

WOW NEWSLETTER

● MHAAC ●



 **Want a shirt with this image?**

Website: www.mhaac.info

Phone: 609-652-3800

United in Green!

The Mental Health Association in Atlantic County is proud to launch our new initiative called United in Green with the goal of spreading awareness and empowering individuals take care of their mental health. Want to help? Take the pledge and show your support for mental health!

Click [here!](#)

Did you know?

May is Mental Health Awareness Month!

First celebrated in 1949, Clifford Beers the founder of the Mental Health Association (America) commemorated the celebration to help spread awareness, end the stigma, and ensure that those who live with mental illness receive the care they need.



Each year a theme is decided, this years theme is "Where to Start, Mental Health in a Changing World." For more info click [here](#).

Photos! (Below)

Share your photos with us to show how you support Mental Health! We will give you a shout out in the next newsletter!

Tag us on social media @mhaac.info or email emccall@mhanj.org.



Check out their Green Pins!



These are just a few agencies/businesses who stand United in Green with MHA! Check out our [website](#) to see who else is helping spread mental health awareness!



John Brooks
Recovery Center



Chabad at Stockton University



MHA



Helping Hands
Behavioral Health

Bree's *Waves of Wellness*

WOW



“ I took the pledge! So should you! I chose to eat a green meal, of course it was grass but it still counts! Take the pledge today and share how you support mental health!
p.s. Grass is not recommended for human Tummies.

Not sure how to take care of your mental health?
Mental Health America provides a Tool Kit each year with resources from how to contribute to help spread awareness to coping tools to help with your personal wellness.
Click [here](#) to download!



Mental Health Association

Atlantic County

TOOMUCHSTUFF@MHANJ.ORG

609-652-3800

WWW.MHAAC.INFO

Hoarding Behaviors Initiative

PRICING

\$500 FOR
4 SESSIONS
ATLANTIC COUNTY

LET'S WORK TOGETHER!

Struggling with too much stuff? We understand the impact it can have on your mental health. Our compassionate team is here to provide evidence-based hoarding intervention services such as:

- coaching individuals to sort items into “keep”, “maybe”, and “discard” piles,
- finding permanent homes for kept items,
- developing skills to maintain decluttered spaces, and
- addressing mental barriers or challenges with the intention to develop efficient decision-making skills.

Our transparent pricing model for Atlantic County residents ensures that you know exactly what to expect. With that model in mind, our pricing falls at \$500 per month for 4 weekly sessions.

- Sessions include sorting and discarding sessions, use of the clutter image rating scale, HOMES scale (evidenced based scales found to help track progress and safety), as well as updated photos each week/month and a personalized plan designed to meet the unique needs of the individual.

We provide consultations and decluttering sessions in the individual's home, to plan your journey to a clutter-free home.

Please call to inquire about travel costs if you do not reside in Atlantic County

Before → After



SOCIAL *Wellness*

Having healthy relationships with friends, family, and our community play a crucial role in our social wellness. Did you know that maintaining healthy relationships can contribute to living longer, better stress management, and healthier habits?

Social wellness also entails identifying signs of healthy, unhealthy, & abusive relationships. [Click here to read about types of relationships.](#)



On Wednesday, April 11th, MHA Atlantic's Living In the Moment Group hosted painting!



Below: The members who participated: Emily McCall, Donald Riscio, Walter Miller, Eugenia Gunn, Virginia Fletcher, and Bella Trimble. Photo taken by facilitator Zana Radavaci.



Join us on May 8th,



10:30 - 11:30 am, to paint rocks and shells for our Mental Health Garden!

4 E Jimmie Leeds Rd., Suite 8



Galloway, NJ 08205



MAY

IN-PERSON GROUPS

2024

Got Stress

**WEDNESDAY
9AM - 10AM**

John Brooks Recovery Center
660 Black Horse Pike, Pleasantville, NJ 08232

For more info, please contact Emily McCall (emccall@mhanj.org).

**WEDNESDAY
10:30AM - 11:30AM**

Mental Health Association in Atlantic County
4 E Jimmie Leeds Rd #8, Galloway, NJ 08205

Living in the Moment

Better Together

**WEDNESDAYS
9:35 AM - 10:35AM**

Adult Acute Partial Care Program
400 Chris Gaupp Dr, Galloway, NJ 08205

This is a closed group. For more info, please contact Ashleigh Zappala (azappala@mhanj.org).

Please contact Yvonne Tran for more info

609-652-3800 ext. 0306

ytran@mhanj.org

Since 1983

**Individuals
Concerted in
Effort**

Wellness Program



For more information visit our website:

mhaac.info