

Hope on Your Phone

Mental Health & You App Brings Resources as Close as the Tip of Your Finger



The Center for Health Care Services has created **Mental Health & You (MHU)**, a full-featured mobile resource informing people about mental illness and providing paths to wellness. MHU brings hope to smartphone users with a mental health ‘university’ of knowledge for people affected by mental illness:

Direct crisis hotline connection: every screen in the app has a “Get Help Now” button for quick access to the crisis hotline or 911

Signs & Symptoms: information about nine prevalent mental disorders, including a section titled “Should I Be Worried?”

Resource Center: an interactive directory of 24 local, regional, and national agencies and organizations that can help

Did You Know: a collection to inform and encourage, including:

Famous People: bios of 10 historic figures with diagnosable mental illness

Factoids: statistics and research findings that teach and support action

Stigma Busters: three myths debunked

FAQs: answers to common questions asked by families and friends of people affected by mental illness

Mental Illness in Movies: reviews of 10 movies that explore aspects of mental disorders (i.e. Benny & Joon, A Beautiful Mind...)

UPDATE

Now Available: MHU for Any Service Area

Bexar County’s “Mental Health & You” App Provides a Template

MHU has a Content Management System (CMS) that can be populated with information specific to any service area, so cities, counties, school districts and mental health providers can upload their crisis hotline numbers and local resources to tailor MHU to their residents.

Expanding MHU’s Reach

MHU is now available for both iOS and Android mobile platforms.

Download
MHU today.



THE CENTER
FOR HEALTH CARE SERVICES
Mental Health & Substance Abuse Solutions

Where hope and healing begin.

Bring MHU Home with You



Start the Process toward an MHU in Your Area

MHU can be customized with information from any service area. The MHU CMS allows an authorized user to populate the app with appropriate local organizations and agencies, and set a custom crisis hotline number. If you're interested in bringing MHU to your community, please complete this form and mail it to the address at the bottom of the page.

NAME	TITLE
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ORGANIZATION

EMAIL ADDRESS	PHONE
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MAILING ADDRESS

CITY	STATE	ZIP
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QUESTIONS OR COMMENTS

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Mental Health Resources in your Pocket

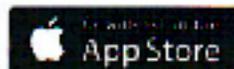
Mental Health & You (MHU) is a new mobile application that helps people identify today's prevalent mental health disorders, and provides tools to help people maneuver through a mental health crisis.

Don't Be Ashamed, Be Informed

Do not be ashamed or afraid to take action. If you or a loved one in your household suffers from depression, PTSD, substance abuse, schizophrenia or other disorders, seek help. Don't let mental illness stop you—get the app, find a resource and get on the road to hope and healing.

Treatment works, recovery is possible, and help is available.

Download
MHU today.



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