

## National Mental Health Consumers' Self-Help Clearinghouse

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**Who We Are:** The National Mental Health Consumers' Self-Help Clearinghouse (the Clearinghouse) is a consumer-run national technical assistance and resource center funded in part through a grant from the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. The Clearinghouse fosters recovery, self-determination, and community inclusion. We serve mental health consumers/survivors, peer-run service and advocacy organizations, family members, mental health professionals and service providers, policy makers, and the public.

**Our Mission:** The Clearinghouse mission is to make recovery possible for all individuals who have psychiatric histories by working to improve mental health services and supports; to remove social barriers to community integration on the local, state and national levels; to help individuals diagnosed with mental health conditions empower themselves so that they can advocate for their rights; and to promote the principles of cultural competence and community inclusion.

The Clearinghouse was the first mental health consumer-run national technical assistance center, conceived by founder Joseph Rogers in order to foster the consumer/survivor movement and aid in the recovery of individuals with psychiatric histories. It sparked the development of additional national technical assistance centers that serve mental health consumers/survivors. More than 25 years after its establishment, the Clearinghouse continues to connect people to self-help and advocacy resources and offer expertise to and about peer-run groups and organizations that serve individuals who have been diagnosed with mental health conditions. The Clearinghouse also provides an array of trainings, including a three-module self-advocacy training called the Freedom Self-Advocacy Curriculum.

### The Clearinghouse:

- Provides technical assistance/training

- Supports consumer/survivor involvement in planning and evaluating mental health services
- Provides technical assistance to develop and promote peer specialist training programs
- Combats discrimination and stigma
- Fosters the creation of local self-help groups and statewide consumer/survivor networks
- Promotes networking through a monthly national teleconference of consumer/survivor leaders
- Counsels consumer/survivor leaders on:
  - Raising funds
  - Recruiting members
  - Developing skills
  - Publicizing activities
  - Implementing peer-run services
- Publishes the *Key Update*, a monthly e-newsletter distributed to thousands of consumers/survivors nationally, with “news you can use.”
- Publishes the *Key Assistance Report*, a periodical providing technical assistance on topics including Trauma, Sustainability, LGBTQI Issues, Certified Peer Specialists, Wellness, Spirituality, Smoking Cessation, Youth Suicide, and others.
- Has created a national directory of Consumer-Driven Services (<http://www.cdsdirectory.org>).

**Assigned States:** The Clearinghouse is assigned to work with Delaware, Illinois, and Wyoming.

The Clearinghouse has aided consumer/survivor leaders in these states in the creation and development of statewide consumer/survivor organizations.

### Two Areas of Concentration (see also above):

- Peer Specialists
- Rights Protection

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