

## MISSION

**Mental Health America of Georgia**  
*works to enhance the mental health of all Georgians through education, outreach and advocacy.*

Mental Health America of Georgia (formerly National Mental Health Association of Georgia) is our State's leading nonprofit dedicated to helping all Georgians live mentally healthier lives. Our programming is based on a public health model focusing on prevention, early intervention, treatment and recovery.

With our state-wide affiliates, we represent a growing movement of Americans who promote mental wellness for the health and well-being of everyone in our state, emphasizing mental health as a critical component of a healthy lifestyle.



***There is no HEALTH  
without MENTAL HEALTH!***



MHA of Georgia is the  
National Institute of  
Mental Health's (NIMH) only  
Outreach Partner in Georgia

## I WANT TO SUPPORT MHA OF GEORGIA!

The work of Mental Health America of Georgia is dependent upon individual and organizational support.

Your donation will help us have the financial resources needed to succeed.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Please circle your donation amount.

(\$150) (\$100) (\$75) (\$50) (\$25)

Other: \_\_\_\_\_

Please mail your check and the above form to:

**Mental Health America of Georgia  
100 Edgewood Avenue  
Suite 502  
Atlanta, Georgia 30303**

**DONATE ON OUR SECURE WEBSITE  
[WWW.MHAGEORGIA.ORG](http://WWW.MHAGEORGIA.ORG)**

***Would you like to be on our mailing list and  
receive the latest information about our  
programs?***

Yes No

***Would you like to volunteer?***

Yes No

***Thank you for your support!***

*Mental Health America of Georgia (formerly the National Mental Health Association of Georgia) is a not-for-profit, 501(c)3 organization. Tax ID number: 58-0611310*



***WORKING TO  
ENHANCE THE MENTAL  
HEALTH OF ALL  
GEORGIANS THROUGH  
EDUCATION,  
OUTREACH AND  
ADVOCACY.***



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Toll Free: 800-933-9896  
[www.mhageorgia.org](http://www.mhageorgia.org)**

# OUR PROGRAMS

## PROJECT WELLNESS: General Mental Health



MHA of Georgia hosts and participates in health fairs, seminars, trainings, or wherever there is an opportunity to raise awareness among consumers, their families, health care providers, and the general public about mental wellness and the promise of living in recovery.

## KIDS ON THE BLOCK



Kids on the Block is an innovative puppetry arts program that helps children understand mental and physical illness and teaches them methods of managing behaviors that are safe and supportive.

MHA of GA performs Kids on the Block at schools, daycare centers, health fairs, faith-based communities, community centers, and military bases. *Over 20,000 children have seen our Kids!*

## RESPECT SEMINARS



The RESPECT Seminars were created out of the need for persons with psychiatric challenges to be treated with respect, to experience hope, and to be provided with the basic needs to live.

Joel Slack, founder of Respect International, LLC, developed and presents this seminar in partnership with MHA of GA to promote the powerful impact that respect (and disrespect) has on a person recovering from a mental illness. This is a message that is relevant to anyone interested in gaining a consumer's perspective regarding mental health and the relationship between service provider and patient.

## PUBLIC POLICY & ADVOCACY



For over half a century, MHA of Georgia has provided ongoing leadership in public policy and advocacy.

MHA of Georgia has played an active role in all major legislation affecting the lives of Georgians with mental illnesses, right up to and including legislation which created the new Department of Behavioral Health and Developmental Disabilities in 2009.

MHA of Georgia also advocates at the federal level on issues of concern for people with mental illnesses. The passage of Mental Health Parity is an example. We are also pleased to work in conjunction with state-wide advocacy groups and advisory boards.

## MENTAL HEALTH FIRST AID



**First aid** is defined as "the provision of initial care for an illness or injury. It is usually performed by a lay person to a sick or injured person until definitive medical treatment can be accessed."

Mental Health First Aid (MHFA) is the initial help given to a person showing symptoms of a mental illness or in a mental health crisis until appropriate professional, peer, or family support can be engaged.

The goal of Mental Health First Aid is to increase mental health literacy. Like CPR training helps a non-medical professional assist an individual following a heart attack, Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives, with the added underlying intention to promote health literacy.

MHA of Georgia has trained instructors ready to provide training at your facility. Contact Elyn Jeager at [ellyn@mhageorgia.org](mailto:ellyn@mhageorgia.org) or 678-904-1965 for more information.

## MEDICAL AND MENTAL HEALTH INTEGRATION



This initiative is aimed at specialty physicians/organizations that target patients who have chronic illnesses which frequently co-occur with depression, such as diabetes, cardiovascular disease, cancer, and

chronic pain.

Through contact and the creation of partnerships with these specialty organizations, MHA of GA raises awareness about the effects that co-occurring depression can have on the prognosis of someone with the aforementioned chronic illnesses. We encourage providers to screen patients for depression so that early intervention methods can be employed and patients will have better outcomes. We provide a free screening tool for providers to use.

## PROJECT HEALTHY MOMS



Perinatal mood disorders are the most common complication of childbirth. Each year in the United States, 1 in 8 new mothers suffer from these devastating illnesses which, if not properly treated, can have a long-term negative impact on

the health of not only the mothers, but their children and families as well.

Through **Project Healthy Moms**, our goal is to increase awareness, identification, treatment and support of perinatal mood disorders in Georgia, while also reducing the stigma associated with them. We do this through educational lectures, dissemination of information and materials and the expansion of peer support throughout the State.

For more information about MHA of Georgia or any of these programs, please contact Sarah Schwartz at (678) 904-1970 or [sarah@mhageorgia.org](mailto:sarah@mhageorgia.org)