

Transitions-Mental
Health Association

BRIEF THERAPY CLINIC



WHO WE ARE

We are MFT trainees who are currently finishing up Graduate School and working towards our Marriage Family Therapy licenses. We are supervised by TMHA's Clinical Director who provides guidance.

Please note that therapy sessions may be shared with our Clinical Director and fellow trainees.

WHO WE SERVICE

- Residents of San Luis Obispo County.
- Individuals on the mild-moderate spectrum of mental health symptoms.
- Individuals who do not have insurance, cannot pay for therapy, or do not have insurance that covers a therapist in their area.

CONTACT US

Reach out to the Central Coast Hotline to get more information and to be referred to our services.

**CENTRAL  COAST
HOTLINE**
(800) 783-0607
= CRISIS & MENTAL HEALTH SUPPORT =
Text or Call 24/7



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