



... *Bringing Wellness Home*

Mental Health America of Fredericksburg, founded in 1955 by local citizens, is our community's oldest 501(c)(3) nonprofit mental health organization providing information and services that promote mental wellness. MHAF has a history of coalition-building to address community issues and tailor solutions to identified unmet needs via collaboration, innovation and resource sharing among community agencies. MHAF receives no state or federal funding. None of our services are billed for reimbursement. For over 50 years, MHAF has provided free services and programs through the generosity of our community.

Mission

MHAF exists to improve people's mental health and wellness through education, advocacy and supportive services. We:

- **connect** people with appropriate and available resources
- **educate** to promote mental health awareness and understanding
- **advocate** for policies and programs that impact the lives of people with mental health problems in our community, state, and nation
- **serve** by providing supportive services to those with mental health needs
- **identify** gaps unmet by public & private mental health providers & insurers, as well as
- **create & incubate** programs tailored to meet those needs through collaborative efforts.

Facts

One in four Americans is affected by a mental health problem every year; however, *Only one in three* people seeks treatment, yet *Two in three* people who seek help get better!

Community Impact

- Providing hope for the people who call our **HelpLine** seeking connection with needed community resources
- Alleviating loneliness and social isolation for homebound, health-impaired older adults enrolled in our **Senior Visitors Program** who receive free, weekly in-home companionship and supportive visits from trained volunteers
- Supporting individuals with depression, anxiety, bipolar, eating, and other issues attending our **support groups**
- Providing peer support and community outreach opportunities for members of **Recovery in Motion**
- Providing **Wellness Recovery Action Plan** training for individuals with mental illness who believe recovery is possible
- Promoting awareness and understanding that mental health is fundamental to one's overall health and to dispel stigma through **public education**
- Advocating for improved access to and funding for mental health treatment services through **public policy** and service on community coalitions representing the mental health voice



A Rappahannock
United Way Agency

Please designate your gift to MHAF!!

Potomac CFC # 71643
CVC # 6418 LGC # 6411



... *Bringing Wellness Home*

Promoting mental health
and wellness for everyone,
everyday and in times of crisis



*Serving the City of Fredericksburg
and counties of Caroline, King George,
Spotsylvania and Stafford*

Mental Health America of Fredericksburg

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540-371-2704 or toll free 800-684-MHAF
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www.mhafred.org

Reaching out, Changing Lives

Mental Health Referral Services (HelpLine)

One in four people will experience a mental health problem every year; one in three will seek help, but oftentimes they don't know where to turn for help. As an access and link to mental health services, the HelpLine provides a vehicle to produce positive impact for individuals, families, and our community.

The HelpLine provides **free, confidential** information and referrals to mental health resources as well as educational literature.

Monday-Friday 9:00am-5:00pm
Call 371-2704 or toll free 800-684-6423

Senior Visitors Program



The **only free** supportive service program for homebound older adults alleviating loneliness and social isolation – known predictors of depression and risk of suicide. In fact, 20% of all deaths by suicide are by persons aged 65 and older.

The program addresses mental wellness and social needs of referred older adults by matching trained, screened volunteers with homebound elderly. Through free, weekly in-home services, many seniors are able to remain in their own homes with dignity and independence.

Mental Health Resource Center

A lending library of videos, books, training modules, and educational materials is available to the public at no charge.

Community Support Services

MHAF provides support services that serve as adjuncts to treatment services, preventing illness and crisis escalation, and provide a safety net continuum for individuals and their families, helping them to achieve their potential at work, home and community.

Depression & Bipolar Support Group

Professionally facilitated non-therapeutic support for persons with depression & bipolar disorder;
meets every Tuesday at Snowden 7-8:45pm

Survivors of Suicide Support Group

Professionally-facilitated support for persons who have lost a loved one to suicide; meets 2nd & 4th Monday at Fredericksburg Baptist Church 7-8:30pm

Wellness Recovery Action Plan (WRAP)

WRAP is an 8-9 week course designed to help people with mental health conditions.



- Learn strategies to avoid or lessen the effects of stress in your life
- Recognize difficult emotions & gain skills to successfully deal with & express them
- Discover what you can do to keep yourself feeling well
- Understand what causes you to feel overwhelmed and find healthy ways to maintain your well being

Recovery in Motion – peer-led support for WRAP graduates that promotes consumer empowerment, self-advocacy and wellness; meets 2nd & 4th Tuesday 1-3:00pm at the Fredericksburg Center for Creative Arts

Website – www.mhafred.org

Support for people seeking information and referrals to treatment services via the internet. MHAF posts a listing of licensed practitioners in the private sector and agencies in the private, public and nonprofit sectors with monthly updates as well as educational information.

Public Education

By improving attitudes, beliefs and understanding as they relate to mental wellness, we can dispel stigma surrounding mental health problems that prevents people from obtaining needed help and increase the number of people who seek help.

Mental Health Advocacy & Public Policy

Advocacy and Public Policy advance the common good by improving access to mental health services as a result of policy and system change. MHAF is an active participant in public policy development and implementation on local, state and federal levels. It occurs through legislative action as well as in the community to impact the lives of individuals, families and our community.

How Can You Help?

We need volunteers and financial support. Your tax-deductible contributions stay right here in our community to help people facing mental health challenges and to support homebound, lonely older adults who simply need a friend and a helping hand. Please remember MHAF in your estate planning and in memory or honor of your loved ones. Together, we truly make a difference!

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