

MHA IN SHEBOYGAN COUNTY

HOW WE HELP



PREVENTION & EDUCATION

MINDFUL CLASSROOM INITIATIVE

STUDENT SERIES

MHA utilizes an evidence-based social-emotional learning curriculum developed by Growing Minds. Students participate in activities that help them to train their attention, focus during distractions, build self-awareness and self-regulation, and notice their surroundings. Students discuss kindness, generosity, gratitude, and compassion in order to increase insight into others and create a stronger classroom and school community.

EDUCATOR SERIES

An engaging, interactive, and comprehensive workshop that encompasses different elements from the MHA Mindful Instructors' educational backgrounds and certifications. This series educates the educator on different elements from the team's favorite evidence-based curricula for personal and professional use.

YOUTH EDUCATION & WELLNESS

By providing mental health education and prevention programming to students in our community, we share knowledge about the importance of mental health and the warning signs of mental illness at an early age. It is our hope that with this knowledge, more people will know when to reach out for help for themselves or a loved one, reducing stigma and saving lives in our community. Help us promote mental wellness B4Stage4.

COMMUNITY WELLNESS 360°

Create a community culture that promotes happiness, health, and overall well-being. MHA offers high quality trainings and workshops to cultivate engaged, productive, and less-stressed community members/employees using evidence-based best practices for the mind, body, and heart.

SUICIDE PREVENTION

MHA is proud to partner with community members through Healthy Sheboygan County and lead the initiative for suicide prevention in Sheboygan. Question, Persuade, Refer (QPR) is an evidence-based suicide prevention training that anyone in the community can complete. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Recognizing the warning signs, knowing how to offer hope, and learning how to get someone help can save a life. There is Hope is a supportive annual walk with over 500 participants every September. 2020 is the 15th anniversary!

ACCESS TO CARE

INFORMATION & ASSISTANCE

MHA provides free and confidential referrals to mental health services, free information on mental health issues such as anxiety, depression, and stress management, free information on local support groups and community resources, and free online mental health screenings for self-assessments that address depression, anxiety, substance use, bipolar disorder and more. Check out our [online community resource directory!](#)

ONLINE MENTAL HEALTH PROFESSIONAL DIRECTORY www.mhasheboygan.org/therapist-directory

Finding the right therapist can often be a lengthy and challenging process, and sometimes it's hard to know where to begin. Determining what kind of therapist is best suited to treat a particular issue may not be the easiest task, and a therapist's experience and credentials are also often a topic of consideration. Use our site to learn more about the awesome professionals in our area who want to help you on your journey to wellness.

RECOVERY & SUPPORT

SUPPORT GROUPS

MHA currently sponsors three community support groups: Compassionate Parents Support Group for bereaved and grieving parents, a Suicide Loss Support Group for those who have lost a loved one to suicide, & Grandparents Raising Grandchildren, a support group for grandparents who are in this unique parenting role. (Some groups currently not meeting due to COVID-19). Contact us for current meeting info.

WWW.MHASHEBOYGAN.ORG

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WHO WE ARE

Mental Health America in Sheboygan County is a nonprofit mental health resource center serving the Sheboygan community since 1963.



MISSION

To promote overall mental health through education, support, public health reform, and advocacy.



VISION

Mental wellness is the foundation of our healthy, resilient community. Together, with mental health champions, peers, and workplaces, all individuals thrive in a compassionate, trauma-informed environment.