



Mental Health America (MHAJC) Membership Drive

It is easy to make a difference!

Join us and help support our mission!

All of these activities are sponsored by Mental Health America.

If you desire more information, please review that area of our website, email us at mhajc@cabjackson.org, or call us at (812) 522-3480.

- 1) Educating the public, friends, and neighbors to combat the stigma surrounding mental and emotional disorders is the primary goal of MHAJC. By providing information to the public through newspaper articles, health fairs, and other outlets in our community, we hope to help all achieve good mental health and accept others with mental illnesses.
- 2) We work to assist our legislators in their search for the facts. MHA in Indiana is the voice for those that cannot speak for themselves. Through its Public Policy Program the MHA has brought about better care and treatment for both children and adults by working for increased appropriations to meet their needs. There is still much to be accomplished.
- 3) Since 1951, MHAJC's Christmas Gift Lift has met its goal of providing gifts for every patient suffering from mental illness in our community. Many that are hospitalized or in group homes would not have received a gift at Christmas if it had not been for the generous support of the caring people of our community. In 2008 we delivered more than 1500 gifts to Jackson County residents.
- 4) Our Social Club has expanded to provide 6 social events a year and each one is attended by 50-80 clients that have mental disorders. These social gatherings provide a needed outlet for this part of our community to share and enjoy activities that promote fellowship. This basic human need would be missed if not for these socials that give the clients a sense of anticipation and belonging that is both fun and entertaining.
- 5) We provide a mental health program called "I'm Thumbbody" to children in the Jackson County Head Start Program. It's purpose is to promote good self esteem and letting the children know they are someone special. This program is taught monthly in all 4 Jackson County Head Start classrooms and the Childcare Network Preschool.
- 6) This year we want to provide a Suicide Prevention Program to the high school faculty in our community to recognize signs of suicidal tendencies in the students of our community. We will continue to look for additional programs to meet the needs of those in a fragile state of mind, and to protect the people of our county as much as possible.
- 7) Our program continues to expand and grow with the development of this website as an opportunity to reach out to more people that may need our assistance. We hope to provide a cohesive resource that can be viewed in the privacy of your home that will assist you or someone you love with your mental health questions or problems.

None of this is possible without your support. Take a minute to print out the attached form. Send it to us with your choice of membership donation level for this current year. Each member will receive a membership card and a quarterly newsletter to keep you informed of how your support is helping the people of Jackson County. Thank you!

(Form on Page 2)



Mental Health America Membership Drive Application

Your Name _____

Your Address _____

Email Address (optional) _____

Phone (optional) _____

Please **circle** the level of membership you have chosen;

\$5.00 **Associate** level provides a membership card from MHAJC.

\$10.00 **Friend** level provides a membership card and a small gift as a token of our appreciation.

\$20.00 **Friend Plus** level provides a membership card and a small gift for you and your spouse as a token of our appreciation.

\$25.00 **Patron** level provides a membership card, certificate and small gift as a token of our appreciation.

\$50.00 **Patron plus Family** level provides a membership card, certificate and small gift for each member of your family listed below, as a token of our appreciation.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

You will be mailed a charitable receipt for your donation at the address listed above.

Please make checks payable to Mental Health America Jackson County.

Please return this to form and your donation to:

Mental Health America Jackson County
PO Box 51
Seymour IN 47274-0051