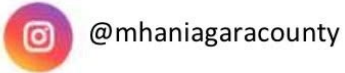


## Social Media

Follow us on social media to keep up-to-date with our current events, any cancellations, and to learn helpful tips!

We post every weekday we're open and would love to get you engaged.



## The Voice

Are you a Niagara County resident interested in getting updates on our agency? We can mail them right to your house or send it via email! Call in to be added to our mailing list for our quarterly newsletter, The Voice. This is created by our agency's staff to keep our community in the loop on recent hires, new programs, upcoming events, and fundraising efforts.



## About Us

The Mental Health Association in Niagara County, Inc. will create a community where mental health disorders are treated in the same manner as physical disorders, where stigma no longer exists, where recovery is an expectation following mental health diagnoses, where finding meaningful employment is possible and living a safe, satisfying life with meaningful relationships is a reality.

## Mission Statement

The Mission of The Mental Health Association in Niagara County, Inc. is to promote mental wellness by sponsoring and implementing advocacy, education and community service programs.

**716.433.3780 | [www.MHANC.com](http://www.MHANC.com)**

**HELPLINE: 716.433.5432**

**36 Pine St. Lockport, NY 14094**



*The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the Grigg Lewis Foundation, and voluntary contributions.*

January 2024



## Programs & Services

“Turning **I**llness into  
**W**ellness”



# Programs and Services

## Community Education

**Presentations**-We provide FREE educational programs, presentations, and workshops for all ages on a variety of mental health topics in many different settings. We promote mental wellness while educating about mental illness. These are available to any groups that reside in Niagara County.

- Depression and Suicide
- Anxiety and Stress Management
- Bullying and Building Healthy Relationships
- Conflict Resolution
- Mental Health and Wellness 101
- Social Media and Cyberbullying

**Educational Resources**-You can find helpful links and resources through our website & social media accounts. We also offer free educational brochures upon request, and a lending library of books and DVDs at our office

## Information & Referral

We offer information and referral services, Monday-Friday 8:30am-4:00pm.

- **HELP Line: 716.433.5432**- One number for all of Niagara County. Staff from the MHA offer information about organizations listed in our HELP Book and other known community resources.
- **HELP Book**- We update and print this book of community resources regularly. You can get a copy of the 31st edition from our office or access it online at [www.MHANC.com](http://www.MHANC.com).

## Peer & Consumer Services

**Peer Specialists**– Outreach programs for recipients of mental health services in the Behavioral Health Service Unit at Niagara Falls Memorial Medical Center and the Adult Mental Health Clinics through Niagara County Department of Mental Health. Our Peer Specialists are individuals with *lived experience* who are trained to support those struggling with mental illness. We focus on advocating for and supporting individuals through goal setting, aiding in self-advocacy, and by being a source of inspiration.

**Consumer Planning Advisory Committee (CPAC)**-A collective organization of mental health service consumers who provide input into the local planning process for mental health services. Our monthly meetings provide a unique opportunity for the voices of mental health consumers to be heard by policy makers in Niagara County.

### Support Groups

Peer-run support groups at an off-site location. Topics change from time to time. Please call for meeting days, times, and location.

## HOPE House/Hospital Diversion

The HOPE House is a peer recovery respite house located in Lockport, NY and is a hospital diversion program for adults with a mental illness. The MHA, Community Missions, and the Niagara County Department of Mental Health (NCDMH) all play a role in the service delivery.

## Compeer Niagara

**Adult Program and Youth Program**- Trained volunteers are matched in 1:1 friendships with adults and youth receiving mental health services. We also put on monthly activities for participants and volunteers.

**The Couch**– A free, safe, and fun space for tweens and teens of Niagara County. Spend time with friends, make friends, hang out, watch movies, play video games or board games, have snacks, etc. Staff is present for supervision. Referrals *not* required.



Mental Wellness Starts With Friendship

## In-Home Respite

A break for Niagara County parents raising a child or children with a mental health diagnosis. Childcare staff are screened and trained. Childcare is FREE and takes place in the families' homes or in a group setting.

## The Many Faces of Mental Health

Follow along the happenings of the MHA, as well as other local organizations, on the MHA's monthly television show, *The Many Faces of Mental Health*. The Many Faces of Mental Health airs on Lockport Community Television and is also posted on their website, [www.lctv.net](http://www.lctv.net)