

# SERVICES

## SYSTEM OF CARE NAVIGATORS

We help find appropriate providers to meet your needs and remove the barriers to recovery.

## CERTIFIED PEER SUPPORT

Our peers help people with substance use disorder and mental health issues to stabilize, start, and maintain their personal recovery journey.

## SUPPORT GROUPS

Support is provided online or in-person on various mental health topics. Visit [mhawv.org](http://mhawv.org) for up to date information on days and times.

## PRESENTATIONS

Burnout, Depression, De-escalation, Goal Setting and Follow-Up, Self-Efficacy, Suicide Prevention, Work-Life Balance. We also offer Compassion and Fatigue presentation for staff and counselors. Don't see a topic? Reach out to customize one.

# SUICIDE PREVENTION

## Q.P.R. TRAINING

(Question, Persuade, Refer) offers vital training for emergency response to those at risk of suicide, akin to CPR's role in medical emergencies. 2-hour course offered monthly. Register at [mhawv.org](http://mhawv.org)

## ASIST TRAINING

A 2-day intensive workshop. ASIST (Applied Suicide Intervention Skills Training) provides essential skills to help someone considering suicide.

## INTERNSHIPS

At MHA we value the opportunity to host people seeking internship or practicum opportunities at all levels of experience. Interns have the opportunity to understand the rigors in behavioral health field. We also learn from our interns as they bring fresh perspectives and opportunities that help us stay connected to our mission.

**WARMLINE: 765-742-0244**

Call or Text "SAFE2TALK"

**HOTLINE: 988**

24/7 hotline for crisis de-escalation

# VOLUNTEER OPPORTUNITIES

## CRISIS CENTER SPECIALIST

Volunteering in your community is a powerful way to enhance your overall life. Volunteers complete 36-40 hours of training and supervised shifts on the lines. Volunteer is required to commit 4 hours per week.

## JUNIOR ADVISORY COUNCIL MENTORSHIP

MHA Wabash Valley Region is creating a Junior Board in order to gain insight and give voice to our youth. If you are interested in becoming a mentor and making a meaningful impact in the lives of young advocates, please contact us at [mha@mhawv.org](mailto:mha@mhawv.org). Together, let's empower the next generation of mental health leaders!

## SUPPORT GROUP FACILITATOR

Do you have a topic for a support group? Let us work together to make it happen. Fill out volunteer interest form at [mhawv.org/volunteer](http://mhawv.org/volunteer)

# RESOURCES

## FINANCIAL

### WELLNESS CENTER

In Partnership with Purdue Federal Credit Union and Banzai; bringing you clear, in-depth lessons that help you dive into the financial topics you care most about.

### LILLY CONFERENCE ROOM

The Lilly Conference Room is located on the first floor of the Lafayette Office Building. Need a meeting room off-site? Book the Lilly Conference Room for your next meeting.

### JOEY A. SEAMAN

### MEMORIAL LIBRARY

open to the public for you to educate yourself on all sorts of mental health information Hours: Monday - Friday  
9:00 am - 4:00 pm



ACCESS ALL OUR  
RESOURCES HERE:



### MENTAL HEALTH SCREENING:

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Many are common and treatable, and recovery is possible.

### TAKE A MENTAL HEALTH SCREENING BELOW



Achieving Better Mental Health in  
the Wabash Valley Region of  
North Central Indiana

A United Way Agency

