

# MENTAL HEALTH ADVOCACY AND EDUCATION

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.

## **SLO-HIP (Health Integration Project)**

This collaboration between County Behavioral Health, Community Healthcare Centers (CHC) and TMHA seeks to integrate physical and mental healthcare in San Luis Obispo County. Persons with open cases at County Behavioral Health can be referred (or self-refer) to this program and be part of this integration via CHC's "Clinic On Wheels," which will periodically provide health screenings, specialized health referrals and general physical healthcare. TMHA's role in this collaboration is to provide a "lived experience" Health Navigator who can help people from the "been there" perspective.

## **Transition Assistance and Relapse Prevention (TARP)**

TARP consists of a two-person team that works with graduates of the Full Service Partnership (FSP) program to provide mentoring and peer support towards the goal of self-managed healthcare. Working closely with the FSP team, TARP helps connect people to employment, social supports and other meaning-making community connections that allow for continued wellness after graduation from wrap-around services.

For more info, contact Trista Ochoa at (805) 540-6576 or by email at [tochoa@t-mha.org](mailto:tochoa@t-mha.org).



**Transitions-Mental Health Association**  
Post Office Box 15408, San Luis Obispo CA 93406  
Phone: (805) 540-6500 • Fax: (805) 540-6501 • [info@t-mha.org](mailto:info@t-mha.org)

