

## Telephone and E-mail Assistance

Each year MHA receives more than 4,000 calls and emails from mental health consumers, family members and professionals with a wide range of questions. Whether the search is for a therapist who accepts Medicaid, a support group, information on a specific illness or how to get help if you don't have insurance, we provide timely assistance.

## Web Site

[www.mhawisconsin.org](http://www.mhawisconsin.org)

MHA's web site, has become an integral part of the Information and Assistance program. With more than 30,000 visits each month, our web site has become one of the best and most up-to-date ways to reach professionals and the general public.

MHA's web site includes information on many topics including one of the most comprehensive listings of area support groups; information on MHA programs and services; mental health news; information on specific mental illnesses; more than 130 mental health fact sheets; public policy updates; community education; as well as local, state and national links and resources.

## Online Mental Health Screenings

One of the first steps in accessing appropriate treatment is identifying the problem. MHA offers a free and anonymous online screening tool. Screenings are available for depression, bipolar disorder, generalized anxiety and post-traumatic stress.



## Online Mental Health Care Provider Directory

In an effort to improve access to mental health care in Southeastern Wisconsin, MHA has created an online directory of local mental health care providers. MHA's *Mental Health Care Provider Directory* currently has more than 250 providers, including Licensed Professional Counselors, Licensed Marriage and Family Therapists, Clinical Social Workers and Psychologists. Users can search for providers using a variety of options including the therapist's area of expertise, primary clients served, location, or by the type of payment accepted. The directory can be accessed on the home page of the MHA web site.

## Online Mental Health and Wellness Resource Directory

MHA offers an online *Mental Health and Wellness Resource Directory* which contains listings for hundreds of mental health related agencies with program descriptions and contact information in the Greater Milwaukee area, as well as county-level and statewide resources. The guide contains a comprehensive list of mental health hotlines, helplines, hospital services, counseling services, community outreach programs, support groups, youth programs, residential programs, and much more. You can search this directory using a number of criteria including the type of services you're looking for or the population served, for example, adults or children. MHA's online *Mental Health and Wellness Resource Directory* is updated on a regular basis.

This guide is also available in print format. Call MHA at 414-276-3122 for information.

## Support Groups

MHA's web site maintains an extensive list of area support groups that is updated on a regular basis. The support group section of MHA's web site now includes nearly 100 different support groups in the greater Milwaukee area. There are groups for depression, bipolar disorder, anxiety disorders, eating disorders, anger management, domestic violence and many more. MHA also offers a unique support group, *Survivors Helping Survivors*, for people who have lost a loved one to suicide.

## Statewide Resources

MHA recently added a Statewide Resources page in the Information section of the web site, listing mental health resources for every county in the state. Each county lists crisis lines, Departments of Health and Human Services, Aging and Disability Resource Centers, county mental health services, consumer organizations and other community resources. This section also provides a list of Wisconsin-certified mental health and substance abuse treatment providers by city and county with contact information.

## Materials and Other Resources

MHA distributes thousands of brochures and fact sheets annually about depression, personality disorders, anxiety, schizophrenia, bipolar disorder and other mental illnesses. Fact sheets cover topics such as raising mentally healthy children, how to choose a mental health provider, handling stress, suicide facts and warning signs, teen and youth mental health issues, helping people who have a mental illness and much more.

MHA also publishes several newsletters. E-newsletters include *Mental Health News*, *Healthy Mind Connection* and *Suicide Prevention*. Print newsletters include *The Bell*, *The Voice (Invisible Children's Program)* and *Survivor's Helping Survivors*, a newsletter for people who have lost a loved one to suicide.

### MHA now offers several online searchable tools:

- Mental Health and Wellness Guide for Milwaukee County
- Support groups in the greater Milwaukee area.
- Mental Health Care Provider Directory



Mental Health America of Wisconsin is a United Way agency.



## Information and Assistance Services

