



HELP IS
OUT THERE.

WE NEED YOUR SUPPORT!

Every given year, we help thousands of individuals on their road to recovery. We have the knowledge to promote wellness and provide resources to help individuals achieve recovery. What we need is you and your support! Partner with us to make mental health and wellness an attainable reality for everyone.

“Mental Health America of Lancaster County is a critical community resource and a great partner in our efforts to promote mental wellness. They make our community a better place to live, work, and grow.”

– Phil Hess, CEO, Philhaven

“Mental Health America of Lancaster gave hope to our family. Our son is bipolar. His erratic behavior kept our entire family on edge. The MHALC staff connected our son with mental health services that have been very effective, and introduced our family to support groups. Our whole family is stronger and healthier.”

– Mother

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Every day, we deliver hope & support through advocacy, education & resources.

MHA
Mental Health America
of Lancaster County

MISSION

Our mission is to promote optimal mental health through awareness, advocacy, and education.

WHO WE ARE

Mental Health America of Lancaster County (MHALC) is one of over 200 affiliates of the national organization and has been serving Lancaster County for over 50 years. At MHALC, we are dedicated to helping individuals lead mentally healthy lives. We believe that wellness is circular: representing illness, recovery and prevention. At any time, a person can live in an environment of wellness which can be undermined by illness. This requires each of us to seek help to achieve wellness. We walk alongside individuals at any given point on their journey towards wellness: to point the way to services, to advocate, to provide guidance through the mental health system, to have a listening friend and support, and to educate on mental wellness for all.



MENTAL ILLNESS IS ON THE RISE

According to many experts, mental illness is now America's **most prevalent health condition**. Our stressful, socially disconnected society impacts our mental and overall health. This is evidenced by high rates of chronic disease, substance abuse and suicide.

- + In any given year, **1 in 5** individuals are diagnosed with a mental illness. That represents over 100,000 Lancaster County residents.
- + Every **16 minutes** someone in America attempts suicide.
- + In 2016, there were over **50 suicide deaths** in Lancaster County. At least 66% of those deaths were gun related.
- + High school students with mental illness drop out of school at **twice the rate** of those with no mental condition.
- + People with a serious mental illness die, on average, **25 years earlier** than the general population.

PROGRAMS

Every day, MHALC delivers hope and support through advocacy, education and resources. Whether you need support at school, a place to connect with others who understand, or something more, we are here to help. Through life's changes and transitions, we provide the services you need to thrive.

- + SUPPORT GROUPS
- + MENTAL HEALTH SCREENINGS
- + WELLNESS ACADEMY
- + EDUCATION
- + COMMUNITY SUPPORT PROGRAM
- + ADVOCACY SERVICES
- + PEER EDUCATION
- + PRISON PROGRAM
- + COMPEER LANCASTER
- + LANCASTER COUNTY SUICIDE PREVENTION COALITION