

Action Heroes

Transitions-Mental Health Association:
Providing Innovative Mental Health Services to
Individuals and Families in Need

Transitions-Mental Health Association (TMHA) helps children and adults live, work and grow in our community. Committed to reducing the stigma of mental health, TMHA offers 27 support programs that teach people vital independent living skills and help them maximize their personal potential. The organization reaches over 2,000 people and 1,500 families in San Luis Obispo and Santa Barbara Counties through its many programs, including:



Family Services program - offering complimentary and compassionate support to families, friends and loved ones of persons suspected to suffer from mental illness.

Adult Transitional Program - providing a home-like setting amplifying interpersonal and independent living.

Supported Employment Program - directed towards helping individuals maintain employment according to their preferences and with adequate support as necessary.

Growing Grounds Farm - providing hope through horticulture, this program nurtures plants and people by involving them in every aspect of production and propagation.

SLO Hotline - the county's suicide prevention, mental health and emotional support hotline. It is staffed 24/7 and is available to any person in suicide crisis or emotional distress. The hotline also offers educational information and strives to reduce the stigma associated with mental health.



Photography by Barry Goyette

Transitions Mental Health Association is a non-profit organization leading the way in treatment options for those affected by mental health disorders. Volunteers and donations are greatly appreciated. Please call 540-6500 for more information.

Join us in March for the 30th annual Hotline Bowl-a-thon! Form a team and sign up to play in Pismo Beach, Paso Robles or Santa Maria. Log onto to www.t-mha.org and click on the Bowl-a-thon graphic or call 540-6527 for more information.

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