The Mental Health Association in Greensboro is a Community Partner of the United Way of Greater Greensboro. is affiliated with the National Mental Health Association and the Mental Health Association of North Carolina, and is a member of the National Alliance of the Mentally Ill (NAMI) of North Carolina.

In addition, we are active members of the:

Substance Abuse Coalition of Guilford County

Guilford County Collaborative for Children and Families

Homeless Prevention Coalition of Guilford County

Guilford Non-Profit Consortium

Guilford Community Aids Partnership

North Carolina Center for Non-Profits

Greensboro Chamber of Commerce

Guilford County Senoir Services Roundtable

Directors of Volunteers in Agencies (DOVIA)

chris's story

a story of hope and recovery

In 2001, after 7 years of multiple hospitalizations, and being treated with various medications, electroconvulsive treatment, and other forms of therapy for her debilitating schizophrenia, Chris was struggling to regain her identity. Her therapist made a referral to our agency's Compeer Program and a match was made. Chris's volunteer provided her with more than friendship and acceptance of both her and her illness. She helped Chris regain her sense of being human, of having common human traits, and the beginnings and means to piece together a "normal life".

Chris now talks openly about the wonder she felt as she began to reawaken to physically taking care of herself, her clothes, how she stood, catching and holding someone's gaze, finding the words and actually beginning conversations all of which helped her to discover a path to positive awareness.

In 2003, Chris began transitioning from being a consumer of services, into being a volunteer at the MHAG. We gave Chris small jobs such as stapling, folding, and stacking papers because she didn't think she could do more. We began to have longer conversations with Chris on the back porch during lunch break where she began to voice her grave disappointment over all she had lost. She had been a highly skilled professional in the health care field through her thirties. Now she folded newsletters.

Chris now speaks in front of community groups about her mental illness, and her road to recovery. She now works for MHAG as a peer support specialist and helps others to begin to rebuild their lives. She also organized a Schizophrenics Anonymous support group this past fall. What made the change? When we ask her, she tells us…

"You treated me as though I was human, spoke to me as though I was normal and not someone who is disabled by mental illness."

We agreed that the difference is that we all now understand that just because a terrifying illness strikes you and threatens everything, it doesn't change who you were before the illness, just the accommodation you may have to make in a life that is going to be more normal than not.

mhag
Mental Health Association in Greensboro
330 S. Greene Street, Suite B12
Greensboro, NC 27401

NMHA Affiliate

Community Partner of the United Way of Greater Greensboro

mhag
Mental Health Association in Greensboro

about mhag

Mental Health Association in Greensboro

We are your friends and neighbors, working together for over 50 years, ringing the bell of hope, helping others rebuild and recover their lives from mental illness.

336.373.1402 phone
336.273.4474 fax

www.mhag.org

mission & history

dedicated to enhancing mental wellness

The Mental Health Association in Greensboro, Inc. (MHAG)

- provides leadership in identifying and addressing mental health needs
- serves as a portal for those seeking mental health information and services
- serves as an advocate for the mentally ill and
- maximizes the mental wellness of individuals, families and communities through education, services, and collaboration with mental health professionals.

Operating in Greater Greensboro since 1947, the MHAG has worked consistently for better treatment, services, and support for consumers of mental health services and their families.

Partners are very important to us as we create better outcomes for individuals and their families.

Our work has been integral in bringing about the reforms which created the public Mental Health Service System, the increase in client and consumer rights, and the continued work to ensure that individuals with psychiatric illnesses have access to quality, affordable and accessible services.

special programs for 2006-07

Mental Health Awareness Campaigns: year round community health education programming for our Hispanic/Latino communities.

AFSP Satellite Survivors of Suicide Teleconference: support and comfort around the country for those who have lost a loved one to suicide.

Spirit of Hope Tribute Quilt: showcased at our office and the host site for the AFSP Satellite Survivors of Suicide Teleconference.

how do we fulfill our mission?

we identify mental health needs in our community and work to answer them

community education / prevention

Over the course of a lifetime, one in four adults will experience an episode of mental illness that is longer than a week. This episode could be due to life events or heredity or a combination. It will impact their ability to make healthy choices, contribute positively at home, at work, and in the community.

- The mind is a part of the body.
- Mental illnesses are real and common.
- Mental illnesses are treatable. Recovery is possible.

Through our many Community Education and Prevention Initiatives, we work hard to bring focus to the critical issues of:

1) educating the community about mental health
2) identifying mental illness without stigma
3) providing referrals to therapeutic resources.

consumer outreach and support

Working with individuals receiving mental health and psychiatric services (our consumer friends and their families and therapists), we create personalized, up-to-date, and effective outreach programming.

compeer friends We match and train community volunteers and peer mentors with adults who have psychiatric illnesses. We have made hundreds of successful matches over the past two decades, with consumers and their therapists reporting positive and significant increases in their overall health. Because of Compeer, individuals have better quality lives, stay healthier, have fewer emergency room visits, have fewer hospitalizations, and report an increase in more appropriate responses in achieving stability and recovery.

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compeer connections We provide peers with opportunities for enjoyment and specialized classes in life skills to enhance their lives after years of dislocation. Best practices include small classes, professional volunteer instructors, and programs developed to meet the individual needs of peer participants.

support groups Self-help and peer-led support groups all contribute to an individual's ability to gain stability and work towards recovery. We have been involved in training leaders for several years, and sponsor multiple peer-led groups on depression, bi-polar, schizophrenia, senior issues, and friends and family.

suicide prevention We have hosted a support group for survivors of suicide for more than 25 years. We also provide annual suicide prevention training (A.S.I.S.T.) and host the AFSP National telecast.

peer support specialists Consumers trained in peer support and Wellness Recovery Action Planning (W.R.A.P.) provide support and advocacy for individuals and organizations. They assist recovery by promoting hope, self-discovery, and empowerment.

information and referrals Information is available and referrals can be made either by phone 9 a.m. to 5 p.m. or on-line 24 hours a day at www.mhag.org.

www.mhag.org

Our website was made possible through funding by the Moses Cone Wesley Long Community Health Foundation.

We appreciate your interest in our work and hope that you have the chance to help us continue meeting our mission through a tax-deductible charitable donation.

☐ **YES, I want to donate to the Mental Health Association in Greensboro**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____
Please accept my contribution:
Check enclosed $ _____
Please charge $ _____ to my (circle one)
VISA MasterCard American Express
_____ exp _____
Name as it appears on card _____
Signature _____

Please indicate below, your level of contribution to the Mental Health Association in Greensboro this year:

☐ $25 to $99 Bell Ringer ☐ $100 to $249 Bronze Bell
☐ $250 to $499 Silver Bell ☐ $500 to $999 Gold Bell
☐ $1000+ Platinum Bell ☐ Other amount _____
☐ Corporate Sponsor _____

I would like to make my contribution:
In memory of _____
In honor of _____

Donations to the MHAG can be made in several ways. Please note our 501(c)(3) non-profit IRS EIN taxation number is 56-6076634. This form can be mailed along with your check or credit card information to our offices at 330 S. Greene Street, Suite B12, Greensboro, NC 27401. Donations can also be made over the phone at 336-373-1402, or through our website at www.mhag.com.