



Mental Health Advocacy and Education

Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities.



For more information about any of these programs, please contact Hannah Tenpas, Mental Health Advocacy and Education Program Coordinator, by phone at (805) 540-6576 or by email at hntenpas@t-mha.org.

Support & Resources

TMHA's Mental Health Advocacy and Education Programs consist of a highly dedicated team of peers who strive to inspire and support others who are living with mental illness. Working with someone that you can relate to, someone who has gone through similar experiences and has come out stronger on the other side, can be especially inspiring and motivating. We use the insights that our lived experiences have given us to help empower and guide people on their own paths to recovery.

- **Mental Health Advocates:** We meet one on one with adults in SLO County who know or suspect they have a mental illness and offer support, access to resources, and assistance in creating a plan for wellness (their family members and loved ones are encouraged to meet with TMHA's Family Advocates). We use our personal experiences to help our clients minimize stress, enhance wellness and resilience, and increase each individual's ability to follow through on referrals and care. This service is offered free of charge and no referral is needed.
- **Behavioral Health Navigators:** We have partnered with SLO County Behavioral Health to form the Service Enhancement Team. The goal of this innovative team is to help provide the best experience for those served at the SLO County Behavioral Health Clinics. We offer support, access to resources, and assistance in creating a plan for wellness to anyone who is served by the Behavioral Health Clinics, including adults and their family members and loved ones.
- **Crisis Hotline:** SLO Hotline (800) 783-0607 is a mental health, emotional support, and suicide prevention phone line that is confidential, free of charge, and available 24 hours every day.

Classes

Interested in learning more about living with a mental illness, creating a personalized wellness plan, or how to help someone struggling with a mental health crisis? You're not the only one! Join us for one of our classes!

- **WRAP** – Wellness Recovery Action Planning, or WRAP, is an 8-week course in which participants develop an individualized, effective recovery tool to use in managing physical or emotional difficulties.
- NAMI's **Peer to Peer** – This course, developed by NAMI, is a 10-week comprehensive recovery education class offering tools, understanding, and support for anyone who has a mental illness.
- **Mental Health First Aid** – In this 8-hour class, participants learn a 5-step action plan to offer initial help to people struggling with mental illness or who are in a crisis, and connect them with the appropriate professional, peer, or self-help care.

Trainings & Presentations

To help us reach our goal of eliminating stigma and promoting wellness and recovery throughout our community, we provide education and insight about what it's like to live with a mental illness. We tailor each presentation to fit the needs of the audience and are available to present to small and large groups throughout our community. If you're interested in having us present to your group, please contact us today! Presentation topics can include:

- Inspirational first-hand stories of living with a mental illness or having a loved one struggling with mental illness;
- Information about resources available in our community and how to best access them;
- Educational trainings to fit your group's needs, including suicide assessment, mental health overview, understanding psychosis, the importance of self-care, and more!