

Mental Health Association

The Mental Health Association is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service. The Mental Health Association envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential through meaningful social inclusion that is free from discrimination.

Consumer Financial Management

Our program is a system of financial management for individuals who have a mental illness and who are unable to manage their financial affairs and other benefits. - Management of the following benefits are a part of the program. Social Security, SSDI, SSI, expense allocation, and budgeting, Consumers have the peace of mind that finances are managed properly.

Information, Referral, Education

This service is the cornerstone of the Alliance. We give the consumer the tools they need to advocate for themselves. We can refer the consumer to agencies or facilities that may be able to better assist them and we educate the community through presentations, seminars and conferences as listed on our Speaker's Bureau page.

For More Information
**The Greater Reading
Mental Health Alliance**

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www.grmha.org

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EDUCATION
SUPPORT
Hope

SELF ADVOCACY
PERSONAL
RESPONSIBILITY

Education
HOPE Support
Self Advocacy

www.grmha.org

The Greater Reading Mental Health Alliance (GRMHA) was founded to promote mental health wellness and recovery within Berks County through advocacy, education, and support. Our Berks County residents can rely on our unity of nationally recognized cornerstones of wellness and mental health—Mental Health Association (MHA) and National Alliance on Mental Illness (NAMI)—as we integrate information, referral, and educational services into our approach toward mentally ill neighbors and their loved ones.

Child Advocacy

Whether your child has special needs, mental health or behavioral issues, and/or learning obstacles, a Child Advocate can represent your child's educational rights within a school structure, giving them the guidance and support necessary to implement change and progress in your child's academic life.

Adult Advocacy

The Alliance's Adult Advocacy services are central to obtaining government benefits and services, protecting rights, and fighting discrimination. On an individualized basis, Adult Advocates assist mental health consumers and their families in obtaining legal representation and in accessing community mental health and case management services.

The Consumer/Family Satisfaction Team (CFST)

Enhancing client satisfaction with the mental health system in our area is important to the Alliance. Berks CFST helps to ensure that consumers and families with federally-funded mental and behavioral health insurance receive quality care, timely service, and courteous treatment.

Peer Support Central

Do you or a loved one have a major mental illness (such as a mood or thought disorder) and have Medical Assistance? The Alliance proudly offers the support of Certified Peer Specialists. Based on the age-old tradition of peer mentoring, eligible individuals—referred to as “peers”—who need additional support in their mental health recovery are matched with consumers who have completed state accredited certification. By setting and meeting personal goals, peers become a model of mental illness recovery and may enjoy healthier and more productive lives.

NAMI (National Alliance on Mental Illness) Programs

NAMI outfits consumers and family members impacted by mental illness with programs that emphasize awareness, understanding, and recovery. As the Alliance grows, our availability of NAMI programs is growing, too, under the umbrella of similar core values.



Support Groups Meeting at GRMHA

- Family-to-Family (NAMI)
- Heart Prints - Hope for Healing
- Life on Life's Terms
- Say Goodbye to Bullying
- SPELL Support Group
- Survivors of Suicide
- Tending to Trauma
- Women with Voices
- Moving Forward (for men & women)
- Family & Friends Coping With Incarceration
- Women Supporting Women

Mission

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