

# MENTAL HEALTH AFFECTS US ALL

*We're your leading mental health resource.*



*1 in 4 people will struggle with a mental illness this year...*

*...and 4 in 4 will need to care for their mental health and wellness.*

*Take note: that's all of us.*

**Mental Health Association** (MHA) promotes mental wellness and supports those living with mental illness in the Washington Metro area. Our work impacts the lives of more than 30,000 people each year.

Connect with us to learn how you can be mentally healthy and what to do when you or a loved one needs help.

*Visit [www.mhamc.org](http://www.mhamc.org) to learn how to volunteer, donate or organize a mental wellness workshop.*



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[mhamc.org](http://mhamc.org)

## PROMOTING MENTAL HEALTH AND WELLNESS:



### *We support*

MHA supports the D.C. metro area's mental health and wellness needs through eight direct service programs.



### *We educate*

MHA offers public speaking on mental health, seminars for mental health professionals, Mental Health First Aid courses and mental health resources.



### *We advocate*

MHA advocates for our community's mental health needs by meeting with lawmakers and tracking/sharing information on mental health-related legislation.

# MHA'S PROGRAMS

## **Adult Homeless Mental Health Services**

offers case management and ongoing assistance to formerly homeless, mentally ill adults who are living independently in supportive housing. Case managers work to ensure program participants are connected to the resources they need and help them achieve and maintain self-sufficiency.

**Friendly Visitor** offers friendship and emotional support to seniors that are home-bound, isolated and lonely. Each program participant is matched with a trained volunteer who shares similar interests. Volunteers visit participants each week, and unique friendships are formed.

**HOPES (Hotline, Outreach & Programming for Emotional Support)** offers crisis intervention and supportive listening for people experiencing mental health challenges through MHA's free, confidential, 24-hour hotline (301-738-CALL). HOPES also seeks to educate the community on mental health and wellness through "Red Flags," a depression and suicide awareness program that serves middle and high school students, as well as conducts speaking engagements and outreach in the community on suicide, depression and anxiety.

**Kensington Wheaton Youth Services** works with Montgomery County Public Schools and the Montgomery County Department of Health and Human Services to offer services to help youth and families overcome obstacles that are in the way of student learning and growth. Through short-term mental health counseling, case management services, tutoring, educational workshops and after school programming, students improve school performance and families gain stability in their home lives.

**N\*COMMON (New Capacity & Outreach for Multicultural Mental Health Opportunities Now)** provides clinical mental health services

to low-income and uninsured Spanish- and French-speaking immigrants who are newly-arrived to the United States. Many program participants have experienced some form of trauma, either in their home country or during their immigration journey. MHA therapists help them to heal and adjust to life in a new country. N\*COMMON also creates mental health internship opportunities for undergraduate and graduate students at MHA and partner nonprofits.

**Representative Payee** serves low-income disabled adults who are unable to manage their federal benefits due to mental illness or physical disability. Program participants are matched with volunteers who create budgets, pay bills, manage funds and help participants gain financial stability.

**Serving Together** connects active military, veterans and their families in Montgomery County and Northern Virginia to needed community resources such as education, economic, housing and mental health through individualized assistance from a fellow veteran and a comprehensive online community, [ServingTogetherProject.org](http://ServingTogetherProject.org). Serving Together also educates mental health professionals, nonprofits and the local community at large on the unique needs of the area's military and veterans and how to help them most effectively.

**Voices Versus Violence** works with youth dealing with behavioral issues at school and home, such as truancy, anger and bullying, to cultivate healthy attitudes and encourage positive life direction. Voices Versus Violence seeks to avert youth from coming into initial contact with the juvenile justice system and to reduce recidivism for youth who are already involved in the juvenile justice system by engaging with program participants and their families to address academic and mental health issues, as well as connect them to needed community resources through case management. VVV also provides educational presentations and training to youth and parents as well as school and community personnel.