

November 2021

**Click Here Visit our New Website Today!**



On September 12th, we hosted our annual fundraiser at TopGolf in Midtown. Thanks to our incredible sponsors and supporters, we raised over \$40,000 for Suicide Prevention and MHAG programming. We are thrilled to announce this HUGE win for mental health in Georgia. Stay tuned for more about how to donate to our End of Year campaign, so we can keep this incredible momentum going.



Sam Jowers  
Carol and Steve Levy

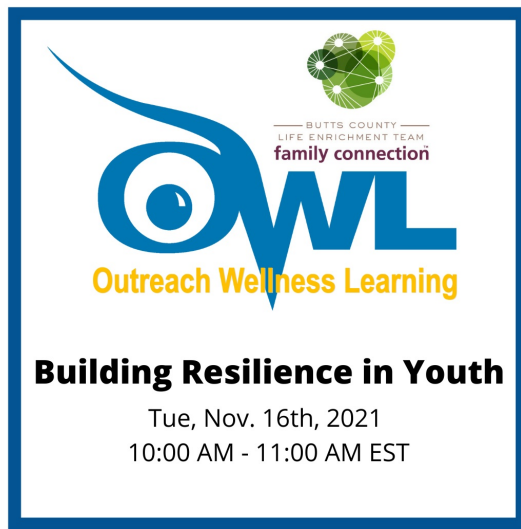


If you were unable to attend our September event, but wish to donate to MHAG in support of suicide prevention, [donate here.](#)

## Upcoming Trainings

### Outreach Wellness Learning Training: Mental Health Crisis

While understanding the differences between mental health and the diagnosis of a mental illness, it is important to understand that individuals can experience a crisis in any



mental state that they are in. A crisis is understood to be “the perception or experience of an event or situation as an intolerable difficulty that exceeds the person’s current resources and coping mechanisms.” Through this training participants will:

1. Describe types of mental health crisis and how to assess for risk of harm.
2. Identify effective coping strategies to empower individuals to seek help.

3. Demonstrate ways to effectively respond to a person in crisis

[Register for the October OWL Here](#)



The Leadership Empowerment and Access Program (LEAP) is a training program designed to improve skills in professional development, leadership and personal resiliency for youth and young adults, 16 – 26 years old, who are managing or at risk of developing behavioral health conditions.

This training program offers training to youth and young adults on mental wellness and employment acquisition and maintenance. Young people have an opportunity to engage with our Program Specialist who will teach the tools and skills to gain self-empowerment, personal growth, and life-skills on their journey to achieve desired vocational goals. Participants have the opportunity to complete any or all of the trainings found in the three tracks outlined below in order to accomplish their personal and professional goals.

## Young Adult and Career Development Track

Join us as we take those necessary steps to take your career to the next level. Do you need to update your resume or refresh those networking skills? No worries the career development track is for you. From the ages of 20-26, or those more mature finding and maintaining your life plans can be a challenge. Pass the test of mock interviews, virtual networking events, and unique power hours to gain the confidence you need to take your dream career to the next level.



### DEVELOPING INDEPENDENCE 11/18/2021

During our Developing Independence workshop you will learn how to increase your self-awareness and manage healthy living, how to engage in self-advocacy for all areas of your life, and learn strategies to set boundaries and maintain healthy relationships while navigating your independence.

[VIEW HERE](#)



### CAREER DEVELOPMENT 11/11/2021

Our Career Development 101 workshop will help you assess your current needs and interests in a particular career, learn skills to successfully prepare yourself to transition into a new career, and identify resources that will help guide you to various career opportunities.

[VIEW HERE](#)



### MASTERING THE INTERVIEW 12/02/2021

Join us for Mastering the Interview to learn proper strategies to navigate the interview process, gain a better understanding of the importance of interview preparation and follow-up, and learn how to master your answers to the interview questions.

[VIEW HERE](#)



### MENTAL HEALTH IN THE WORKPLACE 12/09/2021

In this Mental Health in the Workplace workshop you will learn appropriate coping tools to practice self-care and maintain work-life balance, how to locate resources within your workplace and in the community to promote positive mental health, and how to appropriately advocate for yourself within the work culture.

[VIEW HERE](#)



### FINANCIAL LITERACY 12/16/2021

In our Financial Literacy workshop, we will increase our financial literacy and explore its role in long-term financial health, learn how to prepare important and mandatory financial documents, and learn strategies to fulfill financial duties.

[VIEW HERE](#)

[Register for LEAP Trainings on Our Events Calendar](#)

## Advocacy Center



The Georgia Mental Health  
Policy Partnership  
Press Conference on Mental Health  
Workforce In the State of Georgia



Wednesday, October 5th, 2021,  
11:00AM EST  
Skyland Trail Treatment Center  
1961 North Druid Hills RD NE  
Atlanta, GA 30329

October 5th, our Executive Director and Policy Manager attended a **Press Conference at Skyland Trail on mental health workforce.** This is one of many press conferences we have been a part of this year as part of the **Georgia Mental Health Policy Partnership.** We are grateful for our partners in this coalition - and are excited for the next press conferences. Check out our Facebook page to watch the Live-Stream of the event at Skyland, and all previous press conferences MHAG has been a part of!

[Watch the LiveStream](#)

# The fall Special Legislation Session is coming up on November 3rd! Keep an eye out advocacy updates in November regarding the special session, and how MHAG will be involved in advocating during that time!

To be added to our advocacy list please email [advocacy@mhageorgia.org](mailto:advocacy@mhageorgia.org).

## MHAG National Updates



Feeling safe is important. After meeting basic needs for survival like food, water, and sleep, feeling safe and secure is necessary before anyone can focus on relationships, learning or other opportunities for personal success.

**MHA's 2021 Back to School toolkit**, Facing Fears, Supporting Students, aims to help students, parents, and school personnel recognize how feeling unsafe can impact mental health and school performance, and what can be done to help young people who are struggling with their mental health.

[View the Full Tool-kit Here](#)

For [free and confidential emotional support](#) or resource information as a result of the COVID-19 pandemic, call or text 866-399-8938.

MENTAL HEALTH AMERICA OF GEORGIA  
[www.mhageorgia.org](http://www.mhageorgia.org)

