



Behavioral Health Important Phone Numbers

CenCal Health Member Services at 1-877-814-1861
(TTY/TDD 1-833-556-2560, or 711)

CenCal Health Nurse Advice Line 1-800-524-5222

Behavioral Health & Wellness/Santa Barbara County 1-888-868-1649

Behavioral Health & Wellness/San Luis Obispo County 1-800-838-1381

National Suicide Prevention Lifeline 1-800-273-8255, or call 988

County Drug and Alcohol Services

- **Santa Barbara County** 1-805-681-5440
- **North San Luis Obispo County** 1-805-461-6080
- **South San Luis Obispo County** 1-805-781-4753

CalHope Warm Line (Peer-run warm line available 24/7 for mental health and emotional support) 1-855-845-7415

Central Coast Hotline (24/7 mental health support line) 1-800-783-0607

Ventura Transit Systems (VTS) (transportation needs) 1-855-659-4600