

Mental Health Association of the Heartland

*Specialized Services for members of the
Mid-America Coalition on Health Care &
Greater Kansas City Chamber of Commerce*

Professional Development

The MHAH can provide

- Lunch & Learn Workshops on a variety of topics, including “Recognizing and Coping with Depression” (in oneself and/or in family members), “Coping with Stress”, “Women’s and Children’s Mental Health”.
- Literature and resources on mental health issues and disorders for use in corporate Health & Wellness Fairs, by HR Departments and Wellness Coordinators or for distribution to employees.

Consultation and Technical Assistance

The MHAH can work with employers who wish to

- Set up and facilitate on-site self-help and support groups.
- Learn more about laws and strategies for accommodating and supporting employees with depression or other mental illnesses.

Information and Referral

The MHAH can provide individual assistance in locating

- Therapy and other direct services for mental health.
- Local self-help and support groups for Grief & Loss, Caregiver, Disability, Mental Health, Physical Health, Parenting, Violence/Abuse, Addiction, and numerous other issues.

Mental Health Screenings

The MHAH can

- Coordinate and/or conduct individual or group screenings for depression, anxiety and other disorders.

**To discuss ways we can partner to meet your company and
employees’ needs contact Stacy Davis or Susan Crain Lewis
(Nominal fees negotiated)**

MHAH – 739 Minnesota Ave., KCKS 66101.

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www.mhah.org**

*The Mental Health Association of the Heartland is dedicated to promoting the mental health of
the community and improving the quality of life of persons with mental illness, through
advocacy, education and support.*