

## Advocacy

MHAPC is a force for social change spearheading reform and striving for freedom from stigma and prejudice on behalf of the mentally ill.

*The Legislative Network* is made up of volunteers who inform local elected officials about the impact of upcoming legislation on the local mental health community.

## Education

MHAPC sponsors educational forums about mental health issues for the general public and human service professionals. A library of books, brochures, and other resource materials are available in our office.

## Referral

Information and referral services are offered to those in need of community mental health services. Copies of the **MHAPC Guide to Mental Health Services in Passaic County** are available upon request.

## Did you know? Mental Health Facts

- The American Medical Association describes mental illness as the nation's number one health problem. It sends more people to the hospital than cancer, lung and heart disease combined.
- More than 54 million Americans (1 in 5) have a mental disorder in a given year, but only 8 million (16%) seek treatment.
- Up to half of all visits to primary care physicians are due to conditions caused or aggravated by psychiatric or emotional problems.

## Become Involved!!

Put your talents to work on a special project or volunteer in one of our programs.

The Mental Health Association in Passaic County is here to help.

## Donate Today!!

Your tax deductible support helps MHAPC to continue our mission to support, educate and advocate on behalf of individuals and families in need.



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[www.mhapassaic.org](http://www.mhapassaic.org)

# Mental Health Association in Passaic County



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# The Goals of the Mental Health Association...

## **The Mental Health Association in Passaic County (MHAPC)** is a

local chapter of the Mental Health Association in New Jersey and our national organization Mental Health America.



Our mission is to serve children, adults and families affected by mental illness through support services, education and advocacy. We are dedicated to increasing public awareness and understanding of mental health issues and enhancing services in Passaic County.

MHAPC acts to ensure that every person in Passaic County with a mental illness receives prompt and appropriate treatment in the most therapeutic, least restrictive setting close to home.

MHAPC offers a wide range of services and programs.



## **OUR PROGRAMS - Are Provided Free of Charge**

### **I.F.S.S. Intensive Family Support Services**

Families with an adult mentally ill member can receive: Individualized consultation and support, educational workshops, support groups, and respite services.



### **Community Advocate Program**

The Peer Outreach Support Team (P.O.S.T.) is made up of individuals with life experience with mental illness, who serve as mentors for other adults with mental illness living in the community. Individualized assistance is provided to develop social skills, educational, vocational and recreational interests.

### **Arab American Counseling Services**

Arab American Counseling Services provide confidential, culturally sensitive mental health services to New Jersey residents of Arab American descent. Services include individual and, family counseling, and group therapy. Cultural competency is also provided to organizations.



### **C.P.S.N. Consumer Parent Support Network**

Parents with a mental illness can receive case management services, one-to-one peer support from another consumer parent, parenting education workshops, advocacy, and ongoing parent support groups.

### **Support Groups**

**Double Trouble in Recovery, (DTR)** is a twelve-step fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others recover from addiction and mental illness.

**Depression and Bipolar Support Alliance (DBSA) in Passaic County** is an adult self-help group for individuals who have been diagnosed with a mood disorder. Friends and family are welcome to accompany their significant other.