

What You Need to Know...



About Us

Mental Health America of Wisconsin *Bringing Wellness Home*

Mental Health America of Wisconsin is a nonprofit organization dedicated to helping ALL people live mentally healthier lives. We represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

Our message is simple: Good mental health is fundamental to the health and well-being of every person and of 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.

Today, 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 research, practices, services and policy; and providing help for individuals and families living with a mental health problem.

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 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

- *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.
- The *Suicide Prevention Initiative* has helped educate communities all over the state about the warning signs of suicide, risk factors, protective factors, 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.

www.mhawisconsin.org

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We Inform

- Whether the search is for a therapist who accepts Medicaid, 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 and email.
- Our web site includes information about mental health issues, online mental health screenings, support groups, information about MHA initiatives, statewide resources, as well as current news topics.
- We distribute thousands of brochures and fact sheets annually about depression, anxiety disorder, schizophrenia, bipolar disorder and other mental illnesses.
- MHA publishes several newsletters. E-newsletters include *Mental Health News*, *Suicide Prevention* and *Healthy Mind Connection*. Print newsletters include *The Bell*, *The Voice* (Invisible Children's Program and Family Resource Center) and *Survivors Helping Survivors*, a newsletter for people who have lost a loved one to suicide.

We Support

- *Strong Families Healthy Homes* is the direct service program offered by MHA. Although the direct service program is offered in the Milwaukee area, the Strong Families Healthy Homes team can provide statewide technical support and training to agencies and families.
- MHA has two programs dedicated to serving and strengthening individuals and families who are living with a mental illness:

Invisible Children's Program

The Invisible Children's Program targets parents with a chronic mental illness and teaches them life skills that help them raise healthy children. The goal is to keep parents and their children together.

Specialized Family Resource Center

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

- MHA sponsors *Survivors Helping Survivors*, a support group for people who have suffered the loss of a loved one to suicide. For a comprehensive list of **more than 130 different support groups** covering topics from depression and anxiety to bipolar disorder and eating disorders, visit our web site.

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What You Need to Know...



Your support can make a difference

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 who will develop an emotional or mental illness. The good news is that the majority of people with a mental disorder can receive successful treatment.

Every donation allows MHA to continue providing quality services, raise awareness and enhance good mental health. Secure, online donations can be made on our web site, located at www.mhawisconsin.org. If you prefer to mail in your donation, please send it to: Mental Health America of Wisconsin, 734 North 4th Street, Suite 200, Milwaukee, WI 53203-2121.

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

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