

Membership

WHMHC Membership is open to individuals, family members and any interested person or group who is concerned about mental health issues and supports the purposes of WHMHC.

NAME(S): _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

- I would like to volunteer! Please contact me.
 I choose not to join however; I'd like to make a tax deductible donation. \$ _____

Membership Dues:

- State NAMI and WHMHC..... \$15
 WHMHC (Advocates & Local NAMI)..... \$5
 Household Membership \$8
 No Income..... Fee Waived
 Corporate/Agency (Includes State NAMI)..... \$200

Please detach and return this form along with
Membership dues to:

Wayne Holmes Mental Health Coalition,
PO Box 1770, Wooster, OH 44691

PROGRAMS

**Education, Support and
Discussion Group**

WRAP Support

Game & Fellowship Night

Art for Wellness

Writing for Wellness

**PALS (People Affected by a Loved
One's Suicide)**

**Amish Family Support and
Education**

Please call 330-264-1590 for more
information about these programs
and limited Free Transportation
available to the Slater Building



Wayne Holmes Mental Health Coalition

Support Education Advocacy

WHMHC is supported by funds from the
**Mental Health and Recovery Board of
Wayne and Holmes Counties**



P.O. Box 1770
Wooster, OH 44691
Stanley R. Slater Building
1273 Lincoln Way West
Phone 330-264-1590
coalition@mhealthsupport.org

The Wayne Holmes Mental Health Coalition is comprised of the local chapter of the National Alliance on Mental Illness (NAMI), Advocates for Mental Health of Wayne and Holmes Counties and the Wayne Holmes Suicide Prevention Coalition.

The Mission of Wayne Holmes Mental Health Coalition is to promote recovery and improve the quality of life for persons with mental health issues through advocacy, education and support.



Advocates for Mental Health of Wayne and Holmes Counties

believes that recovery is possible. We provide Support Groups and Peer Education Programs for consumers and community members including:

• *Education, Support and Discussion Group:*

Led by qualified facilitator focused on recovery and wellness

• *Writing for Wellness* Healing through writing, facilitated by published author

• *Art for Wellness* Peer led creative healing outlet

• *Social Groups* informal get-togethers that may include games or other activities

• *Wellness Recovery Action Plan Workshop* (WRAP) Peer led curriculum of recovery and personal responsibility Topics include dealing with external triggers, internal warning signs, breaking down and crisis planning.

• *WRAP Support Group:* Peer facilitated and open to persons who have completed the workshop



NAMI is dedicated to the eradication of mental illness and to improving the quality of life for persons of all ages who are affected by mental illness. NAMI members and friends work to fulfill our mission by providing support, education, and advocacy. Our many activities include:

• *Hand to Hand:* Peer led education program designed toward the empowerment of parents with children who have emotional, mental or neurobiological disorders including Disruptive Behaviors, ADD/ADHD, Depression, Autism Spectrum Disorders, Anxiety, substance abuse issues, Oppositional Defiant Disorders, Schizophrenia, Bipolar Disorder and more.

• *Family Support and Education Group:* Information and support for family members of those suffering with mental illness.

• *Crisis Intervention Team:* (CIT) Training for law enforcement officers that emphasizes de-escalation, safety and fosters learning, healing and treatment resources.

• *Family to Family* Classes are team taught by intensively trained family members, the program is designed for families experiencing the effects of severe brain disorders. Topics include: Diagnosis and Causes, Brain Basics, Problem Solving Skills, Medication, Communication, Self-Care, Advocacy, and Fighting Stigma.



Wayne Holmes Suicide Prevention Coalition

is made up of community volunteers who are concerned about reducing depression and suicide in Wayne and Holmes Counties and who believe that suicide is preventable and depression curable. We meet monthly to work on our community awareness planning goals and do fundraising. We also:

• *Public Education* about depression and suicide prevention

• *People Affected by a Loved One's Suicide Support Group (PALS)* for family and friends of those who have died by suicide.

• *Education in Schools:* high school and middle schools, the signs of suicide program

Mental Illness is treatable.

Depression is curable.

Suicide is preventable.