



MISSION

The mission of Mental Health America of Central Carolinas (MHA) is to promote mental wellness through advocacy, prevention, and education. Our vision is to be the region's leading voice to promote access to mental health care, to reduce the stigma of seeking help, and to advocate for effective mental health services for all.

Promoting Mental Wellness Since 1933

Spreading Hope, Spurring Action, Supporting Families, Saving Lives!

Our Programs

LEGISLATIVE ADVOCACY: MHA educates legislators and policy makers about the needs of individuals who depend upon the public mental health system, and public policies that address those needs. We also garner grassroots support and teach self-advocacy skills.

INFORMATION & REFERRAL SERVICES: MHA provides resources and support including free confidential screening tools to those seeking mental health services. **1,500 area residents** utilized the online screening tool last year.

COMMUNITY EDUCATION & OUTREACH: MHA provides free two evidence-based trainings to nearly **2,500 individuals** each year: QPR (Question, Persuade and Refer) Suicide Prevention training and the youth, adult, and public safety versions of Mental Health First Aid (MHFA).

PARENTVOICE: MHA provides empowerment and support to **450 parents of youth** experiencing emotional, behavioral, and mental health challenges. Certified Family Partners educate families on how to navigate the education, mental health, and judicial systems in order to achieve positive outcomes.

COMPEER: MHA's evidence-based Compeer program matches community volunteers with adults in mental health recovery programs. Volunteers provide one-to-one supportive friendship to offset the loneliness and social isolation that can accompany mental illness and hinder recovery. Compeer currently supports **75 individuals**.

MENTAL HEALTH MATTERS: IT'S TIME TO TALK: MHA Breaks Stigma One Conversation at a Time through a series of public service announcements and Coffee & Conversations—hour-long dialogues about mental health featuring MHA volunteers sharing positive stories of mental health recovery. Nearly **150 people** participated in Coffee & Conversation last year.



Our Impacts

MHA has delivered suicide prevention training to over 6,000 people since 2008, including more than 750 teens in just the last year alone. Over 93% of participants report an increased willingness to act to prevent suicide.

91.7% of Compeer participants show improved or stable mental health.

After working with MHA's ParentVOICE program for 90 days, 80% of parents report fewer suspensions and increased academic success for their children with mental health challenges.

www.mhacentralcarolinas.org
(704) 365-3454

Member Agency



Spreading Hope, Spurring Action, Supporting Families, Saving Lives!

Ways to Get Involved!

ADVOCATE!

Be a part of mental health advocacy efforts to make an impact across the state. Join our AIMWELL Grassroots Network to receive Legislative eUpdates; then let your voice be heard by local policymakers.

- Sign up to receive our free Advocacy Updates and Legislative Alerts
- Contact Elected Officials: Share your concerns about the mental health system with your elected officials. Visit www.mhacentralcarolinas.org Advocacy Page for current officials in office.
- Break the Stigma: Add your name to our "Anti-stigma Pledge Wall" at www.mhacentralcarolinas.org under the Get Involved menu, to show how you can make a difference.

- Your tax-deductible gift makes it possible for MHA to continue to promote mental wellness in our community through advocacy, prevention and education. When you make a donation, you are *Spreading Hope, Spurring Action, Supporting Families, Saving Lives!*
- Please visit our website to make a contribution or a gift in remembrance or in honor of someone special to you.
<http://www.mhacentralcarolinas.org/donation.cfm>

DONATE!

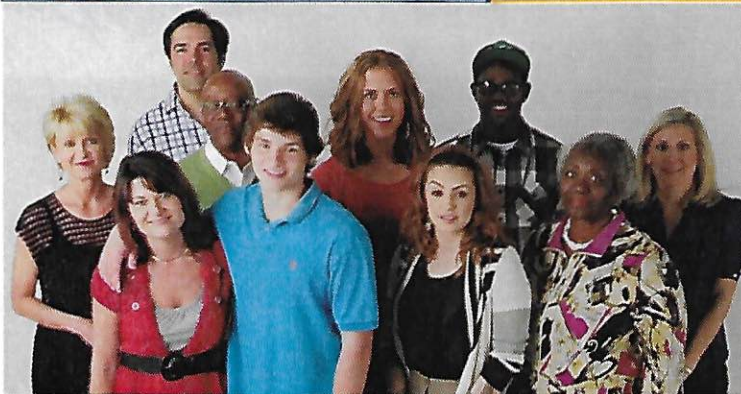
Support the MHA's efforts with a tax-deductible donation. Your investments help us support community members and ultimately prevent mental health crises.

VOLUNTEER!

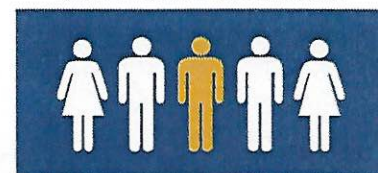
Explore opportunities with the MHA's Compeer or ParentVOICE programs. Share your time and experience to change lives.

View the list below and visit our website to learn more about the different ways to get involved on the [Volunteer Opportunities](http://www.mhacentralcarolinas.org) page at www.mhacentralcarolinas.org

- * ParentVOICE Support
- * Seasonal Projects
- * MHA Storytellers
- * Special Event Volunteers
- * Compeer
- * Unpaid Internships
- * MHA Board of Directors
- * MHA Committees
- * MHA Ambassadors



Approximately 1 in 5 U.S. adults has a mental health disorder.



MHA
Mental Health America

#B4Stage4

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