



Mental Health Association  
of Franklin and Fulton Counties

478 Grant St., Chambersburg, PA 17201 717-264-4301 - [www.mhaff.org](http://www.mhaff.org)

## Programs

### Direct Services

- Peer to Peer Services
- Helpline
- DBSA Support Group
- Senior Reach

### Advocacy

- CSP - Community Support Program
- Aging Advocacy
- Community Advocacy

### Satisfaction Services

- Individual Family Satisfaction Team
- Managed Care Surveys
- IM4Q

### Education Services

- Information & Referral
- Publications
- ITE—I'm The Evidence Campaign

### Special Events

- Walk the Walk
- Wellness Conference

### Suicide Prevention Coalition of Franklin County

- Suicide Intervention Training
  - QPR—Question, Persuade, Refer
  - Suicide Prevention Training

For more information go to: [www.mhaff.org](http://www.mhaff.org)



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# QR Codes

For  
Booklets and Brochures  
On Mental Illnesses  
In Alphabetical Order



Bipolar  
Disorder

Local Chambersburg  
Counseling Services  
Websites  
In Alphabetical Order



Pennsylvania  
Counseling

Local, State and National  
Mental Health Agencies  
Websites



MHAFF

Spring 2018 Edition

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## Local, State and National Mental Health Agencies

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SAMSHA - Substance Abuse  
and Mental Health  
Services Administration



NIMH - National Institute  
Of Mental Health

# Local, State and National Mental Health Agencies

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A Guide to Basic Needs Assistance  
For Franklin County, PA  
From Franklin County MH/ID/EI  
Mental Health, Intellectual Disabilities  
And Early Intervention



MHAPA -  
Mental Health Association  
Of Pennsylvania

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## Booklets and brochures on Mental Illnesses

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ADD, ADHD - Attention Deficit Disorder,  
Attention Deficit Hyperactive Disorder  
Symptoms - difficulty staying focused and paying attention,  
difficulty controlling behavior and hyperactivity



Autism Spectrum Disorder  
Symptoms - Social impairment, communication difficulties,  
repetitive and stereotyped behaviors

## Local, State and National Mental Health Agencies

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MHAFF- Mental Health  
Association of Franklin  
and Fulton Counties



SAM Inc. - Service Access and Management

## Websites for local Chambersburg Counseling Services

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Greencastle Family Practice



Summit Behavioral  
Health Services

## Booklets and brochures on Mental Illnesses

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Bipolar Disorder

It is also called manic-depressive illness. People with bipolar disorder go through unusual mood changes. Sometimes they feel very happy and "up," and are much more active than usual. This is called mania. And sometimes people with bipolar disorder feel very sad and "down," and are much less active. This is called depression.



Bipolar in  
Children and Teens

When children develop the illness, it is called **early-onset bipolar disorder**. This type can be more severe than bipolar disorder in older teens and adults. Also, young people with bipolar disorder may have symptoms more often and switch moods more frequently than adults with the illness.

## Booklets and brochures on Mental Illnesses

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### Borderline Personality Disorder

Most people who have borderline personality disorder suffer from problems with regulating emotions and thoughts, impulsive and reckless behavior and unstable relationships with other people.



### Depression

Some symptoms of depression include feeling sad or "empty", feeling hopeless, irritable, anxious, or guilty, loss of interest in favorite activities, feeling very tired, not being able to concentrate or remember details, not being able to sleep, or sleeping too much, overeating, or not wanting to eat at all, thoughts of suicide, suicide attempts and aches or pains, headaches, cramps, or digestive problems.

## Websites for local Chambersburg Counseling Services

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### Pathways Counseling Services



### Pennsylvania Counseling Services

## Websites for local Chambersburg Counseling Services

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Lutheran Counseling  
Services



Momentum  
Services

## Booklets and brochures on Mental Illnesses

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Chronic Illness &  
Mental Health



Depression  
What You Need to Know - Booklet

## Booklets and brochures on Mental Illnesses

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Depression and  
College Students



Depression and Women

## Websites for local Chambersburg Counseling Services

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Franklin Family  
Services



Keystone Behavioral  
Health Center



## Websites for local Chambersburg Counseling Services

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Centerpoint  
Counseling Services



Francis Leiter  
Center

## Booklets and brochures on Mental Illnesses

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Men and Depression



Depression and  
Older Adults

## Booklets and brochures on Mental Illnesses

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Teen  
Depression



Child and Adolescent  
Mental Health

## Booklets and brochures on Mental Illnesses

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A.A. for the Alcoholic  
With Special Needs



A.A. for the Older Alcoholic  
- Never Too Late



Alcoholics Anonymous  
District 35, Area 59, Eastern Pennsylvania



Frequently Asked Questions about A.A.  
(Formerly 44 Questions)



Treatment for  
Children with MI



Eating Disorders  
The eating disorders anorexia nervosa, bulimia nervosa, and binge-eating disorder, and their variants, all feature serious disturbances in eating behavior and weight regulation. Severe distress or concern about body weight or shape, or extreme efforts to manage weight or food intake, also may characterize an eating disorder.



Fact Sheet on Stress



### General Anxiety Disorder

All of us worry about things like health, money, or family problems. But people with GAD are extremely worried about these or other things, even when there is little or no reason to worry about them. They are very anxious about just getting through the day. They think things will always go badly. At times, worrying keeps people with GAD from doing everyday tasks.



Suicide in America:  
Frequently Asked Questions



### Anger Management



### Social Anxiety Disorder

Some signs and symptoms of people with SAD include being very anxious about being with other people and have a hard time talking to them, even though they wish they could, being very self-conscious in front of other people and feel embarrassed and being very afraid that other people will judge them



### Suicide Prevention

Suicide is a major public health concern. Over 41,000 people die by suicide each year in the United States.



### Obsessive-Compulsive Disorder

People with OCD feel the need to check things repeatedly, or have certain thoughts or perform routines and rituals over and over. The thoughts and rituals associated with OCD cause distress and get in the way of daily life.



### Panic Disorder

People with panic disorder have sudden and repeated attacks of fear that last for several minutes or longer. These are called **panic attacks**. Panic attacks are characterized by a fear of disaster or of losing control even when there is no real danger.



### Postpartum Depression

Postpartum depression is a mood disorder that can affect women after childbirth. Mothers with postpartum depression experience feelings of extreme sadness, anxiety, and exhaustion that may make it difficult for them to complete daily care activities for themselves or for others.



### Post-Traumatic Stress Disorder

PTSD is a real illness. You can get PTSD after living through or seeing a dangerous event, such as a war, a hurricane, or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.



### Seasonal Affective Disorder

which is characterized by the onset of depression during the winter months, when there is less natural sunlight. The depression generally lifts during spring and summer



### Schizophrenia

People with the disorder may hear voices other people don't hear. They may believe other people are reading their minds, controlling their thoughts, or plotting to harm them. This can terrify people with the illness and make them withdrawn or extremely agitated. People with schizophrenia may have hallucinations, delusions, thought disorders, movement disorders and a flat affect.