

# The Messenger

Designed by Charlotte Melton  
and Jennifer Bowman

December  
2012

## MHACF Board:

Heather Thomas  
J. Nelson Kull III  
Rick Hankey  
Rob Herzog  
Stephen Talmadge Jr.  
Terra Williams  
Cathleen Rodgers  
Candice Crawford

# Your donation can change a life!

Please help The Mental Health Association in our mission to promote healthy families! Spread awareness by talking to your friends, family and sharing our mission on social networks. Share your story or message of inspiration and donate!

- A \$50 donation provides personalized referral services for 5 uninsured patients
- \$200 certifies and places a volunteer Guardian Advocate
- \$500 provides clinical depression and anxiety services for 2 patients
- \$1,000 provides clinical services for 2 patients and family advocates are placed with 2 families

Your donation at any level can help change a life!



**Healthy Families Today**  
Helping families have a healthy life  
in mind and body  
Three things you can do to help families:  
Spread Awareness, Share, and Donate @ [www.mhacf.org](http://www.mhacf.org)



1525 East Robinson Street  
Orlando, Florida 32801

(407) 898-0110

We're on the Web!

Check us out at:

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

[www.ItsOkayToGetHelp.com](http://www.ItsOkayToGetHelp.com)

Find us on [Facebook](#),  
[LinkedIn](#) and [Twitter!](#)

Office Closed

Christmas

Dec. 24<sup>th</sup> - 25<sup>th</sup>, 2012

New Years

Dec. 31<sup>st</sup> - Jan. 1<sup>st</sup>, 2012



# free your mind<sup>®</sup>

Keep an eye out for our 'Mental Health Minutes' on Channel 38 WHDO-CA38; as well as a new campaign called Free Your Mind. We are working with students to create educational segments on suicide, cyber-bullying, and others. A big thank you goes out to Channel 38 for their support and Wraparound Orange. We look forward to continued collaborations!

## WHDO-CA38

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On November 10, 2012, MHACF hosted a Community Clean-Up Day. Volunteers helped give our office a nice fall cleaning. Look for another Community Clean-Up Day event in the near future!

Thank you to those who came out and volunteered their time!

"It's Okay to Get Help!®" this year with 263 referral calls in just the month of May! A total of 1895 so far this calendar year. We placed over 400 volunteer Guardian Advocates and trained over 160 family members and volunteers! The Outlook Clinic, open since 2010, now has approximately 450 patients.

Without your support, we would be unable to provide these services to our community. From the bottom of our hearts we ask, please go to [www.mhacf.org](http://www.mhacf.org) and donate or renew your membership using PayPal.

