

INVESTING IN MENTAL WELLNESS



Life is hard right now.
Help is here.

MHACCHelp.org

Mission Statement: MHA is dedicated to providing help,
offering hope and promoting mental wellness in
Mecklenburg and Cabarrus Counties.

www.mhacentralcarolinas.org

Visionary—\$10,000

Benefits to the Community:

- Community members will be gain knowledge about recognizing mental health signs and symptoms each year, through evidence-based Mental Health First Aid and QPR Suicide Prevention training. Ninety percent or more of those individuals will report the training increased their willingness to prevent suicide with skills gained.
- Individuals living with a chronic mental health diagnoses have the support needed through MHA's Compeer program, which decreases loneliness, as well as improves health outcomes.
- Family members in Mecklenburg and Cabarrus Counties will become educated and better equipped to support their children experiencing emotional, behavioral or mental health challenges, through MHA's ParentVOICE program.
- MHA encourages help-seeking "B4Stage4" or before the point of crisis through free confidential on-line mental health screening tools.

Benefits to the Investor:

- Corporate Logo on MHA's Virtual *Wake Up for Wellness* event promotional materials on May 20, 2021. Opportunity for CEO/spokesperson to create 30-second video highlighting your support, shared during event.
- Invitation for two to attend MHA's Chocolate Therapy awards & dessert event February 2022.
- Social Media recognition of your investment with your logo on MHA's Facebook, Twitter and Instagram pages representing 2,000 followers.
- One free Mental Health First Aid Trainings for your staff (10-25), this is an 8-hour training.
- One free QPR Suicide Prevention Training for your staff (10-25), a 2-hour training that can be done over breakfast or lunch.
- Recognition as a Mental Health Investor in monthly eNewsletters distributed to 5,000 constituents.
- Recognition on MHA's website.
- Corporate Logo in the agency's annual Impact Report

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Advocacy | Education | Prevention

**Year Round Opportunities to Invest in
Community Mental Wellness**

www.mhacentralcarolinas.org

Advocacy Leader—\$5,000

Benefits to the Community:

- Community members will become more willing to correct misconceptions others have about mental health at monthly Coffee & Conversations, thereby reducing the stigma which makes individuals devalue those with mental illness.
- Families with children who have emotional, behavioral or mental health diagnoses benefit from one-on-one sessions, including Triple P Positive Parenting Program, known as "the most effective evidence-based parenting program on earth."
- Ensure teens in Charlotte-Mecklenburg and Cabarrus County can participate in PhotoVOICE workshops, enabling them to express themselves in a creative, positive way, in a safe and encouraging setting.

Benefits to the Investor:

- Business name on MHA's *Virtual Wake Up for Wellness* event promotional materials. (MHA plans virtual event May 20, 2021 based on up-to-date local and CDC guidelines.)
- Invitation for two to attend MHA's Chocolate Therapy awards & dessert event February 2022 for volunteers and top donors.
- Social Media recognition of your investment with your logo on MHA's Facebook, Twitter and Instagram pages representing 2,000+ followers.
- One free Mental Health First Aid Training for your staff (10-25)-this is an 8-hour training , or one free QPR Suicide Prevention Training for your staff (10-25), a 2-hour training that can be done over breakfast or lunch.
- Recognition on MHA's website.
- Corporate Logo in the agency's annual Impact Report.

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Anti-Stigma Champion—\$2,500

Benefits to the Community:

- Positive systemic change and increased awareness of mental health policy and budgetary considerations through legislative events.
- Provide Information & Referral resources to support daily calls from community members seeking help navigating the mental health system.
- Local public safety officers are armed with Mental Health First Aid skills to help them better recognize mental health crises and know how to support, de-escalate, and protect individuals with awareness and compassion.
- Reduce the stigma around talking about and seeking help for mental health concerns and reduce lost productivity at work and school, and ultimately, save lives lost to suicide.

Benefits to the Investor:

- Business name on MHA's *Virtual Wake Up for Wellness* breakfast promotional materials. (MHA plans virtual event May 20, 2021 based on up-to-date local and CDC guidelines.)
- Invitation for two to attend MHA's Chocolate Therapy awards & dessert event February 2022 for volunteers and top donors.
- Social Media recognition of your investment with your logo on MHA's Facebook, Twitter and Instagram pages representing 2,000+ followers.
- One free QPR Suicide Prevention Training for your staff (10-25), a 2-hour training that can be done over breakfast or lunch break.

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Corporate Wellness Circle—\$1,250

Benefits to the Community:

- Firefighters can receive free Mental Health First Aid—Public Safety training, equipping them with the tools needed to respond to individuals who may be experiencing mental health crises.
- Youth participate in ParentVOICE program's ACTIVE Youth Support Group, a monthly opportunity covering important youth-driven topics such as bullying prevention, forming healthy relationships, career readiness, personal goal planning and meditation.

Benefits to the Investor:

- Business name on MHA's Virtual *Wake Up for Wellness* event promotional materials (MHA plans virtual event May 20, 2021 based on up-to-date local and CDC guidelines.)
- Invitation for two to attend MHA's Chocolate Therapy awards & dessert virtual event February 2022 for volunteers and top donors.
- Social Media recognition of your investment with your logo on MHA's Facebook, Twitter and Instagram pages representing 2,000+ followers.

Mental Health America of Central Carolinas (MHA) Investment Pledge Form

Print, complete and mail/scan/return:



Advocacy | Education | Prevention

Contact Name

Company name—as preferred for recognition

Mailing Address

Email

Phone Number

Investment Level

- | | | |
|--------------------------------------------------|------------------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Visionary—\$10,000 | <input type="checkbox"/> Anti-Stigma Champion—\$2,500 | <input type="checkbox"/> Other Amount |
| <input type="checkbox"/> Advocacy Leader—\$5,000 | <input type="checkbox"/> Corporate Wellness Circle—\$1,250 | \$ _____ |

Method of Payment

Return to: Mental Health America
3701 Latrobe Dr., Suite 140
Charlotte, NC 28211

- | | |
|--------------------------------|-----------------------------------------|
| <input type="checkbox"/> Check | <input type="checkbox"/> Please Invoice |
| <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard |
| <input type="checkbox"/> AMEX | <input type="checkbox"/> Discover |

Credit Card #

Exp. date

3-digit code on back/4 for

Name on Credit Card

Company Name

Address (if different than above)

City, State, Zip Code

Phone Number

Contact E-mail

Signature

Checks should be made payable to MHA or Mental Health America

Payment may also be done through our secure website at www.mhacentralcarolinas.org.

“Click here to donate on-line” then complete Contact, Gift

Note: Tax Status of Investment: Mental Health America is a non-profit 501 (c)(3) organization, Taxpayer ID 56-0674267, as identified in the Internal Revenue Code. Your investment is tax deductible less any amount of goods or services received in return for your donation. Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 1.888.830.4989. The license is not an endorsement by the State.