

MHA LAKESHORE

HOW WE HELP



EDUCATION & TRAININGS

MINDFUL CLASSROOM INITIATIVE

STUDENT SERIES

MHA Lakeshore 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 Mindfulness 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.

WELLNESS 360°

Create a community culture that promotes happiness, health, and overall well-being. MHA Lakeshore 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 Lakeshore is proud to partner with community members through Healthy Sheboygan County and leads 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. We also host There is Hope, a supportive annual walk with over 600 participants every September.

RESOURCES & SUPPORT

INFORMATION & ASSISTANCE

www.mhalakeshore.org/directory-services

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 of services](#) above.

ONLINE MENTAL HEALTH PROFESSIONAL DIRECTORY www.mhalakeshore.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.

SUPPORT GROUPS

MHA Lakeshore currently sponsors five 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, THRIVE-Women Chronic Pain Support Group, and Here Comes the Sun Support Group for family members of individuals with mental illness and Lemonade Widows' Support Group.

ADVOCACY

MHA AMBASSADORS

MHA Ambassadors use their unique talents and skills to contribute to our mission and vision of creating a community that embraces mental wellness. Ambassadors are active on many levels including advocacy, public speaking, and storytelling. Ambassadors include community, workplace, and youth.

PUBLIC POLICY

MHA builds public understanding of the issues by advocating on local, state, and federal levels to improve our system.



info@mhalakeshore.org or 920-458-3951

WWW.MHALAKESHORE.ORG





WHO WE ARE

Mental Health America Lakeshore is a nonprofit mental health resource center serving communities since 1953.



MISSION

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



VISION

Mentally healthy communities, where all individuals thrive.

WWW.MHALAKESHORE.ORG