

What is a Youth Housing Navigator?

Staying in school, getting a job or maintaining healthy relationships is difficult when the immediate concern is where you'll sleep tonight. But searching the world of housing resources can be daunting.

MHA Youth Housing Navigators help young adults to identify and access resources that fit their individual needs and circumstances. Initially, this involves securing or sustaining housing. It also could mean connecting young adults with meaningful benefits, such as health insurance, food resources, mental health services, job training or employment opportunities.

MHA Youth Housing Navigators focus on individuals ages 18 to 24 who are experiencing homelessness or at risk of homelessness. There is no cost to work with an MHA Youth Housing Navigator.

Do you need help with affording your apartment for a period of time while you get things going? We can help connect young people with short-term funding programs that will give them the window they need to find stability with their housing.

Our empathetic team members are experienced working with individuals from all backgrounds as well as persons with physical disabilities or mental health concerns.

To learn more, visit:

WWW.MHAINC.ORG/YOUTHNAV

What We Do

MHA (Mental Health Association) helps people live their best life. We provide access to therapies for emotional health and wellness; services for substance use recovery, developmental disabilities and acquired brain injury; services for housing and residential programming, and more. With respect, integrity and compassion, MHA provides each individual served through person-driven programming to foster independence, community engagement, wellness and recovery.

Why It Matters

The youth, adults, seniors and families we serve want the same things in life as anyone: to have friends, work, go to school, have meaningful relationships, express themselves (and be heard), and be accepted in their community for who they are. With our help and resources from a caring community, people can live their potential, in their community, every day.

How We Think

Starting in the 1960s, MHA's groundbreaking efforts and advocacy helped to transition people away from institutional living to a life in our community. This became a model for the deinstitutionalization movement. Today, our leadership continues to advance awareness of mental health conditions and needs at local, regional and national levels. We drive compassionate care for those challenged by mental health, developmental disabilities, substance use, homelessness, acquired brain injury and more.



Respect, Integrity & Compassion

MHA Youth Navigators

*GUIDING YOUNG ADULTS
TO HOUSING SOLUTIONS*



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How Can We Help?

MHA Youth Housing Navigators approach homelessness solutions from multiple perspectives.

Are you a youth who needs help with your housing?

- Between homes
- Unsafe, unstable or insecure housing
- Currently in a shelter
- Lacking resources to sustain housing

There are many community resources, but finding the right ones can be confusing and frustrating. An MHA Youth Housing Navigator can help you identify and access the right ones for you.

Are you a provider of housing and support services?

- Shelters
- Youth serving organizations
- Other state-funded agencies

MHA can bridge the gap between persons in need and the services you provide. We're a nonprofit organization and it costs you nothing to work with us. Let us support your team in finding housing solutions for youth you're working with.

Are you someone wanting to make a referral?

- Teacher, guidance counselor or librarian
- Health care provider
- Youth advocate
- Friend or neighbor

Perhaps you know someone who would benefit from a referral to MHA. We can help find the right resources and take the right steps to set up housing now and for the long term.

No matter your need or role, it's easy to start a confidential conversation with an MHA Youth Housing Navigator.

"If you went hiking on an unfamiliar trail, you'd want a guide to help you get where you want to be. That's pretty much what I do. I guide young adults in what can be an overwhelming process to find housing. And if someone doesn't have health insurance, benefits or support services, I help them get it. MHA understands what you're facing and we're here to help you. Let us."

- MHA Youth Housing Navigator

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In Hampshire, Franklin or Berkshire Counties:

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← *tear along the line to detach contact info*

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