Mental Health Association of East Tennessee

Casey Caudill, Northeast Regional Coordinator



Overview

Background of MHAET Mental Health Screenings Treatment Access Bank Mental Health 101 Trainings for Adults Questions Contact Information

- Peer Recovery Call Center

Mental Health Association of East Tennessee | Overview







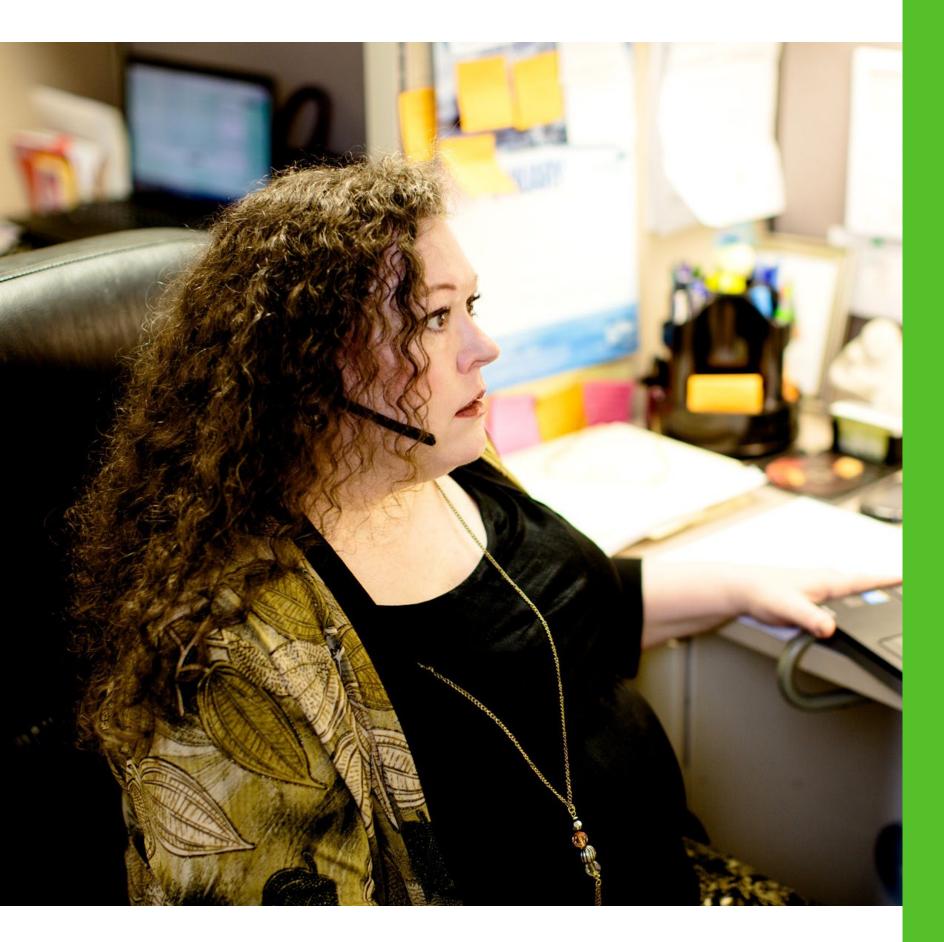
The Mental Health Association educates, advocates for, and serves East Tennessee by supporting mental wellness and recovery with respect and dignity for all.





Headquarters in Knoxville, TN

Founded in 1948



- loved one

 - recovery

Peer Recovery Call Center

• Free call center for information, resources, and support for yourself or a

 Talk with someone who has lived experience with a mental illness and/or substance use disorder and can guide and support you throughout the path to

865-584-9125



MentalHealth Screenings

- Free, online screenings for a variety
 - of mental health conditions
- Take a screening to check in on yourself and encourage your friends,

- family, and peers to do the same
- <u>www.mhaet.com/screenings</u>

Contact: rose@mhaet.com or (865) 584-9125



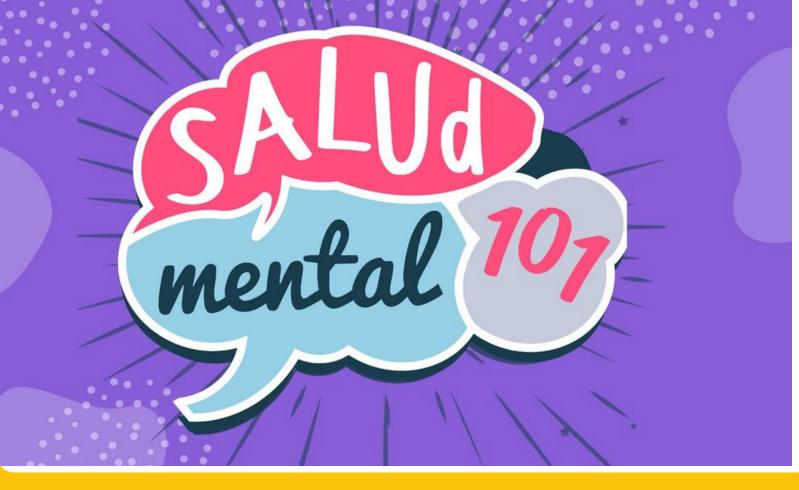
- - expanding!)

Treatment Access Bank

 The Treatment Access Bank helps people that have financial challenges get quality mental health care. Covers up to 15 therapy sessions Connects people with our PRCC Serves Knox, Blount, Sevier, Loudon, Union, Grainger, Roane, Jefferson, and Anderson counties (with hopes of



- Free mental health education program for youth
- Virtual or in person
- Follows the state Mental, Emotional, and Social Health standards
- Topics include:
 - Basics of mental health
 - Stigma associated with mental health
 - conditions
 - Tools needed to recognize when they or a
 - friend may be dealing with mental health
 - struggles
 - How to cope in healthy ways
 - Suicide prevention (in 8th grade and older)



Pensamientos

Now available in Spanish

> **DEJA LA** SITUACIÓN



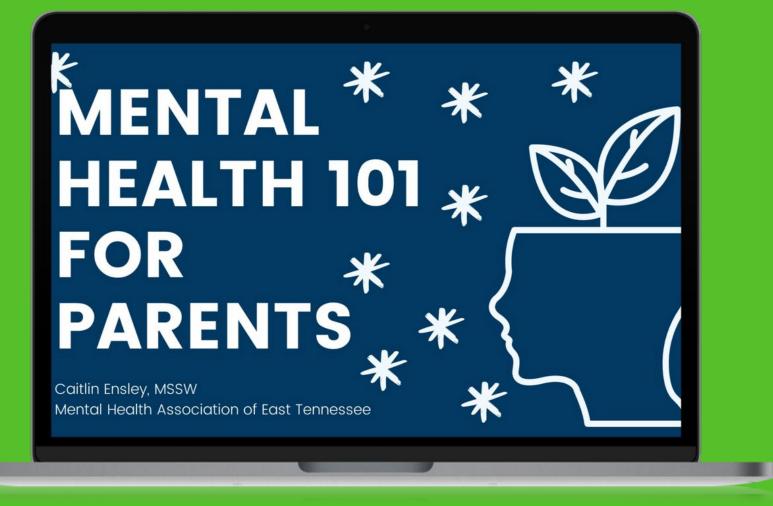
Comportamientos

¿Estas teniendo un ata que de pánico?

CENTRARTE EN LA RESPIRACION

DISTRAERTE

Trainings for Adults



- Topics include:
- - Topics includes:

 - - classrooms
- Other trainings:
 - Mental wellness
 - Stress and coping

 - And more

Mental Health 101 for Parents

• Understanding mentalhealth

• Resilience and prevention

• How to recognize signs

• How to intervene

Teacher In-Service Trainings

• Recognizing signs in students

• Creating mental health-friendly

• Managing stress as a teacher

• Mentalhealth conditions

• How to improve neighborhood mentalhealth

• Self-harm awareness and prevention



Any questions?

Thank you!

CONTACT INFO

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