MHF Goals

- Identify problems and help people design a solution
- Initial support and problem-solving for people who need someone to listen and care about their life
- Refer people who need help to resources and provide continued support and care when needed

A problem shared is a problem half solved!

MHF: Definition

A process in which a facilitator cares for individuals with emotional and behavioral needs and assists with the achievement of problem-solving and self-determined goals

Community-based helpers

- Empower people to become more self-sufficient
- Decrease burden on community health care system
Cost-Effective Mental Health Treatment

Investing in mental health has economic benefits in terms of business and work productivity

- Preserving and improving worker mental health is cost-effective
- Gainful employment is associated with good mental health
- Billions of dollars are lost annually due to worker stress

Making Referrals

- Become familiar with referral resources available within the community
- Have a list of resources, especially when information is needed quickly
- Recognize what situations you can and cannot work with
- Learn who in your area can handle what kinds of situations
- Reduce the barriers to referral sources