

MENTAL HEALTH ASSOCIATION OF MARYLAND

# We believe that mental health *is* health.

Worldwide, and here in Maryland, we need to do more to protect mental health and ensure equitable access to care. 50% of Marylanders will experience a mental health or substance use issue in their lifetime. Mental health is emotional health, but it's

so much more: improved physical health, addiction recovery, lower health care costs, greater equity and opportunity, a fundamental human right, and the capacity to realize our hopes and dreams.

Every day, the Mental Health Association of Maryland supports Maryland's wellbeing by:



#### ADVANCING PUBLIC POLICY

by working with hundreds of coalition partners, the Maryland legislature, government officials, and other stakeholders to affect laws and policies that improve access to culturally competent behavioral health care that for all Marylanders regardless of age, race, gender, or insurance status.



#### EXPANDING SKILLS AND READINESS

by teaching Marylanders how to recognize and respond with competence and compassion to an individual experiencing a mental health concern. Just as CPR trains us for a physical crisis, Mental Health First Aid trains us to respond to a mental health crisis.



#### MEETING THE NEEDS OF OLDER ADULTS

through our Maryland Coalition on Mental Health and Aging's public policy efforts and a wide variety of outreach and education programs, that improve lives through a personal connection with isolated individuals and outreach that provides community resources about mental health and normal aging.



#### MOVING INNOVATION FORWARD

by working to increase awareness and acceptance of brain-based scientific advancements that are proven to enhance cognitive function and mental well-being, while alleviating pressing social challenges and working to clear policy practice pathways and make these evidence-based treatments available.



#### SUPPORTING RESILIENCY IN CHILDREN AND FAMILIES

by growing a vibrant community of school and community champions, families, and youth through our Children's Mental Health Matters Campaign and supporting pregnant and new moms, families, and providers through our Healthy New Moms Campaign.



#### ENSURING QUALITY CARE

by performing confidential interviews with people receiving treatment from Maryland's public mental health care facilities: addressing concerns, facilitating rapid resolution, and circling back to ensure services meet the expressed needs of the individuals served.

To learn more about our work or access free mental health resources, visit: [mhamd.org](http://mhamd.org).