



EXPERIENCE

Activist/advocate with in-the-field experience, understands how to lobby for the approaches that bring recovery

Family member who knows the value of crucial information-based support; practical guidance and providing self-help tools

Co-author of the State Office of Mental Health commissioned “Family Survival Handbook” and a Family “rights” Pamphlet; has a broad knowledge of successful strategies

Chair of NAMI-NYC Metro’s Media & Advocacy Group has personal contacts with many of the leading mental health organizations

Professional background as fourteen year principal of own marketing and public relations firm, has strong research and advocacy skills



Mental Health
Resources



Mental Health
Resources

Peer Support

Educational Services

Coaching Services

mentalhealthd.org

Everybody Needs a Team!

Judith Carrington, Founder of Mental Health Resources, can provide peer support, educational and coaching services to help you!

Everybody Needs a Team!

Contact us:
mail@mentalhealthd.org

mentalhealthd.org





Are you?

A family member or friend
of someone suffering with
mental illness?

A person suffering with a
mental illness?

Or

A Mental health provider?

While saving time and
frustration Mental Health
Resources can help!

We help you

- Navigate the mental health system to find services successfully
- Receive support negotiating with mental health professionals
- Review and institute a plan to improve your current situation
- Partner to build an independent life—securing treatment, employment, housing and more
- Learn how to enlist families to get better outcomes

For Mental Health Providers:

We offer workshops, seminars and presentations on how to enable families to become constructive and equal members of the treatment team, to lighten your load and to improve outcomes

Here's how we do it

Families & Consumers:

- Inform about treatment, care and services, programs, policies procedures and the right to participate
- Coach how to work with mental health professionals to obtain housing, vocational support, peer education, resources and benefits
- Help to understand and handle the emotional stages everyone goes through—denial, anger and bargaining—to become your best advocate
- Give you the positive information about the proven good news that the majority suffering from mental illness do “recover” over time
- Open your eyes to the “trial & error” aspects of prescribing medications, arriving at psychiatric diagnoses and the limits of the mental health system