

YOUR LEGACY

OUR MISSION



Transitions-Mental Health Association

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



YOUR LEGACY CAN BE THE GIFT OF SHELTER, PURPOSE AND RECOVERY

OUR MISSION

Has mental illness touched your life or the life of a loved one? Over 25% of adults in the U.S. struggle with mental illness at some point in their life.

Mental illness carries an unfortunate stigma, yet the most common types are depression and anxiety. Mental illness can affect persons of any age, race, or income. Mental illness is unrelated to upbringing, character, or personal willpower. Mental illness is treatable and recovery is possible.

For over 30 years, Transitions-Mental Health Association (TMHA) has inspired hope, growth, recovery, and wellness in San Luis Obispo and Northern Santa Barbara counties. We work to reduce the stigma of mental illness while providing innovative services to children, adults, and their loved ones in the mental health care system. TMHA is dedicated to the personal journey each individual takes toward recovery and independence.

Your Lasting Legacy

A gift to TMHA, no matter how small, can make a significant difference in the life of someone working to recover from mental illness. Your support of mental wellness in our community can be a powerful, lasting legacy.



Growing Grounds Downtown



Nipomo Street Studios



Peer Advisory & Advocacy Team (PAAT) Meeting

MAKE A DIFFERENCE

We know that achieving mental wellness is a journey, and mental illness isn't a life sentence. That's why we work every day to provide our community with information, resources, and hope. TMHA operates 30 programs focusing on:

HOUSING

Every person needs a stable home to feel secure, so housing is a key component of recovery for those struggling with mental illness. TMHA houses over 300 clients in individual and group homes, all with support services.

WORK

Our clients say they need work as an important part of their recovery. The Growing Grounds program operates two wholesale nurseries and a retail store, employing over 200 adults with mental illness. Our Supported Employment Program partners with local businesses and assists clients with all aspects of finding and keeping a steady, competitive job.

FAMILY

Our Family Services offer compassionate, informed assistance for the families, friends, and loved ones of individuals with mental illness. We act as guides through the mental health, financial, and educational systems, and provide information and referrals to community resources. We offer group and private support sessions.

COMMUNITY

People with mental illness struggle daily with the stigma that exists in our society. We collaborate with other local support groups and actively engage in community outreach with hopes to one day erase that stigma.



"My husband and I cannot say enough about TMHA and how it has influenced such a positive and forward move in our son's life. He has clearly taken his life back! We are so PROUD of him!"

—Cheryl Strahl

FAMILY MEMBER AND
TMHA VOLUNTEER

“I love having a safe home. Having housing has allowed me to focus on many other factors that badly needed attention. I can set a schedule, have healthy meals at home and apply myself to personal group therapy. The staff is very compassionate and I am so grateful to have a home and support.”

—TMHA Housing Resident



TAKING THE NEXT STEP

We are honored that you may consider a gift to TMHA.

Our planned giving staff is available to discuss your specific goals and answer any questions you may have in person, by phone or by e-mail. Be assured that your contact with us will be private and confidential and that you will never be solicited.

Our staff is also available to speak with your legal and/or financial advisors.



After consulting your advisors for professional advice specific to your situation, goals and needs, we can work with them to be sure your goals are fulfilled while furthering our mission. In certain instances, your legacy gift may also provide you with a tax benefit.

Your gift will make a difference. Let us help you create a lasting legacy of mental wellness in our community.

TMHA WOULD BE HONORED TO BE PART OF **YOUR LEGACY.**

Transitions-Mental Health Association (TMHA) is a non-profit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services.

**“TMHA plays a vital
role in the mental
wellness of our
communities—and has
for over 30 years!”**

—Jill Bolster-White
EXECUTIVE DIRECTOR

**For More Information
on Planned Giving**

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