

ACT for Mental Health, Inc.

Dear Friends and Loyal Supporters,

November, 2011

How do you handle the times when you are stressed out, down in the dumps, or just plain overloaded?...Imagine that stress multiplied ten to twenty times!... It's not easy, is it?

Still, the people who come to ACT for help in managing these stressful times are often living with multiple stresses in their lives day in and day out.

ACT's clients have the same human needs as everyone else for love, work and for play, but somehow circumstances in their lives have created pressures--maybe they made a wrong turn, or perhaps they were dealt a genetic problem from the beginning.

ACT for Mental Health understands. ACT's mission and its purpose is to provide a secure and safe place for ordinary people and for people with special problems to find new ways of thinking about, acting upon, and managing life issues. We do not undertake this work lightly. We require that our therapists are licensed, insured and/or are working under supervision for licensure. We require that therapists have 'heart' and that they are versatile and competent.

ACT is a "people's place".

This is our annual report and appeal for funds to support ACT's community-based services. ACT does not have government contracts but relies on low-fee self pay by clients matched by community donations. Our overhead is only 5%, in part because we are housed in a surplus City of San Jose building. We believe that our Silicon Valley community has a great need for a community clinic that gives affordable mental health care..... ACT for Mental Health is that clinic!

In the year, 2010, ACT provided 2784 service hours to approximately 387 different persons. Those services were for individual counseling for a range of issues, but especially for anxiety and depression along with issues such as child trauma and loss, grief, marital problems, family issues, court-mandated evaluations. Group services range from therapeutic social club meetings (the Fireside Friendship Club) to support groups for both men and women Spanish speakers, anger management and parenting groups or classes. Free community services include mail slots for homeless people, information and referral to community resources. You will see more of our demographic break-out on the statistical page included.

Some say that ACT's work is the best kept quality mental health secret in town! Now you share in the secret and we trust that you will join us with whatever contribution you can afford in order to keep ACT's amazing work funded and viable. Remember to check us out at our newly redesigned website, www.ACTmentalhealth.org or e-mail actnow@ACTmentalhealth.org. We have PayPal for your convenience.

Sincere Best Wishes and Good Thoughts,

Wanda Alexander, lcswh, bcd, CEO

Board Member