



Mental Health Association in Ulster County, Inc.

MHAINULSTER.COM

221 Tuytenbridge Rd.

Lake Katrine NY 12449

(845) 339-9090

The MHA mission is to engage all people in achieving their optimal mental health by providing innovative and compassionate services that educate, advocate, prevent and heal. To achieve its mission, the MHA sponsors a variety of educational, advocacy and service programs, including mental health education, rehabilitation, residential services, family and youth support services, and therapeutic foster care.

We can provide a variety of services including but not limited to: consultation, staff development trainings, presentations, and information tables at events. Any of these services can vary on topics within the realm of mental health and can target either students, education professionals, families or the general public.

Three specific trainings are: Navigating the School Mental Health Resources and Training Center website, Mental Health and Wellness 101, and Youth Mental Health First Aid.

We offer Children's and Adult Services ranging from residential services, to case management, and many support services such as, support groups, information and referral, as well as education and advocacy for any type of mental health issue or diagnosis. We also host two informational websites with supporting information.

To find online wellness resources supporting assistance with mental health recovery visit:

<http://wellnessrecovery.org/>

To find scholarly articles and information pertaining to support for eating disorders visit:

<http://www.eatingdisordersny.com/>

For any additional or specific information please contact Jeannette Corrow at

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

