



Mental Health Association of
the Southern Tier, Inc. (MHA)

MHA.ORG

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Our organization is devoted to enhancing the lives of all community residents by improving their mental health and wellness. Our goals are achieved through advocacy services, educational presentations, prevention programs, information, and resource referrals. MHA helps unite recipients of mental health services and their families with mental health professionals, service providers and advocates to create collaborations, generate action, and combat the devastating stigma of mental illness.

Our organization can support schools by offering:

Youth Mental Health First Aid, an 8-hour training that gives adults who work with youth (ages 12-18) the skills they need to provide initial support to adolescents who may be developing or exhibiting a mental health or substance use problem.

Mental Health and Wellness 101, a one hour training that provides an understanding of mental health as a continuum and something we ALL have; not just the presence or absence of an illness. The training provides an overview of prevalence of mental health disorder among youth, the impact on learning and development, signs and symptoms, risk and protective factors, and the concept of recovery.

DIFD Power to the Purple, a youth mental wellness and suicide awareness initiative to empower youth and encourage conversations. In addition to outreach and support, we offer DIFD Power to the Purple Mini-Grants in support of youth-driven special events or programs that encourage and engage youth in local communities to raise awareness, inspire conversations and transform youth mental health. For more information visit <http://mhast.org/difd.html>; contact joanne.weir@mhast.org)

Find us on Facebook at 'Mental Health Association of the Southern Tier'

Mental Health Association of the Southern Tier, Inc. is pleased to partner with the [School Mental Health Resource and Training Center](#)

