

# Your donation can change a life!

March  
2012

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# The Messenger

Designed by and Charlotte Melton and Emily Sanchez

## May is Mental Health Month!

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 2 volunteer Guardian Advocates
- \$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!



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!



NAMI Walk-  
April 28<sup>th</sup>, 2012

~  
Healthy Minds  
Healthy Lives-  
May 19<sup>th</sup>, 2012

~  
MHACF Annual Mtg-  
July 24<sup>th</sup> 2012



Emily Sanchez, MHACF Consumer Advocate, is once again dancing for Knight-Thon.

## For The Kids We Are!

Knight-Thon is the University of Central Florida's Dance Marathon benefitting the Children's Miracle Network. Emily has asked for our help to raise money until their final flash mob March 31<sup>st</sup>, 2012.

This year we walk!

MHACF will be at Lake Lily with the "It's Okay to Get Help!" team.

Check out our team walk page or search for Charlotte Melton, our team captain, to help us reach our goal.

[www.nami.org/namiwalks](http://www.nami.org/namiwalks)

