

# Who and Why

According to Mental Health America, Virginia, ranks 42 in the "State of Mental Health" report which indicates that there is a higher prevalence of mental illness and lower rates of access to care. Our goal is to bridge the gap and support individuals/families who have been impacted by mental illness.

## We work with:

- Adults/youth who have not had access to care due to costs, underinsurance, or lack of referral services
- Family members / caregivers who have been impacted by mental illness
- Adults/youth who have been diagnosed but have not been able to obtain effective continuity of care
- Adults who are working toward self-actualization and overall mental/emotional health
- Providers and community partners to support goals of increased awareness of mental health stigma, access to care for individuals with a mental illness, and outreach initiatives to educate other systems of care

*"Yeah, I'm doing good Beau. I feel a lot better and more in control of myself. Getting connected to this place has helped me immensely and basically saved my life. It's the best thing that's ever happened to me and it gives me hope for the future."*

Courage

Hope

Acceptance

Support

## Need Help?

If you or a family member are struggling with your mental or emotional health, The CHAS Foundation is here to support.

**757-489-CHAS**



**THE CHAS FOUNDATION**

Non-Emergency Help Line

757-489-2427

# Mental Illness Navigator & Support (MINS) Program

The Mental Illness Navigator and Support program aims to provide non-clinical, person-centered, strengths based, and trauma-informed support to individuals and families in mental health crisis at no cost. Our vision is to create a mentally healthy Hampton Roads through *Peer Support Plus* services, psychoeducation, and collaboration with treatment providers.

## This Program May Be For You If...

- You or a loved one have been diagnosed with a Mental Illness and are unsure what happens next
- You or a loved one are working toward self-actualization after a life-changing event
- You or a loved one do not know where to seek treatment or support for symptoms related to Mental Illness
- You are the primary caregiver of a loved one who is mentally ill and you would like support to be able to help your loved one



## What We Do:

- Connect community members to resources that will support their mental and behavioral health
- Provide psychoeducational material to help families better understand a mental health diagnosis
- Meet one-on-one with community members to come up with a person-centered action plan to reach independence and wellness
- Support in navigating the medical, legal, occupational, and educational system
- Share effective and positive strategies for developing coping skills to work toward self-actualization
- Accompany people through the behavioral health service intake process and the discharge process, with face-to-face follow up after discharge