

## Making the Case for Mental Health

People go to their family doctor each year to make sure their physical health is in order, but there can be no health without mental health. It is estimated that:

- Mental illness costs the country \$444 billion a year mostly from loss of productivity. (NIH)
- Mental health problems affect one in every five young people at any given moment. (Department of Health & Human Services)
- Mental illness sends more than 5.5 million people to emergency rooms every year accounting for 5% of all ER visits across the country. (CDC)
- Suicide claims the lives of 42,000 Americans a year—more than vehicle accidents, prostate cancer or homicides. This equals one life lost every fifteen minutes. (CDC)
- Two-thirds of all young people with mental health problems are not getting the help they need as estimated by DHS. (Department of Health & Human Services)
- Children who struggle with mental illness most commonly deal with mood disorders, behavior or conduct disorders and anxiety disorder. Research shows that 50 percent of all lifetime cases of mental illness begin by age 14 and 75 percent by age 24 (National Alliance on Mental Illness)

## What is MHA of Arizona doing to help?

### We Advocate

Our goals include developing, empowering, informing and activating a network of people with lived experience of mental illness and their family members, healthcare providers and business alliances interested in advocating for sound public mental health policy in Arizona.

By doing so we seek to:

- Engage and align our network to promote sound mental health policies.
- Utilize media and social networking to unite our network and to call for action on pressing issues.

### We Educate

By building and expanding our network, we are reducing the stigma associated with mental illness by helping people learn about all facets of mental health.

Our educational efforts include:

- Organizing state and local educational forums.
- Informing and guiding public officials and elected representatives on mental health issues.
- Publishing up-to-date information about mental health issues and topics effecting our local and statewide communities.
- Providing links to other relevant web sites.
- Informing members about community forums and roundtables with public officials.
- Sharing information about upcoming congressional and legislative activities and provide opportunities to supply supporting information.

### How you can help?

You can **donate through Paypal** on our website at [mhaarizona.org](http://mhaarizona.org) or simply mail us a check.

Did you know that you can **donate to MHA of AZ via Amazon Smile?** Shop on Amazon Smile and Amazon will donate 0.5% back to us!

<https://smile.amazon.com/ch/86-0129976>

**Become a Board member** on our Board of Directors. We are always in search of talented and committed persons to join our Board. If interested, call us at 480-982-5305.

Or you can **become a corporate sponsor** and receive recognition on our website, which is seen by many! Call us!

### Stay Connected

By joining our mailing list, you can receive our monthly newsletter, important notices and releases regarding legislation and laws, as well as other great information.

Visit [mhaarizona.org](http://mhaarizona.org) to sign up for our mailing list.

Like us on Facebook. Search for "Mental Health America of Arizona."



Special thanks to our current Gold Sponsor!



# About MHA of AZ

## Mission

To promote the mental health and well-being for all Arizonans through education, advocacy and the shaping of public policy.

## Vision

A mentally healthy Arizona free from stigma and treatment disparities.

## History

Mental Health America is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, Mental Health America works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research and service.

Mental Health America was established in 1909 by former psychiatric patient Clifford W. Beers. During his stays in public and private institutions, Beers witnessed and was subjected to horrible abuse. From these experiences, Beers set into motion a reform movement that took shape as Mental Health America.

## MHA of Arizona is a proud affiliate of Mental Health America.

Serving Arizona since 1954, MHA of Arizona (MHA of AZ), formerly the Mental Health Association, is the state's oldest organization dedicated to mental health wellness.

## Contact Us

**Mailing Address  
(no physical office)**  
5110 N. 40<sup>th</sup> St.  
Suite 201  
Phoenix, AZ 85018

**Email:** [info@mhaarizona.org](mailto:info@mhaarizona.org)

**For general info about MHA,**  
call 480-982-5305

**Mental Illness is Preventable.  
Treatment Works.  
Recovery is Possible.**

## Need Help?

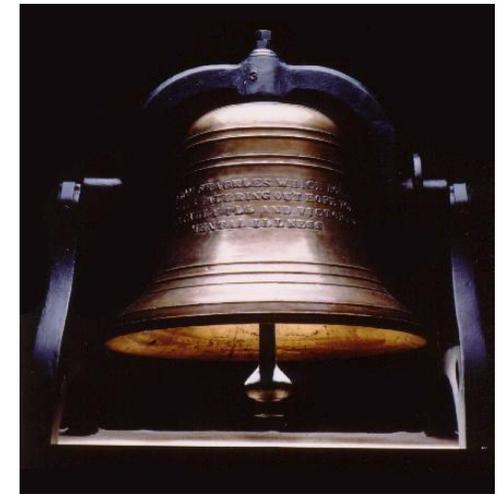
**If you are in crisis or contemplating suicide**, please dial 911 or the National Suicide Prevention Hotline, open 24 hours a day, 7 days a week, 365 days a year at **1-800-273-TALK (8255)**.

If you are in crisis you can also call the Behavioral Health Crisis Line at **602-222-9444**; **TTY/TTD 602-274-3360**; or toll-free at **800-631-1314**; **TTY/TTD 800-327-9254**.

If you are not in crisis and need to be connected to a resource in our community, please call the following:

**Dial 211** to access a comprehensive information and referral directory for all sorts of health and human services.

**Dial 480-994-4407** (Marc Community Resources, Inc.) to access individualized assistance for behavioral health services.



## The Mental Health Bell: A Symbol of Hope

The iconic symbol of MHA, the Mental Health Bell was cast in 1954, made from the shackles that used to restrain people with mental illness in asylums.