



NAMI
National Alliance on Mental Illness

San Luis Obispo
County



Peer Advisory Advocacy Team

FOR IMMEDIATE RELEASE

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Photos of proclamation available upon request

WALK FOR WELLNESS IN SUPPORT OF MENTAL HEALTH MONTH (MAY)

San Luis Obispo, CA – The Peer Advisory & Advocacy Team (PAAT) of Transitions-Mental Health Association (TMHA) has teamed up with the National Alliance on Mental Illness (NAMI) of SLO County in support of Mental Health Awareness Month. The two groups are hosting **Walk For Wellness** on Saturday, May 21st from 10 a.m. until noon at Mitchell Park in downtown San Luis Obispo. Check-in begins at 9:30 a.m.

The walk route will begin at Mitchell Park on Santa Rosa Street to Higuera to Broad to Marsh to Osos and then back to Mitchell Park. Music, food and water will be available for free to participants.

Resource information will be available from TMHA, Growing Grounds Downtown, NAMI, Wilshire Community Services, Sexual Assault Recovery & Prevention Center of SLO County, Al-Anon Family Groups, Alzheimer's Association, Veteran's Affairs of Santa Maria, and more.

This event is sponsored by Transitions-Mental Health Association and www.SLOtheStigma.org.

On Tuesday, May 10 the San Luis Obispo County Board of Supervisors passed a proclamation declaring May to be Mental Health Awareness Month in San Luis Obispo County. "We greatly appreciate the Board of Supervisor's support of our efforts to reduce stigma and increase awareness of mental health in our community," said Jill Bolster-White, Executive Director of Transitions-Mental Health Association.

PAAT Members including coordinator Darryl Elliott, alongside Frank Warren, MHSA Division Manager of San Luis Obispo County Behavioral Health Services were on hand to receive the proclamation from the Board.

ABOUT TMHA

Transitions-Mental Health Association is a non-profit organization that helps children and adults live, work and grow in our community. TMHA operates 27 programs at over 35 locations that reach over 2,000 people and 1,500 families in San Luis Obispo and Santa Barbara counties. The emphasis of TMHA's many services is to teach vital independent living skills, and build a framework for community re-entry through personal empowerment and hands on experience. For over 30 years, TMHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones. For more information, visit www.T-MHA.org.

ABOUT PAAT

Peer Advisory & Advocacy Team is a committee of peers that work with our community and county mental health departments to advocate for those served by the mental health system, educate about mental illness, promote wellness and recovery, reduce or eliminate stigma, and provide support for those living with a mental illness.

ABOUT NAMI SLO COUNTY

NAMI SLOCO is a charitable non-profit organization (501 C3) of consumers as well as families, and friends of people with severe mental illnesses. Members provide educational and emotional support for each other and advocate for better understanding, treatment and care of people with mental illness. For more information, visit www.namislo.org.