



**The Mental Health Association
in Tompkins County**

EDUCATING & ADVOCATING
FOR OUR COMMUNITY

**Mental Health Association in
Tompkins County**

MHAEDU.ORG

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The Mental Health Association in Tompkins County (MHATC) is committed to developing and supporting the active involvement of ordinary people (including providers, family members and recipients) in all aspects of mental health; these include the definition of needs, the promotion of community and the provision of services. We also support the human and civil rights of people who use mental health services, and will educate the community on all perspectives concerning mental health and mental health disabilities. The MHATC works to fulfill its mission through five major program areas: Adult Advocacy, The Jenkins (drop-in) Center for Hope and Recovery, Family Support Services, Youth Services, Peer Support and Peer Training.

The MHATC is committed to education and partnering with area schools to support the mental health of school communities. The MHATC offers:

- Youth Mental Health First Aid Training (for Adults Assisting Young People)
- Mental Health First Aid for Higher Education
- Mental Health and Wellness 101 Training
- Guest speakers/classroom presentations for all ages
- Support groups and recreation programming for youth

[Visit www.mhaedy.org for further details](http://www.mhaedy.org)

For more information or to schedule a training or presentation, contact Melanie Little at mlittle@mhaedu.org / (607) 273-9250.

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Mental Health Association in Tompkins County is pleased to partner with the [School Mental Health Resource and Training Center](#)

