



SPIREPOINT
PRIVATE CLIENT

SpirePoint Charity Spotlight

Each month, SpirePoint Private Client highlights a charity that is doing excellent work in our community. This month, we have chosen the Mental Health Association in Indian River County.

The Mental Health Association (MHA) provides immediate access with no barriers to mental health care. As the only local mental health agency to offer a no-cost, no-appointment Walk-In and Counseling Center, MHA provides free mental health screenings to all community members in need.

In May 2024, MHA expanded its reach with the Parent and Child Center (PACC). The Academic Skill Building Program, a program within the PACC, provides individualized support to children and teens with sessions on how to stay organized, cope with change, regulate emotions, solve problems, and build essential life and academic skills.



MHA fosters community connection through free weekly support groups, such as the Adult Mood and Anxiety Support Group, Women 55+ Empowerment Classes, and a Veteran's Meet-Up Group.

With three Drop-In Centers, a Mental Health Clubhouse in Okeechobee, and the annual MHA Rocks! fundraiser, MHA continues to expand its impact across Indian River County. MHA Rocks! –an event based around live music and mental wellness– draws hundreds of community members, leaders, and volunteers each February, with proceeds directly funding the free services that so many rely on.

You don't have to be a mental health professional to make a difference. Support MHA by donating, sponsoring, or joining them at their inaugural "Boujie Handbag Bingo" fundraiser for the PAC Center on November 7th. By supporting the Mental Health Association, you're helping build a future where mental health care is accessible to everyone, without stigma and without barriers.

Scan the QR code for more information.

Please visit mhairc.org or call 772-569-9788

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