

What You Need to Know...



About Us

Mental Health America of Wisconsin (MHA) is a non-profit organization that has been serving the Milwaukee-area and the State of Wisconsin for 80 years. We represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – every day and in times of crisis.

Our message is simple: Good mental health is fundamental to the health and well-being of every person in our community — and MHA is dedicated to helping ALL people live mentally healthier lives. We want all people to understand how to protect and improve their mental health, and know when to seek help for themselves or someone close to them.

Today, our mission remains to improve the mental health of all individuals through advocacy, education, information and service.

Mental Health America will advance its mission by education the public; fighting for access to effective care; fostering innovation in practices, services and policy; and providing help for individuals and families living with a mental illness.

We Advocate

- On a local and statewide level, our advocacy network keeps the public informed about proposals in Congress and the Wisconsin Legislature related to mental health.
- MHA serves on several mental health committees including the Milwaukee Mental Health Task Force, the Governor's Council on Mental Health, Wisconsin United for Mental Health and the MHA Council of Wisconsin.
- MHA is actively involved in efforts to ensure that mental health and substance use parity legislation is properly implemented, and that the Affordable Care Act achieves its promise of expanded access to mental health and substance use services. We are also involved in continued efforts to better achieve integration of mental health care in primary care setting.

We Educate

- Community and Business Outreach programs work to raise awareness and reduce the stigma associated with mental illness by providing workshops, consultation services and training for audiences of all ages, local and statewide groups, schools, professional organizations and employers.
- Through its leadership role with *Prevent Suicide Wisconsin* and *Prevent Suicide Greater Milwaukee*, MHA helps educate communities all over the state about the prevalence of suicide; how to identify signs of suicide; best practices; and evidence-based prevention and post-vention programs

www.mhawisconsin.org

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We Inform

- Whether the search is for a therapist, a support group, information on a specific mental illness or how to get help if you don't have insurance, we provide timely assistance by telephone at 414.276.3122, via Email: info@mhawisconsin.org and on our website at www.mhawisconsin.org.
- Our website includes mental health and wellness resource information including statewide resources from every county in Wisconsin; an online *Therapist Directory*; a *Mental Health, Wellness and Addiction Services Directory for Milwaukee County*, which is available in both online and print versions; online mental health screenings; support groups; information about MHA initiatives; statewide resources; and current news topics.
- We distribute thousands of brochures and fact sheets annually.
- MHA publishes several newsletters that are offered e-news formats, offering up-to-date information about MHA programs and services. To sign up for any of our e-newsletters, visit our website.

We Serve

- Strong Families Healthy Homes is a service program that works with families with parental mental illness. Visit our website for a menu of services.
- MHA offers support groups called *Survivors Helping Survivors* for family members, friends and other loved ones who have lost someone to suicide.

Whether directly or indirectly, mental illness affects every member of the community. The people you work with and the people you live with are among the millions living with an emotional or mental illness. The good news is that the majority of people with a mental disorder can receive successful treatment and experience recovery.

Mental Health America of Wisconsin is a United Way of Greater Milwaukee Agency.



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