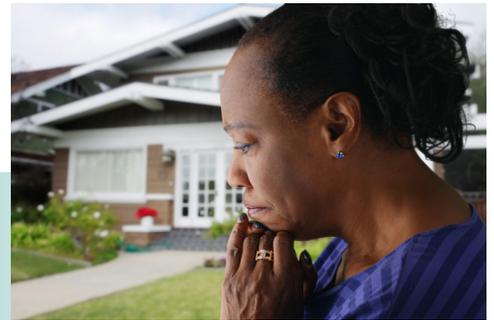


Your year-end donation brings stability to broken lives

To Friends of Mental Health Advocates of WNY,

Sandra lives with a mental health diagnosis and is no longer able to work. She started the process of applying for Social Security Disability while she was living in another state, but had not completed it before moving back to Buffalo to take care of her elderly mother.



"AT THE TIME, I DID NOT KNOW HOW DIFFICULT THE PROCESS WOULD BE ON TOP OF MY OWN ISSUE OF SEVERE DEPRESSION AND EVERYTHING THAT COMES WITH THAT: THE ISOLATION AND NOT TREATING YOURSELF WELL. I WAS IN SUCH TURMOIL THAT I DIDN'T SEEK OUT HELP OR ANY SUPPORT FOR MYSELF."



Pictured above: Bruce McAllister, MHA attorney

A family friend suggested that Sandra contact Legal Services at Mental Health Advocates of WNY (MHA) for help. She was quickly linked with one of our attorneys. "I had a lot of documents with me and MHA was very patient and very kind. You're overwhelmed and you need help to put things in order. MHA let me know that I'm okay and my life would be better when I finished this process." Sandra was awarded her Social Security Disability thanks to Legal Services.

"MY LIFE HAS IMPROVED 100% SINCE MHA HELPED ME."

Sandra's story is not unique. When people call MHA looking for help with a legal issue, they often have nowhere left to turn. They have exhausted both their financial and emotional resources while trying to manage their own mental health challenges. Legal Services aids our clients in becoming financially stable. The money they are awarded helps meet basic expenses such as food, medical costs and rent.

IN 2018 ALONE, LEGAL SERVICES CLIENTS HAVE BEEN AWARDED OVER \$580,000

Like Sandra, individuals and families living with the challenges of mental illness often sustain economic and social hardships. In 2018, Legal Services of MHA served over 875 individuals with civil matters, including Social Security Disability/Supplemental Security Income, landlord/tenant disputes, child custody, bankruptcy and divorce.

With your support, we are able to keep this program free of charge for those in need. Please consider making a contribution today.

Heartfelt thanks,

A handwritten signature in black ink that reads "Thomas Baker".

Thomas Baker, MHA Board Chair

A handwritten signature in black ink that reads "Ken Houseknecht".

Ken Houseknecht, MHA Executive Director



mental
health
advocates
of WNY
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