

## About us

Mental Health Connect (MHC) works to eliminate barriers to accessing care. We believe mental health care is integral to overall health and we all deserve treatment, no exceptions. Our service is free, customized, and confidential.

Our Mental Health Connect Collaborative began with the help of a single donation and the directive to apply the funds to address local mental health needs.

In 2016, the collaborative was formally established with a membership of five faith communities committed to addressing mental illness in the community. In the years since, we've grown to include over 30 collaborative faith communities and 100 referral community partners.

We've expanded the initial investment and vision, providing information and education about mental wellness, health, and illness, while providing clinical and community-based support that decreases barriers to mental health services. Client resources, support, and education are provided through a navigation model operating within an interfaith and community collaborative.

## Navigation for you

We help remove barriers and complexity so you can gain access to the right providers and resources for your unique situation. Our mental health navigation and follow-up services are free, individualized, and confidential.

### Contact a Mental Health Navigator if you...

- Need help accessing therapy or counseling services
- Need to connect with housing services
- Would like to support a loved one living with a mental illness
- Need support for children, adults, caregivers, and other loved ones
- Have a concern about substance use for you or a loved one

**If you are in crisis, call 988 for assistance.**

## Resources to explore

Educate yourself by finding the mental health topic you're interested in learning more about—start today.

[mhconnect.org/resources-1](https://mhconnect.org/resources-1)

## Connect and collaborate

**We're a collaborative of faith-based communities, working together to...**

- Support community-based resources
- Provide support and education
- Improve access to mental health services
- Connect individuals and families with the services they need

MHC is unique in that it reaches clients directly through faith communities in local neighborhoods. There are no membership or faith community requirements to receive help.

## Attend events with us

We host multiple educational and entertainment opportunities throughout the year. And we lift up related events hosted by our collaborative faith communities.

Keep up-to-date with our events.  
[mhconnect.org/find-mhc](https://mhconnect.org/find-mhc)



# COLLABORATE EDUCATE NAVIGATE

We're a collaborative of faith communities working together to help destigmatize mental illness to make sure all people can find the free, customized, and confidential help they need.

"I'm in a place where i just didn't have the energy to research this. Thank you for these great resources!"

— Mental Health Connect Client

"Thank you for your work on this. We are impressed by your caring manner and that you took the time to listen carefully to our description of the situation. You seem to be one of the angels out there."

— Mental Health Connect Client

## Contact us

[navigator@mhconnect.org](mailto:navigator@mhconnect.org)

612.642.1220 call/text

*Free and confidential services*

If you are in crisis,  
call 988 for assistance.

   @mentalhealthconnect

[mhconnect.org](http://mhconnect.org)

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# Mental wellbeing

Let's talk  
about it.

