



FOR IMMEDIATE RELEASE

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**MENTAL WELLNESS BAGS ADDED TO FOOD DISTRIBUTION THIS WEEK
TMHA PARTNERS WITH ALLAN HANCOCK COLLEGE**

Santa Maria & Lompoc, CA – In a unique partnership, Transitions-Mental Health Association (TMHA) joins forces with Allan Hancock College to add something special to the food distribution this Thursday. TMHA will provide mental wellness bags containing stress balls, stickers, resources and tips about self-care and emotional resiliency in these challenging times.

Since the beginnings of the COVID-19 pandemic, Allan Hancock College has operated [food distribution centers](#) twice each week at both their Santa Maria (800 S. College Drive, Santa Maria) and Lompoc (1 Hancock Drive, Lompoc) campuses. Made possible through the Foodbank of Santa Barbara County and [CalFresh](#), California's SNAP (food stamps program), the distributions provide food to low income students, seniors, and families in a drive-through format. Distributor volunteers and staff use County-approved PPE.

TMHA is joining forces with these distribution centers on June 25, 2020 to hand out information and resources about mental health to an expected total outreach of 260 residents in Santa Maria and Lompoc. In this unprecedented time, TMHA is committed to addressing the mental health needs of people challenged by the COVID-19 pandemic.

“Our intention is to inform the public that there are resources available to them,” says Sandy Rives, Program Supervisor of Helping Hands of Lompoc Recovery Learning Community. “Especially with times being as they are, we want to educate those who have never received services but may be struggling amidst the current pandemic. We want community members to know that they are not alone and that help is just a phone call or text away.”

Christina Harney, TMHA's Santa Barbara County Programs Director adds, "Our mental health needs are just as important as our physical health to keep our bodies healthy as a whole."

Support for this event comes from the Mental Health Services Act of California, and Santa Barbara County Department of Behavioral Wellness.

ABOUT TMHA

For over 40 years, Transitions-Mental Health Association (TMHA) has provided services on the Central Coast. TMHA is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. TMHA operates over 40 programs that served over 4,500 unique individuals and family members in San Luis Obispo and Santa Barbara counties. The emphasis of TMHA's many services is to teach vital independent living skills, and build a framework for community re-entry through personal empowerment and hands on experience. Since 1979, TMHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones.

LINK TO WEBSITE: <https://www.t-mha.org>