

ABOUT MHA IN NIAGARA COUNTY

Since our founding in 1964, we have offered a variety of programs and support services for all members of the community. It is our mission to promote mental wellness by sponsoring and implementing advocacy, education and community service programs. We recognize that mental illness cuts across all social, economic, age and gender lines.

Our referral services are available anytime of the day or night by phone, through our printed directories and resource guides, and through our website at www.mhanc.com. There is always someone standing by to answer the Helpline at 716-433-5432. Our Help Book is also available for a nominal fee.

The Mental Health Association actively participates in the legislative process through close contact with our representatives in government and examines pending legislation which will affect the welfare of persons with mental illness.

VISION STATEMENT

The Mental Health Association in Niagara County, Inc. will create a community where mental health disorders are treated in the same manner as physical disorders, where stigma no longer exists, where recovery is an expectation following mental health diagnoses, where finding meaningful employment is possible and living a safe, satisfying life with meaningful relationships is a reality.



The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, the United Way of the Tonawandas, grants, memberships and voluntary contributions.

HELP LINE

(716) 433-5432

*One phone number for all of Niagara County.

**Mental Health matters...
now more than ever**



**Mental Health
ASSOCIATION**
in Niagara County, Inc.

The Information and Referral Specialists

WWW.MHANC.COM

Phone: 716.433.3780
36 Pine Street
Lockport NY 14094



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PROGRAMS AND SERVICES

Working for America's
Mental Health

Tel: 716.433.3780

Web: www.mhanc.com

PROGRAMS

INFORMATION AND REFERRAL

Information Services - We offer information and referral 24-hours a day, 7 days a week, through the Help Line, which serves all of Niagara County. Our popular Help Book is pocket-sized and provides a quick reference to residents for important phone numbers in Niagara County. You can also view the Help Book and access updates at www.mhanc.com.

Lockport Family Resource Guide and Niagara Self-Help Clearinghouse - These directories provide a central collection of all self-help mutual-aid support groups in the Niagara County and Lockport Community. Facilitator training and technical assistance offered as well.

EDUCATIONAL SERVICES

Presentations and Resources - We provide workshops, seminars and conferences on mental wellness topics for a range of audiences. We offer programs for professionals, community organizations, schools, families and consumers of mental health services. Books, videos and pamphlets are available on numerous topics. We also maintain a blog, Facebook page and twitter account so you can stay informed!

Allies 4 Life - Our Youth Suicide Prevention Program provides workshops to schools and other youth-oriented organizations on how to prevent and respond to a suicide crisis. Visit www.allies4life.com to learn more.

COMPEER NIAGARA

Adult Program - We match trained volunteers in a one-to-one friendship relationship with men and women receiving mental health services.

Youth Program - We match referred children one-to-one with a screened, trained adult volunteer to be a friend and role model.

Volunteer Program - We recruit, screen and train individuals who are interested in an opportunity to make a difference in the life of another.

CONSUMER SERVICES

Advocacy Services - We provide an outreach program for recipients of mental health services in the community and for patients receiving treatment at Niagara Falls Memorial Medical Center.

Consumer Planning Advisory Committee (CPAC) Once a month, we host a meeting for recipients to provide input into the local planning process.

In-Home Respite - We provide a planned break for parents raising a child or children with a serious emotional disorder. Childcare workers are screened and trained.

Legal Advocacy - For individuals with a mental illness. CSS eligible clients can receive legal assistance with SSI/SSD, Medicaid and food stamps, public assistance, landlord tenant problems, divorce, support, custody and visitation, orders of protection and bankruptcy.

SUPPORT GROUPS AND MORE

We sponsor several Support Groups throughout Niagara County, including *Depression & Anxiety*, *Alzheimers Caregivers*, and *Let's Talk* for youth. Contact us for a list of current meeting places and times (see below).

Niagara Grief Center - We provide sustained emotional support to people of all ages who are affected by death and grief. A professionally facilitated support group meets regularly at our office on 36 Pine Street.

Art Classes - *Art for Relaxation* is a free weekly class open to all. You can also sign up for our monthly art class where you will learn how to do a specific craft.



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BECOME A FRIEND OF MHA

Membership to MHA Niagara offers the opportunity to improve the services provided to individuals with mental illness, and also to promote mental health education.

To become a member, check below:

I would like to become a member of the Mental Health Association in Niagara County, Inc. I understand membership entitles me to receive *The VOICE* newsletter, use of the resource library and access to all Mental Health Association educational programs and conferences, as well as voting rights at the Annual Meeting.

Membership Rates:

___ Senior/Student	\$10.00
___ Individual	\$15.00
___ Mental Health Worker	\$20.00
___ Family	\$25.00
___ Organization	\$50.00
___ Sustaining	\$100.00
___ Corporate	\$500.00

Please complete this form, including your contact information below, and mail with check to:

Mental Health Association
36 Pine Street, Lockport,
NY 14094

Please make checks payable to "The Mental Health Association in Niagara County, Inc."

Your Name

Address (Street and Apartment No.)

City State Zip

Phone

Email Address

Please check here if you would like to receive our newsletters by email.