

# WANT TO SUPPORT OUR MISSION?

Because  
The average delay  
between onset of  
mental health  
symptoms and  
intervention is

**8 to 10 years**

MHA helps  
thousands, every  
year, in their fight  
for mental wellness  
through empowering  
and advocating for  
people to live  
successfully in our  
community.

“GIVE A GIFT TO THE MENTAL HEALTH MOVEMENT... WE HELP REDUCE STIGMA, IMPROVE WORK PLACE PRODUCTIVITY, AND REDUCE SUICIDE & PRISON RATES.”

DONATE NOW

[www.mhalancaster.org/give-back](http://www.mhalancaster.org/give-back)

*"MHA of Lancaster County is a critical community resource and a great partner to promote mental wellness. They make our community a better place to live, work, and grow."*

Phil Hess, CEO  
Wellspan Philhaven

## OUR MISSION

Our mission is to promote optimal mental health through advocacy, education, and support. We are here to guide you through your mental health.

PLEASE REACH OUT TODAY.

## MENTAL HEALTH SCREENINGS & OTHER NAMES

Take a free, confidential mental health screening from your personal device. Answer questions for yourself to decide if you need more help.

[mhalancaster.org/screening-tools](http://mhalancaster.org/screening-tools)

To speak with someone about your results contact MHA at 717-397-7461 or [mha@mhalancaster.org](mailto:mha@mhalancaster.org)

We are also known as:

MHA of Lancaster County  
MHALC  
[www.mhalancaster.org](http://www.mhalancaster.org)

## CONTACT ALL PROGRAMS AT

245 Butler Avenue, Suite 204  
Lancaster PA 17601

*We moved*

[mha@mhalancaster.org](mailto:mha@mhalancaster.org)  
Phone: 717-397-7461  
Fax 717-517-8446  
[www.mhalancaster.org](http://www.mhalancaster.org)



# YOUR PARTNER IN MENTAL HEALTH

MHA...  
WE CAN HELP





# The way we... ADVOCATE

## SUICIDE PREVENTION PROGRAM

*Help us help others choose life.*

We aim to reduce suicide attempts by providing mental health education, support for survivors, and projects related to prevention. Everyone is welcome to drop into our bi-monthly meetings. Volunteer with us.



[www.stopsuicidelancaster.org](http://www.stopsuicidelancaster.org)

## PEER MENTORSHIP

*A one to one advocate for adults.*

We offer unique first hand experiential support for your rights and guide you to services in planning recovery

## CHILD & FAMILY ADVOCACY

*Your family's guide toward the future*

- We answer your questions, make referrals, explain your rights, and partner with your family through treatment.
- We act as your Educational IEP Advocate through the special education system.



- We help navigate you to services.

*"MHALC gave hope to our family. Our son is bipolar. His erratic behavior kept our entire family on edge. The MHALC staff connected our son with services that have been very effective, and introduced our family to support groups. Our whole family is stronger and healthier."*

-Mother of a 15-year-old.



# The way we... SUPPORT

## COMPEER LANCASTER PROGRAM

*Creating Friendships. Changing Lives.*

We carefully match adults in mental health recovery with volunteer friends. Friends commit initially for one year to spend an average of 4 hours monthly with them doing what friends do. Volunteer your friendship today.



[www.compeerlancaster.org](http://www.compeerlancaster.org)

## COMMUNITY SUPPORT PROGRAM

*We help make recovery possible.*

We are a state-wide coalition of mental health consumers, family members, and professionals, we work to help adults with serious mental illnesses and co-occurring disorders live successfully in the community.



[www.mhalancaster.org](http://www.mhalancaster.org) under "programs"

## FREE SUPPORT GROUPS

*Talk to those who truly understand.*

Our groups are drop in and confidential. Don't hesitate to listen to or talk to, other people who have walked in your shoes.

[mhalancaster.org/need-help/support-groups](http://mhalancaster.org/need-help/support-groups)



# The way we... EDUCATE

## WELLNESS ACADEMY

*For your workforce & special events.*

We provide

- QPR suicide prevention trainings
- Customized mental health workshops
- Mental health presentations or speakers for your event
- On-site training for your wellness goals

## SCHOOL BASED TRAINING

*Education for your students or staff*

We provide

- Presentations on any mental health topics
- Free lending library of videos, books, and pamphlets
- Age-appropriate conversations to help children make informed decisions for their own mental health
- QPR suicide prevention training for students or staff

## PRISON PROGRAM

*Providing critical mental health support*

MHA partners with Lancaster County Prison to orient new inmates on mental health education, coping skills and support both during, and upon exiting, incarceration.

*"Lancaster is a pick yourself up by the bootstraps community... MHA helps people find their bootstraps."*

-Kim McDevitt  
MHALC Executive Director