

# 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.

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NAME	TITLE
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ORGANIZATION
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EMAIL ADDRESS	PHONE
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MAILING ADDRESS
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CITY	STATE	ZIP
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QUESTIONS OR COMMENTS
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