

What You Need to Know...



Mental Health America of Wisconsin (MHA) Programs and Services

Bringing Wellness Home

Mental Health America of Wisconsin (MHA) (formerly the Mental Health Association of Wisconsin) is a vital mental health advocacy force within Milwaukee and the state of Wisconsin. For nearly 80 years, we have been promoting mental health and responding to the needs of people with a mental illness and their families. Today, our mission remains to promote mental health, prevent mental disorders and achieve victory over mental illness through advocacy, education, information and service.

Innovative programs are the benchmark of MHA's success. In order to meet the ever-changing needs of the community, MHA continually evaluates its programs while maintaining true to our mission. Current MHA programs and services are:

Information and Assistance Services

Telephone and Email Assistance

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. Call (414) 276-3122 or e-mail info@mhawisconsin.org.

Web site

Our web site, located at www.mhawisconsin.org, includes information about mental health issues, online mental health screenings, support groups, information about MHA initiatives, as well as current news topics.

Print Materials

MHA distributes thousands of brochures, and fact sheets annually about depression, anxiety, schizophrenia, bipolar disorder and other mental illnesses as well as topics such as raising mentally healthy children, how to choose a mental health provider, resiliency and handling stress. MHA Wisconsin also prints and distributes two quarterly newsletters.

Strong Families, Healthy Homes

Invisible Children's Program

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

Specialized Family Resource Center

The Family Center supports families with special mental health needs through education, advocacy and social opportunities. We are an outlet for parents whose mental health affects the functioning and stability of their family.

www.mhawisconsin.org

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Public Policy

On a local and statewide level, advocacy helps MHA's members stay informed about proposals for Milwaukee County and the state of Wisconsin 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, the MHA Council of Wisconsin and the Mental Health Task Force. Located in Madison. Call (608) 250-4368.

Youth Suicide Prevention

In 2006, MHA was awarded the federal Garrett Lee Smith Memorial Act Youth Suicide Prevention Grant. The grant is \$1,125,000 over three years and started in June 2006. MHA is working with the Wisconsin Department of Health and Family Services, which designated MHA to apply for this grant on behalf of the State, the Wisconsin Department of Public Instruction and numerous other partners to implement the grant.

Outreach

Community Outreach

Community Outreach works 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. Topics focus on depression, stress management, suicide prevention and recognizing signs and symptoms of mental illness.

Business Outreach

Business Outreach provides business-focused presentations on topics related to mental health for both employers and their employees to help them better understand the impact of mental illness in the workplace.

Primary Care

The Sharing Patients Initiative is a collaborative of public and private stakeholders across the state working to promote the integration of mental health services within the primary care setting across Wisconsin and by providing primary care professionals with the information they need to screen, diagnose and successfully treat mental illnesses within their practice and health care system.

For more information on any of our programs and services:

By phone: (414) 276-3122

By e-mail: info@mhawisconsin.org

www.mhawisconsin.org