

Resource List – San Luis Obispo County

Cal Poly University Personnel has collected the following resources to provide additional support to our employees' physical, emotional, and financial wellbeing.

Cal Poly Employee Assistance Program

LifeMatters – 800-367-7474; www.lifematters.com

Crisis and Hotlines

1. 911 Emergency
2. 988 Suicide and Crisis Lifeline
3. Central Coast Hotline – Transitions Mental Health 805-783-0607 <https://www.t-mha.org/central-coast-hotline.php>
4. Friendship Line California Institute on Aging 888-670-1360
5. Trevor Lifeline Free and confidential crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24 <http://www.thetrevorproject.org/>
6. Veterans Crisis Line 988 www.veteranscrisisline.net

Food Insecurity

1. 211 United Way
2. Cal Poly Food Pantry (Fridays) <https://basicneeds.calpoly.edu/foodpantry>
3. Five Cities Christian Women Food Pantry <https://basicneeds.calpoly.edu/foodpantry>
4. Loaves and Fishes Paso Robles <https://loavesandfishespaso.org/>
5. Salvation Army San Luis Obispo Corps <https://sanluisobispo.salvationarmy.org/>
6. Saint Patrick's Church Outreach <http://www.stpatsag.org/>
7. SLO Food Bank <https://www.slofoodbank.org/>

Caregiving – Child / Elder Care

1. Assistance League – Operation School Bell <http://www.alslocounty.org>
2. California Central Coast Alzheimer's Association www.alz.org/cacentralcoast
3. Central Coast Home Health www.centralcoasthomehealth.com
4. Children's Resource Network of the Central Coast <http://www.childrensresourcenetwork.org/>
5. Community Action Partnership of SLO <https://capslo.org/>
6. First 5 <https://www.first5slo.org/>
7. Home Health & Hospice <https://superiorhh.com>
8. Lactation Education <https://www.lactationtraining.com/resources/handouts-parents>
9. Link Family Resource Center <https://linkslo.org/>
10. Medi-Cal <https://benefitscal.com/>
11. Pregnancy and Parenting Support <http://www.ppsslo.org/>
12. South County Youth Association <http://www.scyouthcoalition.org/>
13. Subsidized Child Care Programs <http://www.sanluischildcare.org/subsidized-child-care-programs.html>
14. Tree of Life Pregnancy Center <http://www.treeoflifepsc.com/>

15. Women, Infants and Children (WIC) [https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-\(WIC\).aspx](https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC).aspx)

Grief/Counseling Support

1. Central Coast Hospice www.centralcoasthospice.com
2. Coast Caregiver Resource Center www.cottagehealth.org/ccrc
3. Community Counseling Center <https://www.cccslo.org/>
4. Wilshire Hospice Center for Grief and Healing www.wilshirehcs.org/donate

Housing Insecurity/Rental Assistance/Utilities

1. Community Action Partnership of SLO <https://capslo.org/>
2. Catholic Charities Hope in Home <https://catholiccharitiesdom.org/family-supportive-services/hope-in-home/>
3. Five Cities Homeless Coalition www.5chc.org
4. El Camino Homeless Organization <https://www.echoshelter.org/who-we-are>
5. Housing Authority <https://www.haslo.org/>
6. Salvation Army San Luis Obispo Corps <https://sanluisobispo.salvationarmy.org/>
7. Saint Patrick's Church Outreach <http://www.stpatsag.org/>

Diversity Centers

1. Cal Poly Faculty Staff Associations <https://fsa.calpoly.edu/about-fsas>
2. GALA <https://galacc.org/>
3. Office of University Diversity and Inclusivity www.diversity.calpoly.edu
4. NAACP San Luis Obispo County <https://naacpslocty.org/>

Support for Survivors of Sexual and Intimate Partner Violence

1. Lumina Alliance 805-545-8888 <https://www.riseslo.org/>
2. National Domestic Violence Hotline 800-799-7233 www.thehotline.org
3. Rape and Incest National Network 800-656-4673 www.rainn.org
4. RISE www.riseslo.org/

Support for Veterans, Military and Families

1. Veterans Services Office – San Luis Obispo County www.slocounty.ca.gov/veteran

Tobacco, Drug & Alcohol Use

1. Alcoholics Anonymous <https://www.sloaa.org/>
2. County of San Luis Obispo <https://www.slocounty.ca.gov/departments/health-agency/behavioral-health/drug-alcohol-services/services/drug-alcohol-services-walk-in-clinics>
3. Narcotics Anonymous <https://www.naranoncentralca.org/>
4. The Haven Alcohol and Drug Treatment 805-202-3440
5. Tobacco Cessation – SLO County www.tobaccofreeslo.org
6. Tobacco Cessation – Kick It California www.kickitca.org