December 2011

The Messenger

MHACF Board:
Carmen Velazquez
Eva Pagán Hill
Heather Thomas
J. Nelson Kull III
Nicole Wagner
Rick Hankey
Rob Herzog
Stephen Talmadge Jr.
Terra Williams
Toni Daylor
Leah Stockwell
Cathleen Rodgers

MHACF Events:
Dec 2-4: MHACF at NAMI Annual Meeting & Conference
Dec 23-26: Office Closed
Jan 2: Office Closed

MHACF Staff, Wraparound, Family Partners, & Volunteers

Need Help Managing Holiday Stress?

Watch out for these traps:

- **Doing too much**
  Too many activities, fun or otherwise, can leave you feeling frazzled! It’s okay to say ‘No’.

- **Abandoning Healthy Habits**
  It can be tempting to use the holidays as an excuse to eat, drink, or spend too much. Make a plan and stick to it!

- **Unrealistic Expectations**
  The holidays don’t have to be perfect or just like last year. Leave room for change and growth this year.

- **Added Financial Strain**
  It’s easy to forget that love is not equated with cost or quantity of gifts or donations. Actions speak louder than words. Show that you care through planning special time with loved ones or volunteering your time together.

- **Seasonal Affective Disorder (SAD)**
  Also known as seasonal depression, it can appear in response to the shorter days and colder temperatures of Fall and Winter.

- **Coping Alone**
  You are not alone in your struggles. Reach out to friends, families, support groups, and/or professionals. It’s okay to get help!

Membership Application

☐ Yes, I want to join the Mental Health Association of Central Florida, Inc. and support its programs and services.
☐ New
☐ Renewal

☐ No, I do not want to become a member, but I would like to make a donation.

☐ $25 Student
☐ $50 Professional
☐ $125 Corporate
☐ $40 Family
☐ $1000 Golden Bell

☐ I wish to contribute to MHACF at a greater level of $______

☐ Visit* ☐ MasterCard* ☐ Cash ☐ Check

PayPal @ www.mhacf.org

* A $1.00 Service Charge will be added to all credit card transactions

All donations go directly to support the MHACF in order to better serve the Central Florida Community. You can make a donation by cutting off this form and mailing it along with your payment to our office located at 1525 E Robinson St, Orlando, FL 32801 or by telephone using a credit card at (407)898-0110.

MHACF: It’s Okay to Get Help!

1525 East Robinson Street
Orlando, Florida 32801
(407) 898-0110

We’re on the Web! Check us out at:
www.mhacf.org
www.ItsOkayToGetHelp.com
Find us on Facebook and Twitter!

Outlook Staff, Board Members, & Dr. Allen

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Coping Alone
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Watch out for these traps:

- Too many activities, fun or otherwise, can leave you feeling frazzled! It’s okay to say ‘No’.
- It can be tempting to use the holidays as an excuse to eat, drink, or spend too much. Make a plan and stick to it!
- The holidays don’t have to be perfect or just like last year. Leave room for change and growth this year.
- It’s easy to forget that love is not equated with cost or quantity of gifts or donations. Actions speak louder than words. Show that you care through planning special time with loved ones or volunteering your time together.
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November 7, 2011, MHACF attended an open house hosted by The Orange County Public School Transition Services and The Greater Orlando Interagency Council. We were joined by other organizations including colleges, legal services, mental health services, and career placement, all with the same mission: To help make the transition after high school as smooth as possible for students with disabilities. We spread awareness about mental health to reduce stigma and also made community connections with organizations, individuals, and families of students with disabilities.

Reaching out...
During the Holiday season we are reminded to share what we have with others, money, goods, and the most valuable... our time.

Holiday Volunteer Opportunities

Salvation Army Drive
Various Activities
Dates: throughout December
Contact: Wendy Hu
407-423-8581 ext. 215

Jewish Cultural Society
Various Activities
Dates: throughout December
Contact: www.jewishculturalsociety.org
"Volunteer" tab on left
www.volunteermatch.org
Various Activities

For Christmas 2011 MHACF has connected to the Angel Tree program and will be spreading the joy to 3 underprivileged youth.

This year the Outlook Clinic had a Holiday Blanket Drive to collect blankets and winter clothing for low-income and homeless families around Orlando. We have collected well over 100 blankets, 15 coats, and a few scarves so far!

Thank you for helping spread the warmth this holiday season!

Mental Health Awareness Week

October 2nd - October 8th, 2011

NAMI celebrated Mental Health Awareness Week with various activities and events. MHACF participated in their health fair October 3rd and helped to bridge the gap between the community and mental health services.

Polycarpe, a nonprofit organization that targets Caribbean individuals and reducing the stigma of mental illnesses held a "Celebrate Youth" event October 8th in which we worked with Polycarpe to reduce stigma related to getting help.

The Mental Health Association of Central Florida, Inc.
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1525 East Robinson Street
Orlando, FL 32801