

How you can help

Many individuals and their families have fought long, hard battles against mental illnesses and the stigma associated with them. Your support of Central will help bring vital services to the people in our area who need the help the most. No one is ever turned away from the Center because of an inability to pay for services. This makes your contribution even more essential.

Donations may be mailed to:

Central Montgomery Mental Health
& Mental Retardation Center
1100 Powell Street
Norristown, PA 19401

If you have any questions regarding donations or any of our services, call (610) 277-4600.



1100 Powell Street
Norristown, PA 19401

phone: (610) 277-4600 web: www.centralmhm.org

Children and Family Services

The severity of the psychiatric problems that children are experiencing is increasing at an alarming rate, requiring us to continually expand our services to meet these very important needs. Almost half of the services currently available are designed to help children. The following represents a sample of the services available.

Wraparound Services

Highly individualized mental health interventions designed to support a child in his home, school and community.



Child intensive Case Management

For children and adolescents from birth to 18 whose functioning is severely impaired and who have multi-system needs. This empowers families to seek needed support and services and reduce hospitalizations.

Family Based Services

Community-based therapy and support services to children and adolescents with emotional and behavioral problems. Provides therapy in a family's home emphasizing communication skills and family conflict management.



Clinical Options toward REcovery (CORE)

Outpatient and Intensive Outpatient Treatment for adolescents, adults and families who are affected by drug and alcohol problems.

Preschool Intervention Program (PIP)

A therapeutic, center-based program designed to meet the needs of children ages 3 to 5 who have behavioral, social and emotional difficulties. The treatment team includes a child psychiatrist, psychologist, therapist, and other trained professionals.

Family Life Education & Counseling Services (FLECS)

A therapeutic program designed to address the social, emotional, educational and behavioral problems of children ages 5 to 12 years.

Adult Services

Approximately one in five American adults have their lives interrupted by some form of mental illness. Central provides the necessary support to enable people living with mental illness to be productive members of society. A partial list of services appears here.

Outpatient Services

Clinical support providing communication and coping skills on an individual, couple and family basis.



Case Management

A range of services including community support, resource referral, assistance in accessing care and intensive supports.

Intensive Outpatient Program

A comprehensive therapeutic experience, including behavioral and cognitive skills training, symptom and medication understanding and management techniques, family psycho-education and peer mentoring.

Acute Partial Hospital Program

An all-day, short-term program that helps in the transition of adults recently discharged from psychiatric hospitals, or who may be at risk for hospitalization.

Clinical Options toward REcovery (CORE)

Structured support for people with addiction problems.

Senior Outreach Services (SOS)

For homebound persons ages 60 and older providing in-home evaluations, medication management and caretaker training.



Certified Peer Specialist Services

Provide support, advocacy and peer counseling services by sharing personal experiences of hope and recovery.

Community Outreach

Provide interaction, support and education for local businesses and community services.

Central to Us All





We are Central

The mental, emotional and developmental health of each member of the community is central to the quality of life of everyone who works or lives in Montgomery County.

Central Montgomery Mental Health/Mental Retardation Center, or Central, is the oldest, private, not-for-profit, multi-service community mental health center in Montgomery County, PA. We provide services to more than 4,000 individuals and families through specialized programs, covering a full spectrum of behavioral health services.

Programs are available for all age groups, from pre-schoolers to adolescents to seniors.



Our mission

Central Montgomery Mental Health/Mental Retardation Center provides comprehensive mental health, mental retardation and substance abuse services for all people in need regardless of their ability to pay, educating the community in sound mental health practices and the training of mental health professionals in all disciplines.

The reach of mental illness

Mental illness respects no boundaries. It is an equal opportunity disease that can affect anyone – young or old, rich or poor, urban or suburban.

Mental illness is arguably the most misunderstood affliction as it wreaks havoc, creating fear, stigma, and confusion. Fortunately, with the advances in research and the efforts of advocacy groups, the myths surrounding mental illness are slowly being dispelled. This improves the likelihood that those who need help, seek it out. And it improves the quality of life of the community as a whole.



People with mental illnesses enrich our lives

Abraham Lincoln and Winston Churchill experienced depression. Patty Duke and musician Peter Gabriel live with manic depression. Nobel laureate John Nash lives with schizophrenia. Even Michelangelo coped with mental illness.



Abraham Lincoln



Winston Churchill



Peter Gabriel



Patty Duke



THANKS!

SEND IT HERE!

Central Montgomery Mental Health & Mental Retardation Center
1100 Powell Street
Norristown, PA 19401

Become a Partner! Central MH/MR is a 501(c)(3) non-profit organization. Your contributions are tax deductible.

Yes, I want to become a supporter of Central Montgomery Mental Health/Mental Retardation Center.

\$35 Basic Partnership level.

Additional donation options \$50 \$100 \$250 Other _____

Make checks payable to Central MH/MR.

Name _____
Address _____
City State Zip _____
Email _____

Or support us online! Go to www.centralhmr.org

“My Life Starts Today”

That’s an unexpected statement from a woman of forty-six. But then again, Karen’s life has had many unexpected moments.

Karen’s struggles began with the accidental death of her teenage son. Unable to deal with the grief, she began a descent into severe depression. Not only was her own life at risk, the lives of her two remaining sons were impacted as well.

“I didn’t want to kill myself,” Karen admits. “I just didn’t care if I lived or died.”

Treatment at a psychiatric hospital could only do so much. Karen entered the Acute program at Central to continue her care.

“The people at Central did more than change my life—they saved it.”

Through group and individual therapy, Karen learned that life doesn’t have to end with the death of a child.

“Therapy at Central helped me express myself with my voice. Then the creativity came.”

Karen has embarked on a new life, one filled with art and promise. She still returns to Central calling it her “relief valve” for whenever pressure builds.