



MENTAL HEALTH AMERICA: WHO WE ARE

MISSION

Mental Health America (MHA) – founded in 1909 – is the nation’s leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care and treatment for those who need it—with recovery as the goal.

OUR PEOPLE, OUR REACH

MHA has an established record of effective national and grassroots advocacy and achievement. With over 200 affiliates in 41 states, 6,500 affiliate staff and over 10,000 volunteers, we are a powerful voice for healthy communities throughout the nation. Our virtual reach is also wide—with 26,000 email supporters, 44,000 Twitter followers, 78,000 Facebook fans, and 1.9 million visitors to our website annually. With our new web-based mental health screening tools, we estimate an average of 300,000 screens will be conducted each year for anxiety, depression, bipolar disorder, and post-traumatic stress disorder (PTSD).

Around the country, our affiliates bring together mental health consumers, caregivers, advocates and service providers for collaboration and action to inform, support and enable mental wellness, and emphasize recovery from mental illness. They provide public education, information and referral, support groups, rehabilitation services as well as socialization and housing services to those confronting mental health problems and their loved ones. Our affiliates provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental illnesses, and professional education to those working in the mental health field. Affiliates also strive to influence public policy to assure access to fair and effective treatment for the millions of Americans suffering from mental health conditions.

ADDRESSING MENTAL HEALTH #B4STAGE4

When we think about cancer, heart disease, or diabetes, we don’t wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases, and are beginning to show signs of symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don’t ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don’t we do the same for individuals who are dealing with potentially serious mental illness? When people first begin to experience symptoms such as loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, those symptoms shouldn’t be ignored or brushed aside in the hopes that they go away. Like other diseases, we need to address these symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.

Taking a screening test is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. MHA has [online screening tools](#) for depression, anxiety, bipolar disorder, and post-traumatic stress disorder. Our goal is to get every American screened and aware of their mental health, so they can address it #B4Stage4!