



Mental Health Association in Niagara County

MHANC.COM

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The Mental Health Association in Niagara County has been serving the community for over 50 years, working to promote wellness through advocacy, education and community service programs, while focusing on turning "illness" into "wellness."

We are a non-for-profit organization that provides services for a range of ages and needs. We provide presentations, self-help material, advocacy services, information & referral services, and valuable support services for individuals with a mental health diagnosis. We invite you to learn more about what we have to offer. You can start here or just browse through the site on your own.

The MHA in Niagara county provides [free presentations](#) for grades K-12 to educate students on various mental health related topics. Our presentations take just one class period and no preparation for the school staff or administration is required.

Contact: Danielle Conlan at dconlan@mhanc.com

Compeer Niagara is a non-profit, volunteer-based program in Niagara County, NY that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities.

Contact: Tara Porter at tporter@mhanc.com

The Respite Program through the Mental Health Association provides free childcare to families with a child (or children) with a current mental health diagnosis and their siblings. Respite can reduce the family's overall stress level and increase the caregiver's ability to provide childcare that best suits the needs of their children.

Contact: Sara Carlson at scarlson@mhanc.com

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

