

Shower the People's Handbook of

Health and Medical Care Resources in San Luis Obispo and the Five Cities Area



**CHANGING LIVES
ONE SHOWER AT A TIME**

showerthepeopleslo.org

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How to Use This Guide

This guide describes how you can get help for medical and health care needs even if you don't have much money.

The final section (*Directory*, p. 20) lists agencies and programs that help people in San Luis Obispo (SLO) and the Five Cities area (Arroyo Grande, Grover Beach, Oceano, Pismo Beach, and Shell Beach). It describes what they offer, who can get those services, how much they cost, and how to access them.

Use the following sections to find resources you need, then use the *Directory* section to find details about each resource.

Services and service providers change, so it is a good idea to contact them yourself to verify the information you find here.

About This Guide

This guide is produced by Shower the People, an all-volunteer program that offers free, hot showers to homeless people in SLO and the Five Cities area.

To suggest improvements to the content of this guide, or to order copies in bulk for your organization, email us at showerthepeopleslo@gmail.com.



You can find this guide on the web with the QR code above or at showerthepeopleslo.org/health-and-medical-care-resources.

Emergency Care

Calling 911

Call 911 immediately when someone needs emergency medical care that cannot wait. This includes when a person:

- Cannot breathe or struggles severely to breathe
- Has no pulse or appears unconscious and unresponsive
- Bleeds heavily and cannot stop the bleeding
- Shows signs of stroke (sudden face drooping, arm weakness, or speech difficulty)
- Experiences chest pain that might indicate a heart attack
- Has a severe allergic reaction with swelling or breathing problems
- Suffers a serious injury
- Takes a dangerous overdose of a drug or poison

- Has a seizure (especially if it lasts longer than five minutes or if the person has never had a seizure before)
- Has a severe mental health crisis in which they are an immediate danger to themselves or others

Stay calm and speak clearly to the 911 dispatcher. The dispatcher will guide you through the process, and may ask you for:

- **Your exact location** — the full address, including apartment number, floor, or any access instructions (If you do not know the address, describe nearby landmarks or cross streets.)
- **The nature of the emergency** — what happened and the person's current condition
- **The patient's condition** — whether the person is conscious, breathing, and responsive; any visible injuries or symptoms
- **Your relationship to the patient** — whether you are family, a friend, or a bystander
- **Your contact information** — a phone number where responders can reach you

Do not hang up until the dispatcher tells you to. The dispatcher may tell you how to provide care while you wait for help to arrive. If the situation changes while you wait, call 911 again immediately to update them.

Stay with the patient until help arrives, if you can safely. Choose someone to watch for the ambulance and to guide responders to the patient.

Emergency Rooms

There are three emergency rooms in our area:

- ◆ **Adventist Health Sierra Vista**
1010 Murray Ave., SLO
805-546-7600
- ◆ **Arroyo Grande Community Hospital**
345 S. Halcyon Rd., Arroyo Grande
805-473-7626 (ER) or 805-489-4261 (front desk)
- ◆ **French Hospital Medical Center**
1911 Johnson Ave., SLO
805-542-6621 (ER) or 805-543-5353 (front desk)

These emergency rooms are open all day, every day.

Do not worry if your Medi-Cal paperwork is not yet ready. Under the “Hospital Presumptive Eligibility” program, in an emergency, hospitals will treat you as though you have Medi-Cal for up to two months while they work with you

to determine your eligibility, if the following conditions hold:

- You are uninsured and not receiving Medi-Cal.
- You have a low monthly income.
- You live in California.
- You have not used the “Hospital Presumptive Eligibility” program more than once in the past 12 months (more than twice for children).

U.S. Citizenship is *not* required. All three emergency rooms participate in the “Hospital Presumptive Eligibility” program.

Urgent Care Options

Visit an urgent care center when you have a medical problem that needs quick attention but is not life-threatening. Urgent care centers treat conditions that are too serious to wait for a doctor’s appointment but that do not require emergency room services. The wait is usually shorter than emergency rooms, and the cost is typically lower for non-emergency conditions.

Most urgent care centers accept walk-ins, and some also allow appointments. Bring your insurance card, identification, and a list of medications you take.

◆ Community Health Center

Medicare and Medi-Cal OK

1205 E Grand Avenue, Suite H, Arroyo Grande

805-994-2300

communityhealthcenters.org

M-F 8am-8pm, Sa.-Su. 9am-5pm

◆ Dignity Health Urgent Care

Medicare and Medi-Cal OK

877 Oak Park Blvd, Pismo Beach

805-474-8450

locations.dignityhealth.org/dignity-health-urgent-care-pismo-beach

M-F 8am-6pm, Sa. 8am-4pm

◆ Urgent Care Pismo Beach

Medicare OK, no Medi-Cal

2 James Way #214, Pismo Beach

805-295-6594

M-Sa. 7am-6:30pm, Su. 8am-3:30pm

◆ Cottage Urgent Care

Medicare and Medi-Cal OK

3970 Broad Street Suite 2 (Marigold Center), SLO

805-762-4996

cottagehealth.org/urgent-care

Every day: 8am-8pm

- ◆ **Cottage Urgent Care**
Medicare and Medi-Cal OK
 777 E. Foothill Blvd. (Foothill Plaza), SLO
 805-762-4348
 cottagehealth.org/urgent-care
 Every day 8am-8pm

- ◆ **Family and Industrial Medical Center**
Medicare OK, no Medi-Cal
 47 Santa Rosa St., SLO
 805-542-9596
 fimcslo.com
 M-F 8am-7pm, Sa. 9am-4pm

- ◆ **MedStop**
Medicare OK, no Medi-Cal
 283 Madonna Rd. Suite B (Madonna Plaza), SLO
 805-549-8880
 medstopurgentcare.com
 M-F 8am-7pm, Sa.-Su. 8am-4pm

Hotlines and Health Info Lines

911	Medical (and other) emergencies
800-783-0607 Or text LISTEN to 741741	Hotline: a 24/7 suicide prevention and mental health crisis line that provides immediate emotional support for you or someone else.
988	National Suicide Prevention Lifeline
838255	Veterans Crisis Text Line
866-488-7386 Or text 678678	Trevor Lifeline: Crisis intervention and suicide prevention for LGBTQ+ youth.
877-565-8860	Trans Lifeline: Crisis hotline for transgender people.
800-222-1222	Poison Control: Treatment advice from experts in poisoning care
877-435-7443	Help-4-Hep Helpline: for anyone with concerns about hepatitis C.
805-540-6576	Behavioral Health Navigator: Get help finding the help you need and understanding the local behavioral health system.
805-541-3211	Alcoholics Anonymous 24/7 helpline.

805-549-7730	Narcotics Anonymous 24/7 helpline.
211	Connects you to expert, caring, confidential help of all sorts.
855-600-9276	Peer-Run Warm Line: anyone in need can get emotional support and help facing challenges.
800-786-2929	Runaway Safeline. Confidential, non-directive and non-judgemental support for runaway youth.
800-545-8888	Local sexual assault, sexual abuse, and intimate partner violence crisis line.
833-852-6262	National Maternal Mental Health Hotline (call or text).

Health Insurance

Medi-Cal (Medicaid)

Medi-Cal, California's Medicaid program, is a health insurance program for low-income people who meet certain eligibility requirements.

CenCal administers Medi-Cal in SLO County. They help recipients:

- find doctors, pharmacies, and health education programs
- coordinate care
- get referrals to specialists
- get advice from a 24-hour nurse telephone service

For more information, visit CenCalhealth.org or call 877-814-1861 (M-F, 8am-5pm). You can search a list of local CenCal health care providers here:

cenCalhealth.org/members/provider-directory-for-members/

Homeless SLO County residents who are enrolled in CenCal qualify for "Enhanced Care Management." This helps you coordinate the care you need across multiple healthcare providers. Contact ph.ecm@co.slo.ca.us or call 805-781-4687 if you want to apply or you want more details. You can also apply in-person (walk-ins OK) at CAPSLO's **Outreach and Engagement Services** center (p. 22) M-F 10am-3pm, 1320 Nipomo St., SLO.

The local Medi-Cal offices are at the the **Department of Social Services** (p. 25).

How to Apply for Medi-Cal

You can apply for Medi-Cal at www.coveredca.com or BenefitsCal.com.

You can get help applying from the **Department of Social Services** (p. 25) or **Catholic Charities** (p. 22). To get help in indigenous Mexican languages, call 805-483-1166, or visit mixteco.org/outreach-access/. If you are a farm laborer, you can also get help from the Civil Assistance Program of the California Farmworker Foundation:

californiafarmworkers.org/what-we-do/civil-assistance-program

Prescription Medication

To learn how to get prescription medicine through Medi-Cal, contact Medi-Cal Rx at 800-977-2273. To find a Medi-Cal Rx pharmacy, visit:

medi-calrx.dhcs.ca.gov/home/find-a-pharmacy

Dentists

Dentists are not provided through CenCal but through Medi-Cal Dental. For information about dental benefits, contact Medi-Cal Dental at 800-322-6384 (TTY: 800-735-2922). To find a Medi-Cal Dental provider, see one of these resources:

- ◆ “Denti-Cal Dental Care Dentist Referral”:
www.denti-cal.ca.gov or 800-322-6384
- ◆ “Find A Dentist” at Smile California:
smilecalifornia.org/find-a-dentist

Medicare and HiCAP

Medicare is a government-provided health insurance program for people over age 65 and for people with long-term disabilities.

Find out if you qualify for Medicare by asking the Social Security Administration. See ssa.gov/prepare/check-eligibility-for-benefits or visit in person:

3240 S. Higuera St., SLO
M-F, 9am-4pm
(Call 855-207-4865 to schedule an appointment.)

Medicare’s many options can be confusing. **Health Insurance Counseling & Advocacy Program** (“HiCAP,” p. 27) offers free and unbiased information about Medicare and its options. HiCAP can help you:

- find the best prescription drug plan
- find and use prescription drug discount programs

- file Medicare denial appeals
- understand long-term care insurance options

To use the local HiCAP program you must be eligible for Medicare and you must be a resident of SLO or Santa Barbara counties. The HiCAP program is free. Call them to make an appointment at 805-928-5663, M-F, 8am-5pm.

You can also submit questions to them via a web form and get answers by email: centralcoastseniors.org/ask-a-medicare-question/

Covered California / Obamacare

Covered California is a free service that helps you to apply for affordable medical insurance in California. This includes Medi-Cal but also a variety of other brand-name health insurance plans, which may be available to you for free or at a very low cost depending on your income and circumstances.

Visit coveredca.com or call 800-300-1506 to learn more.

VA Health Care

Military veterans may qualify for VA health care. To learn if you qualify, how to apply, and details about your medical benefits package:

- call 877-222-8387, or
- visit va.gov/health-care/about-v-a-health-benefits

See also the following listings in the *Directory* section:

- **SLO Vet Center**, p. 32
- **Veterans Administration Outpatient Clinic**, p. 34
- **Veterans Services**, p. 34

Crowdfunding Medical Expenses

If you expect to have high medical expenses that you cannot afford, you might try to raise the money through donations from others. The **Help Hope Live** (p. 27) program can help you establish a “crowdfunding” campaign to raise money this way.

Emergency Funding

If you need immediate funds to pay for a specific medical expense, consider the **Medically Indigent Services Program** (p. 28).

Other options include:

- ◆ **Green Pastures**

Come on the first and third Wednesday of the month at 1pm to the First Presbyterian Church at 981 Marsh St. in SLO.

- ◆ **Minister's Discretionary Fund**

Email minister.uuslo@gmail.com with requests for assistance.

- ◆ **Society of Saint Vincent de Paul**

Call 805-544-7041 to make an appointment.

If you are a patient of Adventist Health, you may qualify for their "Financial Assistance" program. Ask them in person for an application or contact them at 844-827-5047 or AHFinAsst@AH.org.

See VivaSLO (vivaslo.org/?section=resources#emergency-financial-help) for more emergency financial help options.

Transportation to Medical Appointments

CenCal/Medi-Cal Shuttle

The **CenCal/Medi-Cal Shuttle** offers free, door-to-door transportation to medical appointments for people who are enrolled in Medi-Cal and who cannot use public transportation to get to their appointments. If you expect you will need to stop at a pharmacy after your appointment, say so when you make your shuttle reservation. Make a shuttle reservation at least two days before your medical appointment by calling 855-659-4600 M-F 7am-5pm.

CHC Transportation Services

If you are a **Community Health Centers (CHC)** (p. 24) patient, and you need a ride to your CHC appointment, you can get shuttle service. The CHC Shuttle picks you up at your location and drops you off at the clinic, then returns you after your appointment. To use the shuttle, you should have a CHC appointment and live in the area of the CHC clinic. CHC may also give you an RTA bus pass to help you get to your appointment. Make a reservation at least 48 hours before your appointment by calling 877-743-3242.

Veterans Transportation Program

Veterans who travel to VA health care facilities for VA-authorized appointments can get free curb-to-curb shuttle service through Veterans Transportation Service (VTS). See vetride.va.gov or call 805-543-1233.

Another option is the "Veterans Express Shuttle" operated by Ride-On Transportation (call 805-541-8747 two to three days before your appointment).

There is also regularly-scheduled bus service between the SLO Veteran's Memorial Building (801 Grand Ave.) and the West Los Angeles VA Medical Center (WLA). This bus is free to anyone with an appointment at the VA. Schedule a bus reservation through VTS. It leaves SLO at 6am, arrives at WLA at 11:15am, leaves WLA at 3:25pm and returns to SLO at 8:30pm.

American Cancer Society

The **American Cancer Society** (p. 21) "Road to Recovery" program offers free rides to and from cancer-related medical appointments. Call several days in advance of your appointment to reserve your ride.

Medical and Assistive Devices

Access Central Coast (p. 20) helps you find and afford assistive devices like wheelchairs, canes, walkers, scooters, modified telephones, and speech-generating devices.

Alliance for Pharmaceutical Access (p. 20) helps you get low-cost diabetic supplies (glucose test strips and meters, insulin syringes, etc.).

The **Boyd Bristol Medical Equipment Program** (p. 21) helps veterans and their family members get free loans of medical equipment like walkers, canes, scooters, and crutches. They can also deliver these devices to you.

California Connect (p. 21) can loan you, for free, assistive telecommunications equipment that helps if you have functional limitations of hearing, vision, mobility, speech, and/or interpretation of information.

The **California Department of Rehabilitation** (p. 22) can get you a free speech-generating device if you have difficulty speaking.

The **Central Coast Assistive Technology Center** (p. 23) allows you to try out, and helps you learn to use, assistive technologies including vision/hearing technologies and ergonomics. They also help you access a no-cost lending library of assistive technology devices (myATprogram.org).

PathPoint (p. 29) has a lending library of assistive technology devices for people with developmental disabilities.

South Bay Seniors People Helping People (p. 32) can loan you assistive technology like walkers and wheelchairs.

Prescription Medicines

Drug discount plans give you prescriptions at reduced prices. You can get help finding the best plans for you from **Alliance for Pharmaceutical Ac-**

cess (p. 20), **HiCAP** (p. 27), **NeedyMeds** (p. 29), or **United Way** (p. 34).

For answers about Medi-Cal/CenCal prescription benefits, contact Medi-Cal Rx at 800-977-2273. To find a Medi-Cal Rx pharmacy, visit this web page:

medi-calrx.dhcs.ca.gov/home/find-a-pharmacy

The **Healthcare for the Homeless Program** (p. 24) dispenses some medications directly, without having to go through a pharmacy.

SLO Noor Foundation (p. 31) helps its patients access free or discounted prescription medications through referrals and partnerships, including with the **Alliance for Pharmaceutical Access** (p. 20) which operates on-site.

Cuesta College students can get over-the-counter and prescription medicines (many free of charge) from Student Health Services.

Dental Care

Central Coast Dental Society (p. 23) maintains a list of dentists who offer reduced rates for people in financial hardship:

centralcoastdentalociety.org/public-resources/reduced-fee-dental

Community Health Centers (p. 24) offers dental care at its offices in Nipomo, Oceano, and at 40 Prado in SLO.

SLO Noor Foundation (p. 31) has a dental clinic.

See *Medi-Cal: Dentists*, p. 8, to learn how to find a Medi-Cal dental provider.

Vision

The **Community Health Centers** (p. 24) office at 260 Station Way in Arroyo Grande specializes in optometry.

EyeCare America (p. 26) offers a free eye exam and follow-up ophthalmology treatment to uninsured and underinsured adults.

SLO Noor Foundation (p. 31) has a vision care clinic.

Eyeglasses

The American Academy of Ophthalmology maintains a list of sources of free and low-cost eyeglasses at aao.org/eyecare-america/resources/eye-glasses.

You can find a list of Medi-Cal opticians at provdircencalhealth.org.

Mental Health

You can get 24-hour mental health support from SLO Hotline (805-783-0607, or text 741741). For mental health emergencies, see *Emergency Care* (p. 3) and *Hotlines and Health Info Lines* (p. 6). The **Mental Health Evaluation Team** (p. 28), **Mobile Crisis Team** (p. 28), and **Mobile Crisis Unit** (p. 29) respond to acute mental health needs.

San Luis Obispo Counseling Service at Cal Poly (p. 30) and **Community Counseling Center** (p. 24) offer low- or no-cost mental health counseling.

A **Community Health Centers** (p. 24) primary care physician can refer you to CHC-provided mental health counseling or psychiatry, which takes place over the phone or through internet videoconferencing.

Adult Mental Health Outpatient Treatment (via **County Mental Health Services**, p. 25) and **Transitions Mental Health Association** (p. 33) and its **Homeless Outreach Full Service Partnership** (p. 27) offer mental health evaluation & treatment, with programs specifically for homeless people.

The **Healthcare for the Homeless Program** (p. 24) at CAPSLO's 40 Prado (SLO) location includes mental health counseling and treatment.

Cuesta College students can get telehealth mental health therapy through Student Health Services.

Life Steps Foundation (p. 28) and **PathPoint** (p. 29) have some services for people with mental health disorders and/or developmental disabilities.

SLO HUB (p. 31) offers weekly mental health therapy sessions to its clients.

Tri-County GLAD (p. 33) offers some mental health services to people who are deaf or hard of hearing.

The **Veterans Administration Outpatient Clinic** (p. 34) offers mental health care to qualifying U.S. military veterans. They say: "All VA health care facilities offer same-day help. You may qualify even without enrolling in VA health care." **SLO Vet Center** (p. 32) also offers confidential counseling and other mental health care to combat veterans (and certain other veterans) and to victims of military sexual trauma.

Substance Use Issues

Note: The somewhat confusing term "behavioral health" often describes programs for people who use addictive or harmful drugs and want help.

SAMHSA has a free phone service (800-662-4357) that can help you find substance abuse treatment that matches your needs.

Access Support Network (p. 20) offers suboxone (buprenorphine) treatment and opiate overdose prevention training.

Aegis Treatment Centers (1551 Bishop St. #520, SLO; 805-461-5212) offers methadone and suboxone treatment, withdrawal management, and mental health support. They accept MediCal, Medicare, and most other insurance.

The **Community Health Centers** (p. 24) offices at 260 Station Way in Arroyo Grande, in Oceano, and at 77 Casa St. in SLO specialize in behavioral health. Their **Healthcare for the Homeless Program** (p. 24) at 40 Prado offers substance abuse treatment and needle exchange.

Drug & Alcohol Services (p. 26), include drug & alcohol walk-in clinics, detox (medically-assisted treatment), referral to residential treatment options, and outpatient care. They charge a sliding fee based on ability to pay (“no clients are denied access to services due to inability to pay”).

French Hospital and **Arroyo Grande Community Hospital** offer walk-in suboxone treatment at their emergency rooms (see *Emergency Rooms*, p. 4).

SLO Bangers (p. 31) runs a needle exchange program, can give you overdose prevention training, and distributes Narcan.

The **SLO Sobering Center** (p. 32) offers a place to sober up, detox, and engage in medically-assisted drug withdrawal.

Transitions Mental Health Association (T-MHA) (p. 33) has substance use support groups for people who also have other mental health needs.

The **Veterans Administration Outpatient Clinic** (p. 34) offers substance abuse treatment. The **Veterans Services** (p. 34) can also refer veterans to alcohol and drug dependency treatment programs.

Naloxone (“Narcan”)

Naloxone is an easy-to-administer medication that can save the life of someone who is experiencing an overdose of an opiate such as fentanyl or heroin.

You can get naloxone from **Access Support Network** (p. 20), **SLO Bangers** (p. 31), **Drug & Alcohol Services** (p. 26), **The Center for Health and Prevention** (p. 23), and from **French Hospital** and **Arroyo Grande Community Hospital** emergency rooms (p. 4). You can also get free naloxone any time from these “NaloxBoxes”:

- ◆ Lopez Lake Campground: 6800 Lopez Dr., Arroyo Grande
- ◆ Cuesta College Student Health Center
- ◆ Grover Beach Public Health: 286 S. 16th St. Bldg A, Grover Beach
- ◆ The Anderson, 965 Monterey St., SLO
- ◆ Animal Services: 885 Oklahoma Ave., SLO
- ◆ Behavioral Health: 277 South St. #T, SLO
- ◆ Cuesta Canyon Park: 2400 Loomis St., SLO
- ◆ El Chorro Regional Park: State Hwy 1 @, Dairy Creek Rd., SLO
- ◆ Maxine Lewis Grove, 732 Orcutt Rd., SLO
- ◆ Dept. of Social Services: 3433 S. Higuera St., SLO
- ◆ Health Campus: 2180 Johnson Ave, SLO
- ◆ SLO Library: 995 Palm St., SLO
- ◆ Sun Street Centers, 34 Prado Rd., SLO
- ◆ Coastal Dunes RV Park: 1001 Pacific Blvd., Oceano
- ◆ Oceano County Campground: 494 Air Park Dr., Oceano
- ◆ Oceano Library: 1511 19th St., Oceano

Tobacco / Nicotine

The “Kick It California” program can help you stop smoking (kickitca.org at 800-300-8086 or smokefree.gov at 800-784-8669). The **Healthcare for the Homeless Program** (p. 24) and the **SLO County Public Health Department** (p. 31) also offer tobacco cessation help. The **Veterans Administration Outpatient Clinic** (p. 34) offers tobacco cessation support, resources, and programs to qualifying U.S. military veterans.

12-Step and Similar Recovery Programs

Alcoholics Anonymous (sloaa.org / info@sloaa.org / 805-541-3211) is a peer-led sobriety and recovery program. Recovery Dharma, hosted by **Aspire Counseling Services** (p. 21), is a similar, Buddhist-oriented program.

Narcotics Anonymous (centralcoastna.org / 800-549-7730) is similar and helps you stop using other addictive drugs. Marijuana Anonymous (marijuana-anonymous.org) is for marijuana specifically.

AA & NA meet in many locations throughout the county, every day of the week. The Alano Club (sloalanoclub.org / 805-543-9817 / 3075 Broad St., SLO), for example, hosts AA and NA meetings several times a day.

Sober Living Homes and Residential Treatment Options

SLO HUB (p. 31) helps you find a residential (live-in) recovery program that’s right for you, and can pay the deposit and rent for the opening months of your residency if you cannot afford it or if your insurance does not cover it.

SLO County Behavioral Health contracts with sober living homes in SLO County. These facilities accept Medi-Cal and offer sliding scale fees based on ability to pay. Visit **Drug and Alcohol Services** (p. 26) or contact the Behavioral Health access line at 800-838-1381 for referrals.

Here are some residential treatment options in our area:

♀ Captive Hearts (Grover Beach)	captivehearts.org 805-481-4500 (before 3pm) info@captivehearts.org
♀ Casa Solana (Grover Beach)	casasolanainc.org 805-481-8555 (9am-4pm)
♂ Gryphon Society (Grover Beach)	gryphonsociety.weebly.com 805-550-8140
♂ Discipleship Home (Oceano)	thediscipleshiphome.com 805-668-9185
♀ Gryphon Society (SLO)	gryphonsociety.weebly.com 805-748-6204
♂ Middlehouse (SLO)	middlehouse.org 805-544-8328
♂ Sun Street Centers (SLO)	sunstreetcenters.org 805-457-3331 / -5150 atorrente@sunstreet.org

Reproductive Health

The Center for Health and Prevention (p. 23) offers contraception, STD testing and treatment, UTI/yeast infection testing and treatment, genital exams, Pap smears, and menopausal services.

The **Healthcare for the Homeless Program** (p. 24) offers contraceptives, HIV screening and education, OB/GYN services, and STD testing.

Planned Parenthood (p. 29) offers abortion, birth control, emergency contraception, HIV/STD testing and treatment, help with various sexual and reproductive concerns, and no-cost family planning services.

The **SLO County Public Health Department** (p. 31) offers STD testing and birth control.

Cuesta College students can get reproductive/sexual healthcare and referrals

(for example for birth control, emergency contraception, and STI testing) from Student Health Services.

Pregnancy, Childbirth, Lactation

Adventist Health (805-434-4644) and French Hospital (805-541-2229) each offer free breastfeeding support by phone.

The Center for Health & Prevention (p. 23) offers pregnancy testing and counseling.

Community Health Centers of the Central Coast's (p. 24) 1057 E. Grand Ave. (Arroyo Grande) and 1551 Bishop St. (SLO) locations offer the Wellness Pregnancy Program / Comprehensive Perinatal Services Program.

Planned Parenthood (p. 29) offers pregnancy testing and planning, and prenatal and postpartum services.

Pregnancy & Parenting Support (p. 30) offers maternity clothes, nursing supplies, diapers, formula, and referrals.

Women, Infants, and Children (WIC) (p. 35) offers breastfeeding support.

Chiropractic Treatment

The **Community Health Centers** (p. 24) offices in Arroyo Grande (260 Station Way and 1205 E. Grand Ave.), Nipomo, Oceano, and SLO (77 Casa St. and 1551 Bishop St.) offer chiropractic treatment.

Surgery

The **CSF Medical Non Profit Foundation** (p. 25) helps medically uninsured people obtain life-saving surgical procedures.

The **Recuperative Care Program** (p. 30) gives you a place to recover from surgery if your health would be compromised by an unstable living situation. Ask your doctor to refer you to that program.

Resources for Specific Populations

Children

California Children's Services (p. 21) pays for and helps arrange doctor visits, hospital stays, surgery, physical therapy, tests, medical equipment, etc. for children and youths whose parents otherwise could not afford it.

The **Community Health Centers** (p. 24) offices at 260 Station Way in Arroyo Grande, in Nipmoo, Oceano, and 77 Casa St. in SLO offer pediatric services.

The **Healthcare for the Homeless Program** (p. 24) offers pediatric care and well child check-ups.

InfantSEE (infantsee.org) helps you get a free eye/vision test for infants.

Tolosa Children's Dental Center (805-592-2445) accepts Medi-Cal or sliding-scale cash payments.

UnitedHealthcare Children's Foundation (p. 33) helps pay for medical expenses that are not covered by a child's family's commercial health insurance. The child must be 16 or younger, with a U.S. social security number. The need must be documented by a physician, and the child must be covered by commercial health insurance.

The **Women, Infants, and Children (WIC)** program (p. 35) gives food benefits to low-income women who have recently given birth.

People with Diabetes

Alliance for Pharmaceutical Access (p. 20) and **SLO Noor Foundation** (p. 31) can help you get low-cost diabetes supplies.

Dignity Health (p. 26) leads a free diabetes support group on Zoom (internet video conferencing) and in-person every three months. Call 805-597-6780 or email Angela.Fissell@commonspirit.org for details.

The **Healthcare for the Homeless Program** (p. 24) offers diabetes testing and care.

SLO Noor Foundation (p. 31) offers nutrition education & lifestyle coaching for uninsured people with diabetes or prediabetes.

People with Disabilities

California Connect (p. 21) has telecommunications equipment and services for people who have limitations of hearing, vision, mobility, speech and/or interpretation of information.

The **California Department of Rehabilitation** (p. 22) helps people with disabilities find or keep employment and live independently. They can help you navigate disability and benefits programs, obtain assistive technologies, and get help with childcare and transportation.

Disability Rights California (www.disabilityrightscs.org/get-help / 800-776-

5746) helps you understand and defend your legal rights as a disabled person.

The **Life Steps Foundation** (p. 28) has resources for people with cerebral palsy, mild intellectual disability, mental health disorders, traumatic brain injury, Down syndrome, and spectrum disorders. **PathPoint** (p. 29) also has services for people with developmental disabilities.

If you use American Sign Language, **Lifesigns** (p. 28) can provide an interpreter to accompany you at your medical appointments. **Tri-County GLAD** (p. 33) can help with telephone call interpreting.

People with HIV or Hepatitis-C

The **Access Support Network** (p. 20) has a variety of services for people impacted by HIV and Hep-C. These include testing, treatment, benefits counseling, help with insurance, harm reduction (including Narcan and suboxone), infection prevention, and wound care.

The Center for Health & Prevention (p. 23) offers HIV/Hep-C testing.

Seniors

The **Central Coast Commission for Senior Citizens** (p. 23) offers a variety of services for seniors, including **Senior Connection** (p. 30), the **Central Coast Aging & Disability Resource Center** (p. 23), and the **Health Insurance Counseling & Advocacy Program** (p. 27). They can help you with nutrition and meal services, transportation, and care management.

Teens and Youth

CAPSLO's "Teen Wellness" program (p. 32) includes health coaching, strength classes, mindfulness workshops, and reproductive health education.

Women

The Center for Health & Prevention (p. 23) offers breast exams, referrals for free mammograms, Pap smears, and menopausal services.

The **Community Health Centers** (p. 24) offices at 1057 E. Grand Ave. in Arroyo Grande and at 1551 Bishop St. in SLO specialize in women's health.

SLO Noor Foundation (p. 31) has a women's mobile health unit.

Directory

Access Central Coast

accesscentralcoast.org

805-462-1162 (videophone: 805-464-3203) / info@accesscentralcoast.org

51 Zaca Ln. #140, SLO

M-F: 9am-noon & 1-5pm (but closed every other Friday)

Serves people of any age and income level who have a disability that substantially limits independent living, and people aged 60+ regardless of disability status. Services are free, including benefits counseling, ASL interpretation, and help with assistive technologies. Walk-ins OK, but it is better to call for an appointment.

See also "Central Coast Aging & Disability Resource Center," p. 23

Access Support Network (ASN)

accesssupportnetwork.org/san-luis-obispo

805-781-3660 / theasn supp@gmail.com

1320 Nipomo St., SLO

M-F 9am-5pm

Also has a mobile outreach van:

- ◆ Every other Monday, 1:30-4pm at 40 Prado in SLO
- ◆ Tuesdays 9:30-11:30am at 1320 Nipomo St. in SLO
- ◆ 2nd Sunday of the Month 12:30-3pm at SLO library on Palm St.

Serves people impacted by HIV and Hep-C. Most services are free, but if you are referred to an outside doctor or for medications, you may need some sort of insurance or to pay out of pocket for those.

Adult Mental Health Outpatient Unit

- *See "County Mental Health Services," p. 25*

Aging & Disability Resource Center (ADRC)

- *See "Central Coast Aging & Disability Resource Center," p. 23*

AIDS Support Network

- *See "Access Support Network" p. 20*

Alliance for Pharmaceutical Access

apameds.org/for-clients

805-548-0894 (SLO); 805-489-4261 x4267 (Arroyo Grande)

1428 Phillips Lane #B4 (SLO, inside Noor Clinic)

345 S. Halcyon Rd. (Arroyo Grande)

Tu. 1pm-5pm (SLO); M 1pm-7pm (Arroyo Grande)

Can help you get prescription medicine at lower prices. Services are free. Call them or complete an intake form at their website to begin.

American Academy of Ophthalmology ➤ See <i>"EyeCare America,"</i> p. 26
American Cancer Society cancer.org/support-programs-and-services/patient-lodging.html cancer.org/support-programs-and-services/road-to-recovery.html 800-227-2345 Can help you with free transportation and lodging when you are undergoing cancer treatment.
Area Agency on Aging ➤ See <i>"Central Coast Commission for Senior Citizens,"</i> p. 23
Aspire Counseling Services aspirecounselingservice.com/san-luis-obispo 805-329-5595 (local), or 888-585-7373 (24/7 call or text) 865 Aerovista Pl. #130, SLO Offers programs to treat substance abuse. Accepts most private insurance.
Boyd Bristol Medical Equipment Program post66slo.org/serving-veterans 805-543-6445 1161 Mill St., SLO Only for veterans and veterans' dependents. Offers free medical equipment loans. By appointment only; call to make an appointment.
California Children's Services dhcs.ca.gov/services/ccs 805-781-5527 / PublicHealth.CMS@co.slo.ca.us 2925 McMillan Ave., #108, SLO M-F 8am-5pm by appointment only Arranges, directs, and pays for medical care, equipment, and rehabilitation for children and youth with certain medical conditions who are unable to pay. Parents apply by submitting an application at the local CCS office.
California Connect caconnect.org 800-806-1191 (TTY: 800-806-4474) info@caconnect.org / ddt@cpuc.ca.gov 3426 Empressa Dr. #120, SLO M-F 8am-5pm Free loans of telecommunications equipment, and services for people with limited hearing, vision, mobility, speech, or interpretation of information.

California Department of Rehabilitation

dor.ca.gov

805-594-6100 (TTY: 805-544-7367)

3320 S. Higuera #102, SLO

Serves people with disabilities, people who use Regional Centers or Independent Living Centers, people who are visually impaired or hard of hearing, and students (age 16+) with an IEP, 504 plan, or barrier to employment. Helps people with disabilities find employment and live independently. No walk-ins: Call them, or fill out a form on their website.

California Telephone Access Program (CTAP)

➤ See *"California Connect,"* p. 21

CAPSLO

capslo.org

805-706-8663 (Hotline) / 805-544-4355 (Admin) / 805-544-4004 (40 Prado)

hotline@capslo.org

Main Office: 1030 Southwood Dr., SLO

Homeless Services: 40 Prado Rd., SLO

M-F 9am-5pm

◆ **Outreach and Engagement Services**

805-544-4004

1320 Nipomo St., SLO

M-F 10am-3pm

CAPSLO runs **SLO-HUB** (p. 31), **The Center for Health and Prevention** (p. 23), **Senior Health Screening** (p. 19), **Teen Wellness** (p. 32), and the 40 Prado homeless services center. They can help you sign up for **Enhanced Care Management** (p. 7). Walk-ins OK at both locations.

Catholic Charities

catholiccharitiesdom.org

805-541-9110

3250 S. Higuera St. #D, SLO

M-F 8am-5pm

CenCal

➤ See *"Medi-Cal (Medicaid),"* p. 7

CenCal/Medi-Cal Shuttle

➤ See *"Transportation to Medical Appointments,"* p. 10

The Center for Health & Prevention

capslo.org/the-center

805-489-4026 (Arroyo Grande), 805-544-2498 x211 (SLO)

805-422-2498 x121 (info line)

805-544-2409 x111 (mobile reproductive health clinic info)

1152 E. Grand Ave. (Arroyo Grande)

705 Grand Ave. (SLO)

M-F 8:30am-5:30pm

(Teen clinic Tuesday 3-6pm, Friday 3-5:30pm in Arroyo Grande)

Offers a variety of reproductive health services including birth control, pregnancy testing, STD testing & treatment, breast exams, pap smears, and menopausal services. Accepts Medi-Cal. Most clients qualify for free services. Walk-ins OK, but appointments recommended. You can make a same-day appointment by phone or via the website.

Central Coast Aging & Disability Resource Center (CCADRC)

centralcoastseniors.org/aging-and-disability-resource-center

805-928-2552 / 800-510-2020 / info@centralcoastseniors.org

528 S. Broadway, Santa Maria

M-F 8am-5pm (closed Noon-1pm)

For older adults and people with disabilities, and their families & caregivers. Helps you find resources and services you need to live safely and independently. A participant of **Access Central Coast** (p. 20). Walk-ins OK.

Central Coast Assistive Technology Center

ccatc.org

805-549-7420 (TTY: 805-549-7424)

11491 Los Osos Valley Rd., SLO

Helps you learn to use assistive technology devices, and to obtain them. No walk-ins or regular hours; call to make an appointment. Open to everybody.

Central Coast Commission for Senior Citizens

centralcoastseniors.org

800-434-0222 / 805-925-9554 / info@centralcoastseniors.org

M-F 8am-5pm

The local **Area Agency on Aging**. Operates **Senior Connection** (p. 30), **HiCAP** (p. 27), and **Central Coast Aging and Disability Resource Center** (p. 23).

Central Coast Dental Society

805-544-1113 / ccds@charter.net

1356 Marsh St., SLO

Can refer you to dentists with reduced rates for people with low incomes.

CHC

- See "**Community Health Centers of the Central Coast**," p. 24

Commission for Senior Citizens

- See "**Central Coast Commission for Senior Citizens**," p. 23

Community Counseling Center

cccslo.org/what-we-do.php

805-543-7969

676 Pismo St., SLO

M-F 9am-6pm

Short-term professional counseling for people who cannot otherwise afford it. Low-cost / sliding-scale. Most clients have no insurance, low income, or have Medi-Cal. Serves people of all ages. Call to make an appointment.

Community Health Centers of the Central Coast

communityhealthcenters.org

805-361-8400 (M-F 8am-6pm) / 866-614-4636 (after-hours care)

Healthcare for the Homeless Program

- ◆ 40 Prado Rd., SLO - 805-473-4712
M/T/Th 8am-5pm, W 9am-6pm
Primary care, behavioral health, and dental services at no cost to any homeless person who does not qualify for Medi-Cal, including those who are undocumented. Accepts Medi-Cal. On-site lab, on-site pharmacy.

Other Locations

- ◆ 260 Station Way, Arroyo Grande - 805-573-6201
Primary Care, Pediatrics, Optometry, Internal Medicine, Lab Services, Behavioral Health, Health Education, Chiropractic
- ◆ 1057 E. Grand Ave., Arroyo Grande - 805-270-1700
Women's Health, Primary Care, Wellness Pregnancy Program
- ◆ 1205 E. Grand Ave. #H, Arroyo Grande - 805-994-2300
Immediate (Urgent) Care, COVID Testing, X-Rays, Chiropractic
- ◆ 2120 Cienaga St., Oceano - 805-994-2100
Primary Care, Pediatrics, Dental, Behavioral Health, Nutritional Health, Chiropractic, Internal Medicine, Lab Services
- ◆ 1551 Bishop St., SLO - 805-549-0402
Chiropractic, Primary Care, Wellness Pregnancy Program, Women's Health, Health Education, Lab Services
- ◆ 77 Casa St., SLO - 805-269-1500
Primary Care, Pediatrics, COVID Vaccines, Chiropractic, Behavioral Health, Health Education, Rheumatology, Immunology, Lab Services, Pharmacy

Walk-in services only at 1205 E. Grand, Arroyo Grande. See *CHC Transportation Services*, p. 10, for details about a door-to-door ride service.

Cottage Urgent Care ➤ See <i>“Urgent Care Options,”</i> p. 5
County Mental Health Services slocounty.ca.gov/departments/health-agency/behavioral-health 800-838-1381 (24hr) / 805-540-6500 M-F 8am-5pm ◆ Adults, Arroyo Grande: 1350 E. Grand Ave. – 805-474-2154 ◆ Youths, Arroyo Grande: 354 S. Halcyon Rd. – 805-473-7060 ◆ Youths, Grover Beach: 1666 Ramona Ave. – 805-473-7060 ◆ Adults, SLO: 2178 Johnson Ave. – 805-781-4700 ◆ Youths, SLO: 2975 McMillan Ave. #160 – 805-781-4179 Drug & alcohol walk-in clinics (AG adult clinic M/W 9-11am, SLO adult clinic Tu/Th 1-4:30pm), placement & treatment; detox (MAT); screening, assessment, and treatment recommendations; treatment planning; individual and group psychotherapy; medication services; psychiatry; rehabilitation; residential options as they are available. Central access point for all Medi-Cal mental health services, but services are also available to people without medical insurance, and nobody is denied access to services due to inability to pay.
CSF Medical Non Profit Foundation csffoundation.org 661-404-4748 / info@csffoundation.org M-F 9am-5:30pm Helps medically uninsured people access health services, medical appointments with doctors and specialists, and life-saving surgical procedures. Some services are free, others are reduced-cost.
Deaf and Disabled Telecommunication Program (DDTP) ➤ See <i>“California Connect,”</i> p. 21
Denti-Cal Dental Care Dentist Referral ➤ See <i>“Central Coast Dental Society,”</i> p. 23
Department of Social Services (County) slocounty.ca.gov/departments/social-services 805-474-2000 (Arroyo Grande), 805-781-1600 (SLO) 1086 E. Grand Ave. (Arroyo Grande), 3433 S. Higuera St. (SLO) M-F 8am-5pm (4-5pm by appointment only)

Dignity Health / French Hospital Medical Center

805-543-5353 (ER: 805-542-6621)

1911 Johnson Ave., SLO

open 24 hours every day

Has an emergency room (see p. 4) that offers walk-in access to suboxone treatment via the Substance Use Navigator program. Also runs a variety of support groups and health education opportunities.

Drug and Alcohol Services**◆ SLO**

800-838-1381 (to make an appointment)

2180 Johnson Ave. (SLO) — for adults — 805-781-4275

277 South St. #T (SLO) — for youth & veterans — 805-781-4754

◆ Grover Beach

1523 Longbranch Ave. — 805-473-7081 or 805-473-7080

Walk-ins OK at the SLO and Grover Beach adult centers Tu.-W 8-11am or Th. 2:30-5:30pm, and at the youth/veterans centers M&F 8am-5pm. Otherwise call to schedule an appointment.

Sliding fee schedule; nobody is denied service because of inability to pay. Offers medically-assisted treatment, detox/withdrawal, recovery programs, and outpatient care. Naloxone available during office hours.

Enhanced Care Management

➤ See *"Medi-Cal (Medicaid)," p. 7*

EyeCare America

aao.org/eyecare-america

877-887-6327 (M-F 8am-2pm) / eyecareamerica@aao.org

Provides uninsured and underinsured individuals a medical eye exam at no cost, and up to one year of follow-up visits for any condition diagnosed during the exam. Does not cover eyeglasses, exam for glasses, prescriptions, or hospital/surgical services. You must be a U.S. citizen or legal resident, age 18+, who does not have private health insurance or VA benefits, and who has not been seen by an ophthalmologist in three or more years or by an EyeCare America volunteer ophthalmologist ever before. No walk-ins. To begin, fill out a questionnaire on their website.

Family and Industrial Medical Center

➤ See *"Urgent Care Options," p. 5*

FamilyPACT

➤ See *"Planned Parenthood," p. 29*

Genoa Pharmacy 805-242-4051 2178 Johnson Ave. #P1, SLO M-F 8:30am-5pm (closed 12:30-1pm) The on-site pharmacy for SLO County Behavioral Health.
GLAD ➤ See <i>“Tri-County GLAD,”</i> p. 33
Health Insurance Counseling & Advocacy Program (HiCAP) centralcoastseniors.org/hicap 805-928-5663 / 800-434-0222 / hicap@centralcoastseniors.org 1445 Santa Rosa St., SLO M-F 8am-5pm Free and unbiased information about Medicare and its options (including long-term care). Help finding prescription drug plans and discounts. Help with Medicare denial appeals. Serves people who are eligible for Medicare and who reside in SLO or Santa Barbara counties. Free of charge. Make an appointment by phone or by visiting the website.
Healthcare for the Homeless Program (HCHP) ➤ See <i>“Community Health Centers of the Central Coast,”</i> p. 24
Help Hope Live helphopelive.org 800-642-8399 (M–Th 9am–6pm Eastern Time) Helps you crowdfund your medical care. They help you set up a web page and they process donations and disperse payments to your caregivers. A medical professional must confirm the diagnosis and anticipated treatment expenses. HHL takes a 3% cut of the donations to cover their expenses.
Homeless Outreach Full Service Partnership 800-838-1361 / 805-540-6500 / info@t-mha.org Helps anyone who is severely mentally ill and homeless in SLO County. Offers supportive care, case management, rehabilitative services, psychiatry, medical services, individualized treatment and medication, support groups, co-occurring disorder support groups, and vocational/educational opportunities. You can self-refer at the phone number above.
Hospital Presumptive Eligibility (HPE) ➤ See <i>“Emergency Rooms,”</i> p. 4
Independent Living Resource Center ➤ See <i>“Access Central Coast,”</i> p. 20

Life Steps Foundation

lifestepsfoundation.org
805-549-0150 / info@lifestepsfoundation.org
218 W. Carmen Lane #108, Santa Maria

For people with physical or developmental disabilities like cerebral palsy, mild intellectual disability, mental health disorders, traumatic brain injury, Down syndrome, and spectrum disorders.

Lifesigns

lifesignsinc.org
888-930-7776 x1 (for after-hours emergency interpreting 800-633-8883)
Lifesigns@lifesignsinc.org

Provides American Sign Language interpreting, for example at medical appointments. Use their website to request an interpreter.

Medi-Cal (Medicaid)

➤ See *"Medi-Cal (Medicaid)," p. 7*

Medically Indigent Services Program (MISP)

805-781-5500
2180 Johnson Ave., SLO
M-F 8am-5pm (closed Noon-1pm)

Short-term assistance to help you pay for a specific medical need. Open to legal U.S. residents of SLO County aged 19-64, with income between 138% and 250% of the federal poverty level, who are not eligible for MediCal or other public health coverage. Call MISP to apply. There is no fee to apply, but assistance might not cover 100% of medical expenses.

Med Stop

➤ See *"Urgent Care Options," p. 5*

Mental Health Evaluation Team**Mobile Crisis Team**

MCT: 800-783-0607 / MHET: 800-838-1381

For any adult or child who is experiencing a psychiatric emergency in SLO County. Nobody is denied access due to inability to pay. Insurance typically covers the cost of services. Offers emergency psychiatric evaluation; assessment for appropriate level of care; crisis intervention and mental health support; referrals, resources, and peer support advocacy; and post-crisis follow-up support.

Mobile Crisis Unit 800-781-7312 / 805-550-7270 M-Th 8am-5:30pm; every other Friday 8am-5:30pm Free, non-emergency behavioral/mental health crisis support, and resource navigation. Licensed psych-tech can initiate 5150 process if necessary. Available in SLO city limits only.
NeedyMeds needymeds.org 800.503.6897 / info@needymeds.org M-F 9am-5pm Eastern Time Information on how to use prescription drug discount plans. Can also help you find a free clinic or understand your healthcare options.
Noor Foundation ➤ See “SLO Noor Foundation,” p. 31
Outreach and Engagement Services ➤ See “CAPSLO,” p. 22
PathPoint pathpoint.org/locations/san-luis-obispo 805-782-8890 (SLO) / 805-473-9582 (Grover Beach) info@pathpoint.org 11491 Los Osos Valley Rd. (SLO) / 775 W. Grand (Grover Beach) For people with developmental disabilities. Offers independent living support services and can help you learn to use assistive devices.
Planned Parenthood plannedparenthood.org/planned-parenthood-california-central-coast 888-898-3806 / health.center@ppcentralcoast.org 743 Pismo St., SLO M 9am-6pm, Tu-Sa 8am-5pm (closed some holidays) Walk-ins OK; appointments recommended. Sliding-scale payment. Offers birth control, STD testing/treatment, prenatal/postpartum, sexual/reproductive health, cancer screening, and menopause treatment services. Can help you sign up for FamilyPACT (no-cost family planning service).

Pregnancy & Parenting Support

www.ppsslo.org

805-541-3367 (call or text) / info@ppsslo.org

3480 S. Higuera #110, SLO

M-F 10am-3pm

Serves all families in SLO County. English/Spanish. All services free. Offers maternity clothes, nursing supplies, referrals, diapers, formula. No walk-ins; services by appointment only; call or text to schedule.

Recuperative Care Program

805-458-2895 / rcp40prado@capslo.org

40 Prado, SLO

No walk-ins; you must be referred by another agency (e.g. a hospital, Cen-Cal, or CalAIM). Homeless people convalesce here while recovering from a hospital or nursing facility discharge or healing from an illness or injury.

RideOn

➤ See "Transportation to Medical Appointments," p. 10

San Luis Obispo Counseling Service at Cal Poly

slocounselingservice.calpoly.edu/about

805-756-1532

Cotchett Education Bldg. 2, Room 125, Cal Poly SLO

Short term mental health counseling for people of all ages who do not qualify for County Mental Health Services (p. 25) and who cannot afford private psychotherapy. Sliding fee scale (\$3-15 per session); you will not be denied service if you cannot pay. No walk-ins: Call to make an appointment.

Senior Connection

centralcoastseniors.org/senior-connection

805-928-2552 / 800-510-2020 / 805-928-9554

info@centralcoastseniors.org

528 S. Broadway, Santa Maria

M-F 8am-5pm

For seniors (age 60+) and their caregivers. Free information and referrals including benefits counseling, nutrition, transportation, and care management. Walk-ins OK.

SLO Bangers

slobangers.com

805-458-0123 / slobangers07@gmail.com

286 S. 16th St., Grover Beach (Th 6-8pm)

2191 Johnson Ave., SLO (W 5:30-8:15pm)

Harm reduction, including syringe exchange, naloxone/Narcan, and overdose prevention training.

SLO Counseling Service

➤ See *"Cal Poly Community Counseling Service,"* p. 30

SLO County Public Health Department

slocounty.ca.gov/departments/health-agency/public-health

805-788-2903 (24-hour info line)

805-781-5506 (to make an appointment)

2180 and 2191 Johnson Ave, SLO

M-F 8am-5pm (closed Noon-1pm)

Make an appointment for services, which include vaccinations, STD testing, and TB testing.

SLO HUB

capslo.org/slo-hub

805-441-6589 / sreyes@capslo.org

40 Prado Rd., SLO

M-F 9am-5pm

For anyone who is homeless or at risk of homelessness. No cost. By appointment only. There may be a waiting list. Offers harm reduction / substance abuse recovery. A live-in program specifically for homeless people.

SLO Noor Foundation

slonoorfoundation.org

Primary & vision clinic: 805-439-1797 / info@slonoorfoundation.org

Dental care clinic: 805-592-2240 / dental@slonoorfoundation.org

Women's mobile health unit: 805-756-5089 / ccmacedo@calpoly.edu

1428 Philips Lane #203, SLO (dental: 3071 S. Higuera St. #100, SLO)

Mobile clinic also operates in Nipomo & Oceano.

Medical clinic hours: M-Th 8am-5pm

By appointment only; no walk-ins. For completely uninsured people only; you must not have any health insurance and not be eligible for Medi-Cal. For people aged 18-65 only. Must have household income below 200% of the federal poverty level. Offers free disease prevention & screening, vision care, lab testing, mammographs, radiology, physical exams, physical therapy, case management and social services, health education, and referrals. Also low-cost diabetes supplies, nutrition education, and lifestyle coaching for people with diabetes or prediabetes.

SLO Sobering Center slocounty.gov/soberingcenter 820-280-0415 2180 Johnson Ave., SLO Open 24/7 For adults (age 18+). Short-term sobering and detox. Call ahead to check bed availability. Free or sliding scale; accepts Medi-Cal. Must not be combative, incontinent, unable to walk without help, or a registered sex offender.
SLO Vet Center va.gov/san-luis-obispo-vet-center 805-782-9101 (or 877-927-8387 all-hours) 1070 Southwood Dr., SLO M-F 8am-4:30pm Primarily for war-zone veterans; some other veterans also qualify. Offers counseling & therapy including via telehealth, therapeutic activities, and assistance applying for VA benefits.
South Bay Seniors People Helping People southbayseniorspeoplehelpingpeople.com 805-528-2626 2180 Palisades Ave., Los Osos M/W/F 9am-1pm Offers medical equipment loans (e.g. walkers, wheelchairs).
Surgery Without Medical Insurance ➤ See <i>“CSF Medical Non Profit Foundation,”</i> p. 25
Teen Wellness A program of CAPSLO (p. 22) - capslo.org/teen-programs-2 805-602-2883 / teenwellness@capslo.org Health coaching, strength classes, mindfulness workshops, reproductive health education, etc.
T-MHA ➤ See <i>“Transitions Mental Health Association,”</i> p. 33

Transitions Mental Health Association

t-mha.org

784 High St., SLO (main) – 805-540-6500

M-F 8am-5pm

Wellness Center: 1306 Nipomo St., SLO – 805-541-6813 / 805-801-3536

Wellness Center: 203 Bridge St., Arroyo Grande – 805-305-3724

Library Outreach Team: 805-540-0057

Mental health services, case management, medication management, individual therapy, supportive care, rehabilitative services, psychiatry, support groups, behavioral health care system navigation, etc.

Runs “Wellness Centers” with a variety of programs. See t-mha.org/wellness-calendars.php for a schedule.

Tri-County GLAD

tcglad.org

805-256-1053 (videophone) / 805-644-6323 (TTY) / 805-644-6322 (voice)

info@tcglad.org

702 County Square Dr. #101, Ventura

M-F 8:30am-5pm (closed Noon-1pm)

For the deaf, hard-of-hearing, deafblind, and deaf disabled community. Can help with telephone interpretation (voice/signing) and with interpretation at medical appointments. Offers some mental health services.

Tri Counties Regional Center

tri-counties.org

1146 Farmhouse Ln., SLO

805-543-2833

Apply here: tri-counties.org/our-services/apply/

Helps people with developmental disabilities (not adult-acquired cognitive disabilities) such as autism, cerebral palsy, epilepsy, or intellectual disabilities, that make it hard to walk, communicate, understand, take care of yourself, or work. Free assessment and diagnosis for children.

UnitedHealthcare Children’s Foundation

uhccf.org

855-698-4223 / uhccfcustomerservice@uhc.com

Apply for a grant here: uhccf.org/apply-for-a-grant

Helps with medical expenses not covered, or not fully covered, by a child’s family’s commercial health insurance.

United Way

unitedwayslo.org/prescription-drug-discount-cards
805-541-1234 / info@unitedwayslo.org
1288 Morro St. #10, SLO

Helps you get prescription drug discount cards; free of charge and available to anyone. You can enroll on-line, or get a printed card at their office.

Urgent Care

➤ See *"Urgent Care Options,"* p. 5

Veterans Administration Outpatient Clinic

805-543-1233 (main) / 877-252-4866 (VA health connect)
877-251-7295 (mental health)
1288 Morro St. #200, SLO
M-F 8am-4:30pm

For people enrolled in VA health care with VA Greater Los Angeles. No walk-ins; make an appointment. Offers a variety of health and medical services. See *Veterans Transportation Program*, p. 10, for details about bus and shuttle services.

Veterans Services (SLO County)

slocounty.ca.gov/Departments/Veterans-Services
805-781-5766 / slovets@co.slo.ca.us
801 Grand Ave., SLO

Benefits assistance and claims support. By appointment only (no walk-ins). Bring the Member-4 copy of your DD214 or separation paperwork to your first appointment if you can. Has a small free food pantry.

Vituity Cares Mobile Clinic

viutycares.org
480-828-4319 / slovets@co.slo.ca.us
995 Palm St., SLO
2nd Sunday of the month, 12:30-3:30 pm

Free medical care, vitals, vaccinations, HIV/Hep-C testing, prescriptions, follow-up appointments. Often food, clothing, and haircuts are also offered. Happens alongside Shower the People's mobile shower program.

Women, Infants, and Children (WIC)

805-781-5570 (phone) / 888-417-6180 (text)

Breastfeeding Support Line: 805-781-4344

M-Th 8am-5pm; Fri. 8am-4:30pm

Grover Beach: 286 S. 16th St. #B — 805-473-7130

SLO: 2191 Johnson Ave. — 805-781-5570

Appointments required (no walk-ins). Bring ID, documentation of income and residency. For people who earn below 185% of the federal poverty level or receive Medi-Cal, CalWORKs/TANF, or CalFresh/SNAP; who live in California; and who are pregnant, breastfeeding, had a baby (or pregnancy lost) in the past six months, or have a child under age 5. Offers nutrition education, breastfeeding support, healthy foods, and referrals to health care and other services.



If you find this guide useful, you will also like *VivaSLO*, a free web app you can find at <https://vivaslo.org/>

It gives you information that helps you survive, escape, or avoid homelessness in San Luis Obispo county.

