

To: mha@mhalancaster.org

Subject: What is MHA.

News Release

For Immediate Release

March 1, 2022

Who cares about mental health?

Researchers from the National Alliance of Mental Illness found that about 73% of students reported having a mental health crisis while in college.

Mental Health America (MHA) is an organization that dedicates their time to help individuals live mentally healthy lives. First called The National Mental Health Association (NMHA) was established in 1909 Clifford W. Beers. Later changed to Mental Health America (MHA) is the United States' oldest non-profit organization addressing all aspects of mental health and mental illnesses.

“We want to Educate the public about mental health and mental illness to help eliminate stigma, labels and prejudice.” MHA holds events monthly from lectures to guest speakers to even team building activities, MHA is tying learning and connection together.



There are two events in March the Suicide Prevention Coalition Monthly Meeting on March 2nd. Following this meeting there will be a lecture on The Correlation Between Trauma and Suicide on March 14th.

“My goal is to empower, motivate and strengthen individuals and families,” says Executive director of Mental Health America Kim Mcdevitt.

MHA has a plethora of workers who are dedicated to helping the lives of people in need. MHA can change the lives of many people because no one knows what people are going through behind closed doors.

###

For More Information:

MHA Lancaster

717-397-7461

mha@mhalancaster.org

Strategy Sheet.

- **The subject is MHA and who they are and what they do.**
- **Format: Feature story**
- **Objective: To generate an idea of who MHA is as an organization and what they do for the public. Take a deeper look at some of the faculty to get an idea of what they do for MHA and for their community.**
- **Intended audience: New patrons who are interested in bettering their mental health.**
- **Key ideas: What MHA does, how much locations there are, Kim's background**
- **Length: 555 words.**