



*Positively
changing lives!*



Mental Health America in Sheboygan County, Inc.

Mental Health America in Sheboygan County (MHA) was incorporated as a nonprofit organization in 1963 and is affiliated with the national Mental Health America organization.

The Sheboygan County chapter serves as a resource center for mental health issues for Sheboygan County residents. Professional staff provide an array of programs and services to benefit area youth and adults. Oversight for the day-to-day operations is provided by a volunteer board of directors representing a cross section of the community.

As a nonprofit organization, MHA relies upon donations from the community to support its work. If you value MHA's presence in the community, consider becoming a "Friend" through your financial support. Your gift will help promote good mental health for people of all ages.



2020 Erie Avenue
Sheboygan, WI 53081

920-458-3951

www.mhasheboygan.org



MHA is recognized as a 501(c)3 organization. Your tax-deductible donation will be used to support MHA's programs and services. As a "Friend" of Mental Health America, you will receive the *Mental Health Matters* newsletter, a membership gift, invitations to special events, and you may attend the annual meeting as a voting member.

- Benefactor - \$100 or more / Partner - \$50—\$99 / Associate - \$25—\$49
- Contributor - \$10—\$24 / Other _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

- Please send me information about _____
- Email announcements for upcoming programs. Contact me about volunteer opportunities.

Return to: Mental Health America, 2020 Erie Avenue, Sheboygan, WI 53081

YES!
I would like to make a donation to support the work of MHA!

The Facts about Mental Health

Good mental health is fundamental to the overall health and well-being of every person. It is what creates satisfaction in life, the ability to maintain good relationships with others, as well as productivity in school and the workplace. Mentally healthy individuals are able to successfully handle the challenges that come their way.

While healthy lifestyles and healthy environments contribute greatly to good



mental health, mental disorders will affect 1 in 5 Americans each year. In fact, mental illnesses are more common than cancer, diabetes, or heart disease.

The good news is that mental disorders can be effectively treated. However, stigma and shame often prevent individuals from receiving the help they need. That is why MHA believes in education. The more people know about the importance of mental health, the better off everyone will be.

Mental Health America - at Work in the Community

MHA serves as Sheboygan County's only nonprofit resource center for mental health issues. The office is staffed Monday through Friday between 8 a.m. and 4 p.m. The following services are provided at no cost:

- **Have questions about local resources?** MHA provides confidential referrals for individuals seeking help for a variety of issues.
- **Interested in learning?** MHA provides educational programs for students and adults on a variety of mental health topics.
- **Puzzled by a diagnosis?** MHA's resource center contains books,

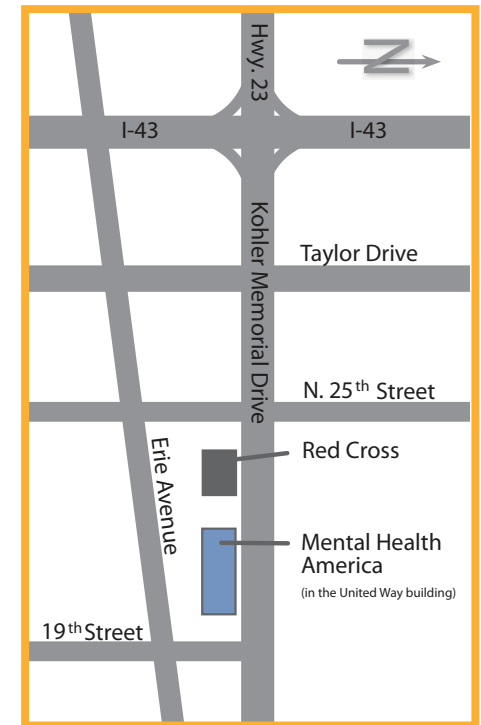
pamphlets, and audiovisual materials that provide helpful information.

- **Think you might be experiencing a mental disorder?** MHA provides free, anonymous screenings for common disorders on its website. They can be a starting point for improved health.
- **Looking for emotional support?** Through involvement with community partners, a variety of support groups are offered including National Alliance on Mental Illness, Compassionate Parents for bereaved parents, the Suicide Loss Support Group, and Health and Hope for adults being treated for depression.

How might MHA help you?

The Mission of MHA

MHA's mission is to promote good mental health, prevent mental disorders, and achieve victory over mental and substance use conditions through advocacy, education, research, and service.



The Story of the MHA Bell

MHA's logo incorporates an image of a bell that represents a 300 pound bell housed at the national office. The bell was cast from shackles and chains that were used in asylums to restrain individuals with mental illnesses. The bell continues to ring out hope for millions of individuals who are affected by a mental illness.