



MHIA  SM

Mental Health America
of Wisconsin

Bringing Wellness Home

Mental Health America of Wisconsin is a nonprofit organization dedicated to helping ALL people live healthier lives. 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 and the nation as a whole. 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.

Our mission remains to promote mental health, prevent mental disorders and achieve victory over mental illness through advocacy, education, information and support.

Mental Health America will advance its mission by educating 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

“MHA’s Public Policy Program continues to work on improving access to care through its strong support for a statewide parity bill, its efforts to address mental health funding issues, child welfare policy issues and criminal justice issues.”

Shel Gross, MHA Director of Public Policy

- On a local and statewide level, MHA’s 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 Governor’s Council on Mental Health, Wisconsin United for Mental Health and the MHA Council of Wisconsin.
- MHA has been an active supporter of parity legislation, which would ensure that insurance companies cover mental health the same way they cover physical health.

We Educate

“The presentation was excellent and useful to me. I really learned a lot about suicide and mental health issues. I am grateful for the resource we have been made aware of.”

Suicide Prevention presentation participant

- *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, other systems of care and employers.
- *The Suicide Prevention Initiative* has helped educate communities all over the state about the prevalence of suicide; how to identify signs of suicide; best practices; and evidence-based prevention and postvention programs.
- *The Sharing Patients Initiative* is a collaboration of public and private stakeholders across the state working to promote the integration of mental health services within the primary care setting.

We Inform

“This could save an incredible amount of time when trying to assist someone in locating appropriate services. I like the biographies; it adds a personal touch that may assist in trying to locate the “right” therapist.”

User comment from MHA’s online Mental Health Provider Directory

- 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, email, and at www.mhawisconsin.org
- Our web site includes resource information, a provider directory, 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 in print or e-news formats.

We Support

“Our mom is doing so much better since she started coming here. We’ve waited our whole lives for this to happen”

A child from the Invisible Children’s Program

- *Strong Families Healthy Homes (SFHH)* is a service program offered by MHA in the Milwaukee area. SFHH has two programs dedicated to serving and strengthening individuals and families who are living with a mental illness.

SFHH programs include:

Invisible Children's Program

This program serves parents with a chronic mental illness and teaches them life skills that help them raise healthy children.

Specialized Family Resource Center

This program supports families with special mental health needs through education, advocacy and social opportunities. The Resource Center is staffed by Certified Peer Support Specialists and is overseen by a Peer Advisory Council.

- MHA offers support groups called *Survivors Helping Survivors* for people who have suffered the loss of a loved one to suicide.

Your support can make a difference

Every donation and memorial allows MHA to continue providing quality services, raise awareness and advance mental health.

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.

Donations and memorials allow MHA to continue providing the community with quality services. Secure, online donations can be made on our web site. Donations can also be made directly to MHA or to the Milwaukee Mental Health Foundation, which provides financial support to MHA's programs. The foundation offers a means for estate planning and continues to focus on the mission of MHA for the future.

For information about giving, call MHA at (414) 276-3122, (877) 642-4630, or visit our web site at www.mhawisconsin.org.



734 North 4th Street • Suite 200
Milwaukee, WI 53203-2121

Ph: (414) 276-3122 • Fax: (414) 276-3124

Email: info@mhawisconsin.org • www.mhawisconsin.org