outreach Division	Our first priority is for clients and our community to stay safe and calm. We would like to reassure you that we will continue to provide you with behavioral health care in the safest way possible including offering telephone appointments in lieu of in-person visits. Both medication services and therapy/counseling services will be provided over telephone or via telehealth. . . . Our goal is to continue to provide consistent [mental health] care as much as possible.	277 South St T, San Luis Obispo, CA 93401	(805) 781-4754	https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Adult.aspx	Monday-Friday: 8:30AM-5PM
National Alliance on Mental Illness	NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.	P.O. Box 3158 San Luis Obispo, CA 93403	Pam Zweifel, President (805) 543-1825	https://www.namisolocal.org/	Monday-Friday: 10AM-6PM

San Luis Obispo Mental Health	Mental Health Clinic	2178 Johnson Ave, San Luis Obispo, CA 93401	(805) 781-4700	https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Adult.aspx	Monday-Friday 8AM-5PM
National Institute of Mental Health	The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.	9000 Rockville Pike, Bethesda, Maryland 20892	(866) 6150-6464	https://www.nimh.nih.gov/health/index.shtml	Monday-Friday: 8:30AM-5PM Eastern Time
Active Minds	Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults	2001 S Street, NW Suite 630, Washington, DC 20009	(202) 332-9595	https://www.activeminds.org/	24/7
Anxiety and Depression Association of America (ADAA)	Founded in 1979, the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.	Mailing Address: 8701 Georgia Avenue Suite 412 Silver Spring, MD 20910	(800) 514-0301	https://adaa.org/	Monday-Wednesday, Friday: 9:30AM-5:30PM Eastern Time
American Psychological Association	Our mission is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.	Mailing Address: 750 First Street, NE Washington, DC	Fax: (202) 336-5633	https://www.apa.org/	Monday-Friday: 8:30AM-5:00PM EST
Depression and Bipolar Support Alliance	The Depression and Bipolar Support Alliance provides hope, help, support, and education to improve the lives of people who have mood disorders.	1100 W Stewart Dr, Orange, CA 92868	(714) 744-8718	https://www.dbsalliance.org/	Support Group Meeting Times: Monday, Wednesday, Friday: 7PM-9PM, Tuesday, Thursday, Saturday: 1PM-2PM
The Flawless Foundation	Our mission is to revolutionize the way the world perceives, prevents, and treats brain based behavioral challenges. Our vision is a society where every person is understood and embraced as Flawless.	PO Box 32024 Palm Beach Gardens, FL 33420	info@flawlessfoundation.org	https://flawlessfoundation.org/	24/7

Mental Health America	Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.	200 Pine Ave Suite 400, Long Beach, CA 90802	(562) 285-1330	www.mhanational.org	Monday-Friday: 9AM-5PM
National Center for PTSD	The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders	2569 West Woodland Drive Anaheim, CA 92801-2608	(562) 826-5603	https://www.ptsd.va.gov/	Monday-Friday: 8AM-5PM
The Trevor Project	The mission of The Trevor Project is to end suicide among gay, lesbian, bisexual, transgender, queer and questioning young people. The organization works to fulfill this mission through four strategies: Provide crisis counseling to LGBTQ young people of suicide.	PO Box 69232 West Hollywood, CA 90069, US	(866) 488-7386	https://www.thetrevorproject.org/	24/7
Treatment Advocacy Center	The Treatment Advocacy Center has participated in the improvement of treatment laws in nearly half of the US states and promoted the implementation of those laws. . . . Dr. Torrey (the founder) has said he was motivated to found the organization by a conviction that "until we find the causes and definitive treatments for schizophrenia and bipolar disorder, we have an obligation to try to improve the lives of those who are suffering."	200 North Glebe Road, Suite 801 Arlington, Virginia	(703) 294-6001	https://www.treatmentadvocacycenter.org/	24/7
The Kennedy Forum	We will revolutionize the way mental health care is delivered in America and create a future where diagnosis and treatment covers the brain and the body.	info@thekennedyforum.org		https://www.thekennedyforum.org/	24/7
American Association of Suicidology	To promote the understanding and prevention of suicide and support those who have been affected by it. We are an inclusive community that envisions a world where people know how to prevent suicide and find hope and healing.	5221 Wisconsin Avenue, NW, 2nd Floor Washington,DC 20015	info@suicidology.org	https://suicidology.org/	24/7
American Foundation for Suicide Prevention	Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death.	555 Saturn Blvd, San Diego, CA 92154	(800) 273-8255 (for hotline) / (855) 869-2377 for building	https://afsp.org	24/7

Brain and Behavior Research Foundation	The Brain and Behavior Research Foundation is committed to alleviating the suffering caused by mental illness by awarding grants that will lead to advances and breakthroughs in scientific research.	747 Third Avenue, 33rd Floor, New York, NY 0017	info@bbrfoundation.org	https://www.bbrfoundation.org/	24/7
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