

Mental Health Matters

Upcoming Events:

March 16: Menchie's is going to donate 15% of their profits at both locations: Highland and Mall of LA. Have some yogurt and support MHA.

March 23: Drop-In Center Tour from 12:00 pm to 1:00 pm.

April 2: Main Street Market - MHA will have mental health information available. We'll also have Beat the Odds Casino Night tickets for sale.

April 27: Fundraiser at Bistro Byronz to kick off Mental Health month. Enjoy lunch or dinner and support MHA.

May 1: Start of Jeans Day at local business to promote Mental Health month. Contact us if your business would like to participate.

May 7: Beat the Odds Casino Night & Silent Auction!

MHA is Thankful for Community Support!

The Huey and Angelina Wilson Foundation for awarding MHA a \$30,000 grant to support our Fund Development Program.

Quota Club of Baton Rouge for their continued support of the female residents at Alliance House Residential Center.

Stairway Communications a group of 8 women from LSU's PR Campaigns' class who are working tirelessly to help with our new fundraiser, Beat the Odds Casino Night & Silent Auction and to promote MHA in the community.

Vol. 2, Issue 1, 3/2011



SAVE THE DATE:

May 7, 2011

for

**Beat the Odds Casino
Night and Silent Auction**

Mark your calendars to join MHA for our newest fundraiser: *Beat the Odds*, Casino Night and Silent Auction on May 7, 2011 at the Capitol Park Welcome Center downtown.

Attendees will enjoy a fun evening of playing the tables (with play money, of course) and enjoying food, cocktails, music, a silent auction and door prizes. There will also be prizes for the top three winners.



Tickets are \$75 per person and sponsorships are available. Call 929-7674 for more information and tickets.

Stairway Communications group touring the Drop-In Center.

[Learn More about MHA](#)

Interested in a tour of our Drop-In Center? Learn about all of the programs and services offered by MHA. Our goal is to help fight the stigma associated with mental illness and substance abuse. The Drop-In Center is located at 3178 Government Street in Westmoreland Shopping Center. The tours are held on Wednesdays from noon to 1:00 pm on the following dates:

March 23	June 22	October 26
April 20	August 24	November 16
May 18	September 21	December 14

[Welcome Aboard](#)

MHA is proud to announce its newest Board Members:

Harris “Buddy” Pellerin - Buddy is a clinical social worker in private practice in Baton Rouge. He is an LSU graduate and veteran of US Navy Reserve. He and his wife, Kathy have two daughters.

Steve Webb - An LSU graduate, Steve is currently the Chief Operations Officer for Neighbors Federal Credit Union where he has worked for 20 years. He is married with two children and currently resides in Watson.

Our Mission: To provide services for persons with or at risk for mental health or substance abuse issues. For more information on MHA’s programs and services please go to www.mhagbr.org or call 225-929-7674.

Our Lady of Mercy Girl Scouts Raise Money for Residential Center



A Girl Scout troop from Our Lady of Mercy School held a fundraiser in October to raise money for the female residents of the Alliance House Residential Center. They purchased personal care items such as soap, shampoo, toothbrushes and toothpaste and provided individual bags for each resident.

Get the Facts - Depression:

Depression is much more than simply being sad, but rather it is a serious mental disorder affecting a person's daily life and functioning. Despite depression's debilitating symptoms, many do not seek treatment for the disorder even though treatment has proved to be very beneficial.

Symptoms of depression manifest themselves differently with each patient. Common problems include persistent feelings of sadness, hopelessness, and loneliness. Depression can even be accompanied by physical symptoms like fatigue, overeating or appetite loss, and persistent aches and pains. There are many courses of treatment available to people exhibiting these treatments including psychotherapy and medication.

Even in the most serious instances of depression, treatment can be very beneficial. As soon as symptoms of depression appear, a doctor should be consulted to rule out any other illnesses and evaluate whether or not depression is the diagnosis. The sooner the treatment begins, the less likely the disease will recur.

Depression can be caused by a combination of factors like genetics, biochemistry, environment, stress, and psychological factors. In a given year major depressive disorder affects 6.7 percent of the American population over age 18, according to the National Institute of Mental Health.

There are some methods that can accompany treatment and help improve the symptoms of depression. The NIMH suggests mild exercise, setting realistic goals, positive thinking, and confiding in trusted friends to improve depression symptoms. It is important to seek help and make an effort to improve depression in order to become better.

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at mha@mhagbr.com or call 225-929-7674