

# What You Need to Know...



## About Us

### Mental Health America of Wisconsin – Programs and Services

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.

## Programs and Support

### **Strong Families Healthy Homes**

*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.

The 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.

### **Support Groups**

MHA offers support groups for people who have suffered the loss of a loved one to suicide. The groups, *Survivors Helping Survivors*, are led by a mental health professional and a peer facilitator. There are also an extensive list of area support groups for depression, bipolar disorder, anger management, anxiety and more. For a complete list of support groups, visit our web site at [www.mhawisconsin.org](http://www.mhawisconsin.org).

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## Legislative Advocacy

On a state-wide level, legislative advocacy keeps MHA's members 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 MHA Council of Wisconsin.

## Education and Outreach Services

MHA provides statewide training services and technical support on a wide variety of mental health topics to the business community, the child welfare system, primary care professionals, schools, family centers and county coalitions. Topics may focus on depression, stress management, self-esteem, suicide prevention, dealing with anger and recognizing the signs and symptoms of mental illness.

## Information and Assistance

### Telephone and Web site

Each year, MHA helps thousands of people find answers to their questions, as well as affordable mental health services that are appropriate for their needs. Whether the search is for a therapist who accepts Title 19/Medicaid, a support group, or information about a mental illness, we can provide timely assistance. Telephone assistance is available.

Our web site, located at [www.mhawisconsin.org](http://www.mhawisconsin.org), provides information about mental health, mental illnesses, county-by-county resources, a Milwaukee-area *Provider Directory*, an extensive list of area support groups, MHA's *Mental Health and Wellness Guide*, and much more.

### Brochures and Fact Sheets

MHA offers brochures on a number of mental health topics including anxiety, bipolar disorder, depression, and much more. In addition to brochures, MHA has more than 100 downloadable fact sheets on our web site covering numerous mental health topics.

*For information about MHA, or any of our programs and services, please visit our web site at [www.mhawisconsin.org](http://www.mhawisconsin.org) or call 414-276-3122.*

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