

THE MENTAL HEALTH CRISIS IN AMERICA

1 in 5 Americans over the age of 18 have a mental health condition. Approximately **1 in 25 adults** in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness, such as bipolar, schizophrenia or major depressive disorder, in a given year that substantially interferes with or limits one or more major life activities.

- National Institute of Mental Health (2016)

Chances are that you or someone you know has been impacted and didn't know where to turn.

What if there were a place here in Dallas...?

- ☑ That was a safe and dignified destination for people diagnosed with severe mental illness to engage in life and find hope for a more independent, self-sustaining tomorrow.
- ☑ That was a voluntary program for members that focused on what all people want and need: meaningful relationships, meaningful work and a sense of belonging.
- ☑ That used a proven, evidence-based and transformative model of psychosocial rehabilitation according to SAMSHA/US Dept of Health and Human Services and had received official accreditation, the seal of approval, from its international accrediting body.
- ☑ Where members and staff work side-by-side to run the non-profit, schedule activities, find jobs, reach educational goals, receive assistance with benefits and housing AND serve tasty, nutritious lunches!
- ☑ Where 75% of its members reported fewer psychiatric hospitalizations and 85% reported a higher level of life satisfaction through participating.
* Clubhouse Texas Member Survey /PLAN Clubhouse – 8/18
- ☑ And that was FREE for members to join.



There is.

PLAN @ 1121 ROCK

People Living Active Now

AN ACCREDITED CLUBHOUSE ORGANIZATION



Arapaho Gardens • 1121 Rockingham Dr. • Richardson TX 75080 • 972-379-9904 • www.planntx.org
Lunches served Monday – Friday. Your first lunch is free!



PLAN of North Texas • Recovery Support for Adults with Severe Mental Illness and their Families
A program of Jewish Family Service • 5402 Arapaho Rd • Dallas TX 75248 • 972-437-9950
www.jfsdallas.org