

How You Can Make a Difference

Spread the Word

Let those in need know about HOPES and its services, particularly that there is a safe, confidential place to call when they need to talk. No one needs to suffer in silence.

Volunteer for the Hotline

Help us make a difference in your neighbors' lives

- 36 hours of accredited classroom training
- 12 hours of phone-based training
- One year commitment

Call 301.424.0656 x516

All it takes is one call to impact a life!

Funding

Funding is provided by the Montgomery County Department of Health and Human Services, the Maryland Department of Health and Mental Hygiene, Montgomery County Public Schools, Mental Health Association of Maryland, and the Lester Poretsky Family Foundation.



www.mhamc.org

Hotline,
Outreach &
Programming for
Emotional
Support

HOPES

Mental Health Association (MHA) promotes mental wellness and supports those living with mental illness by sponsoring and implementing advocacy, education and community service programs. A private, nonprofit, United Way (#8151) agency, MHA has served Montgomery County residents for over 50 years. **MHA currently manages 11 direct service programs for children, teens, families, senior adults and individuals with long-term mental illness.** Over 1,000 volunteers implement the programs under the direction of the MHA professional staff.



Mental Health Association
Your Leading Mental Health Resource

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United Way #8151/CFC #88462



HOPES (Hotline, Outreach & Programming for Emotional Support), a program of Mental Health Association of Montgomery County, serves people in need of emotional support throughout the Metropolitan DC area through a variety of innovative programs. These initiatives are focused on helping community members understand, identify and intervene appropriately with mental health issues. HOPES seeks to increase community awareness and opportunities to make a difference in the lives of people touched by mental illness. HOPES strives to bring hope and understanding of mental illness to the community.

Hotline Services operates 24 hours a day, 7 days a week and provides free, confidential services including supportive listening, aid in problem solving, information and referral, and crisis and suicide prevention, intervention and postvention. Each year, this service touches more than 16,000 lives. The Hotline Services are accredited by the American Academy of Suicidology.

Montgomery County Hotline

301.738.2255

Montgomery County Youth Crisis Line

301.738.9697

National Suicide Prevention Lifeline

1.800.273.TALK

Red Flags is an education program, designed and implemented by MHA with Montgomery County Public Schools, which serves middle and high schools throughout Montgomery County. The program is designed to educate entire school communities (students, staff, and parents/guardians) about adolescent depression and suicide. The goals of the program include:

- Empowering students and school communities with information about adolescent depression and suicide
- Encouraging participants to report their concerns about adolescents exhibiting signs and symptoms of depression and/or suicide
- Providing resources for referrals and support strategies that encourage academic and social successes for adolescents who are experiencing depression and/or at risk for suicide

Mental Health First Aid is the initial help given to someone experiencing a mental health problem, before professional help is obtained. Through a 12-hour course, community members are trained to:

- Identify a mental health emergency
- Be effective responders to these emergencies

Developed in Australia, this program has strong evidence based results:

- Improved recognition of mental disorders
- Changed beliefs about treatment
- Decreased social distance from people with mental disorders
- Increased confidence in providing help
- An increase in the amount of help provided to others

Specialized Information and Referral Services

for special Montgomery County populations who face distinct or urgent behavioral health needs. HOPES provides these populations support through an information and referral specialist. Currently, the focus for this programming is on veterans, active military, and their family members who are a growing segment of the county's population.