



Touching Lives

*"The BrightSky Program helped me through some very rough times while I was between jobs. I have a family with two kids and didn't know how I was going to face the things that were happening in my life. I was depressed and needed help." -Mark**

Mark is now employed again and has good insurance coverage. He uses it to continue seeing his BrightSky therapist.

A senior citizen called extremely upset about a housing issue. She became more and more agitated as she talked. After listening for awhile, it became clear she was suicidal and was calling for help. The Mental Health Assistance Center stayed on the line with her while the appropriate mental health agents were dispatched to her house to offer her the help she needed.

*"My insurance wasn't going to start for three months. I had nowhere to go. BrightSky saved my life and helped me with my anxiety and depression." -Karen**

Karen has now been seeing her BrightSky therapist for two months and is waiting for her insurance to start.

A local business called seeking assistance after a workplace incident had occurred. The Mental Health Assistance Center arranged for a workplace crisis intervention team to assist the company. A team of professionals met with employees the following day to support and counsel those affected by the incident.

* Names have been changed in order to protect the patients' privacy.

The Mental Health Association in Tulsa

Founded in 1954 as one of the first Mental Health Associations in the nation, the Tulsa affiliate has dedicated itself to finding ways to promote mental health in the community.

Among its early programs were socialization activities for persons returning home after hospitalization, a suicide prevention hotline, a teen crisis hotline, and advocacy for the development of a community crisis unit where patients could be evaluated rather than being held in jail.

Today, the Mental Health Association in Tulsa offers a variety of programs including ones focused on housing, education, advocacy, support, and a mental health assistance center. The Association's programs work because of the professional staff who administer the services and the numerous caring and dedicated volunteers who provide insight to those who come seeking assistance.

Our Mission:

The Mental Health Association in Tulsa is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.

Mental Health Association in Tulsa

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www.mhat.org

The Mental Health Association in Tulsa is a non-governmental, community non-profit, United Way agency.

An Affiliate of Mental Health America.



Tulsa Area United Way



BrightSky & The Mental Health Assistance Center



We want to help.

You need someone to listen. You need help.

You're feeling depressed, anxious, stressed out; you have no insurance.

Your family member, who has schizophrenia, is off his or her medication, again.

A note was found among your son's belongings talking about suicide.

That help comes from the Mental Health Assistance Center at the Mental Health Association in Tulsa. The Assistance Center is here to listen, to help problem solve, and to provide information on mental health resources. Calls come from people with mental health problems as well as families and friends. There is no charge for this service and people are invited to call back as many times as needed.

Uninsured? Underinsured? The *BrightSky* program is available to help with short-term professional counseling for those who qualify. In many cases client eligibility can be established over the phone.

Individuals in need of counseling services, their family members and friends, and community professionals may contact the Mental Health Assistance Center for information and support at (918) 585-1213 or (918) 382-2482.

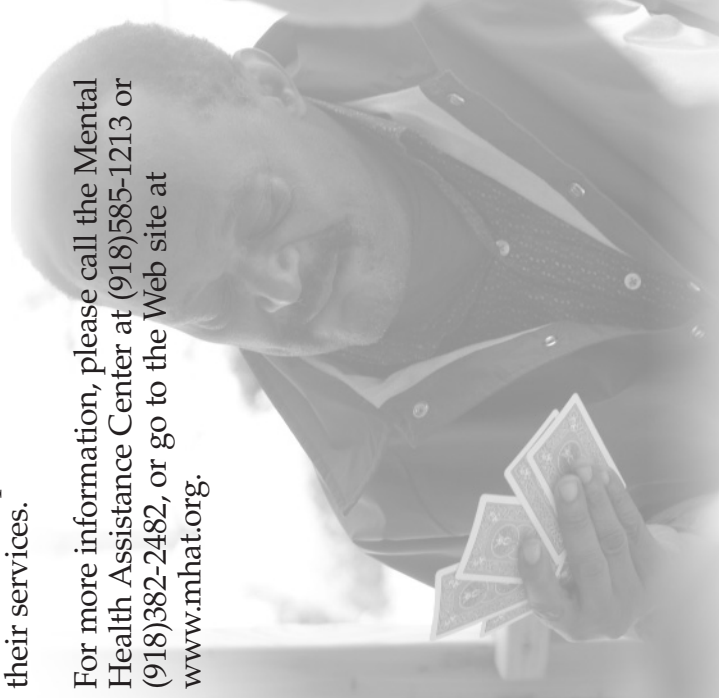
The Mental Health Assistance Center

The Mental Health Assistance Center serves as a source of information and referrals for people living with a mental illness, their family members, and friends.

We connect people with information and resources related to mental illness, and provide them with answers, including how to access services and support programs, opportunities for free mental health screenings and more.

In addition, the Assistance Center also oversees the Association's free support groups that meet twice monthly, and coordinates *BrightSky*, a counseling program that links uninsured and underinsured individuals in the Tulsa area with licensed professionals who donate their services.

For more information, please call the Mental Health Assistance Center at (918)585-1213 or (918)382-2482, or go to the Web site at www.mhat.org.



BrightSky

The *BrightSky* program assists individuals in the greater Tulsa area who are in need of counseling services, but may be uninsured, underinsured or unable to afford their insurance co-pay. The Mental Health Association in Tulsa developed the program in response to the growing need for uninsured individuals to receive mental health counseling.

The *BrightSky* program provides a short-term intermediate service that is user-friendly and links individuals in need with trained mental health care professionals.

For example, it assists people with transitional or adjustment difficulties, such as divorce, grief, and unemployment. It is not designed to serve people living with severe mental illness or in need of crisis intervention. *BrightSky* is facilitated by the Mental Health Association in Tulsa and is funded by the Tulsa Area United Way.