

## PEER SUPPORT

### Transitions-Mental Health Association



Transitions–Mental Health Association offers peer support groups run by and for people with mental illness. The groups provide peer-to-peer interaction, the sharing of stories, education and a sense of community.

#### Who Can Attend?

Adults with depression, bipolar disorder, schizophrenia, anxiety disorder or other mental illnesses are invited to attend.

#### How Much Does It Cost?

There is no charge for these groups.

#### Where Are the Groups Located?

Currently groups are run in Arroyo Grande, San Luis Obispo, Atascadero. Please call for locations and times.

Transitions – Mental Health Association

Post Office Box 15408, San Luis Obispo CA 93406

Phone: (805) 541-5144 · Fax: (805) 541-9480 · [info@t-mha.org](mailto:info@t-mha.org)