

2020 Annual Report



Our Mission:

MHA of Wisconsin is dedicated to improving the mental health of all individuals through advocacy, education and service.

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.

Accomplishments

- MHA provided technical assistance to 54 local and tribal health departments working on adolescent suicide prevention in 2020.
- MHA, in partnership with the Wisconsin Department of Health Services and the Medical College of Wisconsin, produced and released the updated Wisconsin Suicide Prevention Plan (WSPP).
- MHA provided trainings and technical assistance to two health care organizations through the Wisconsin Zero Suicide Training.
- MHA's Giving Voice to Depression had more than 14,000 online followers where support, information, and much-needed daily messages that "you are not alone" are received by community members.
- MHA established two peer-run warmlines, one for veterans and one for LGBTQ youth.
- Number of visitors to the MHA website: 115,113
- Number of clients served by MHA's direct service programs: 217

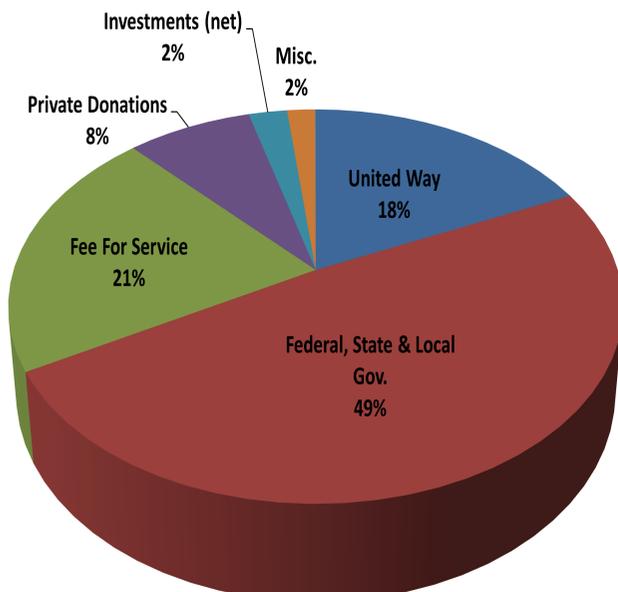
www.mhawisconsin.org



What Our Clients are Saying

- "Every time I talk to you guys, you bring me back down to a state of calm. Keep doing what you do." (R&R House Warmline Caller)
- "I found out MHA was offering support groups via Zoom. This really helped me feel connected to others who understood what I was going through." Mary (SHS Group Participant)
- "By participating in these classes, I have a support system and I have improved my parenting skills and communication with my children." Mr. Clark (Dedicated Dad's Participant)

2020 Revenue Activity



MHA During COVID

During the past year, we at MHA have witnessed an unprecedented increase in the numbers of people experiencing mental health problems. In November 2020, the CDC reported that 44 percent of the population were dealing with either depression or anxiety.

Even during these challenging times, MHA was able to continue to provide high quality programs and services. Highlights included the opening of the R&R House, the nation's first veteran peer run respite; offering our support groups and clinical services virtually; and providing clinical placement to graduate students.