



Mental Health Association and Welcome Resource Centre News Letter



January 2020

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MHA Telethon 2020



The COVID pandemic made it impossible to hold the Annual Banquet to raise funds for the Welcome Resource Centre in 2020. Instead, the MHA held a telethon on October 10, 2020 to mark World Mental Health Day under the theme *Mental Health for All. Greater Investment. Greater Access.*

Color Blind Productions, the Belize Music Industry, BTL and SMART offered invaluable technical assistance. Channel 7, Krem, Love, Positive Vibes, Wave Radio and TV, Reef Radio, Universal Fm, TNC all carried the event live and many organizations and individuals donated their time and talents to produce a smooth-flowing five hours of non-stop entertainment and information. Our hosts included William Neal, Tamar Jones, Orson Pickard, Indira Craig, Dionne Chamberlain, Marlon Flores, Sahar Vasquez, Joseph Stamp Romero, and Jorge Leon. Emmert Usher and his One-Man Band kept us moving while Ras Indio, the Garifuna Collective and Super G offered great video entertainment and messages of support. We heard moving messages from advocates representing a cross section of people and inspiring information about the work of the Welcome Resource Centre and School Counsellors, the Ministry of Health Community Health and the Public Service Employee Assistance programmes, aids to maintaining mental well-being as well as sources of assistance.

Telethon & Sleep It Out

The MHA expresses its sincere thanks to everyone who answered our call and helped us bring in over \$10,000. Anyone still wishing to support the work of the Welcome Resource Centre can send their donation to:

Mental Health Association, Account Number:0009131310 at Heritage Bank (Princess Margaret Drive branch).

Please send us an email so we know who our donors are.

In addition, we still have some T-shirts from the event that you can wear to show your support.

Available in black, white, **** (list colours available) and all sizes for only \$15.00 each.



Thank You



The Board, Staff and Participants of the Welcome Resource Centre would like to thank everyone who donated, supported and stopped by the Center in 2020. Last year was a rollercoaster ride, but we got through it thanks to everyone who showed us continuous support. We would also like to show gratitude towards our member who donate on a regular basis as well as our lovely volunteers. Shout out to all the businesses and corporations who are always willing to assist us in any way possible. We are able to keep on doing what we love to do because of you.

Community Service

BEL Community Service Awards

BEL showcased several organisations that are working to improve the lives of Belizeans in a wonderful video that highlighted the work these groups are doing, especially that linked to COVID. The Welcome Resource Centre was the last but not the least of these. Catch the link <https://fb.watch/2lzjjQfwK8/> to enjoy the upbeat and informative interview with Joyce Ellis, the WRC administrator.

Kindly visit our Facebook page to see more about our sponsors and activities

WRC Christmas Party 2020

The Staff and participants of the Welcome Resource Centre would like to extend a warm thank you to the following people who made our Christmas a little brighter. Merry Christmas and a safe and prosperous New year.


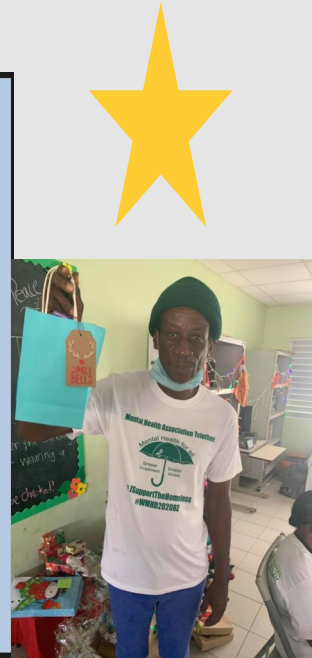
- Alice Ellis
- Mike Gentle
- Sherett Lewis
- Penelope Casarola
- Carmella Gallego
- Roxanne Cleland



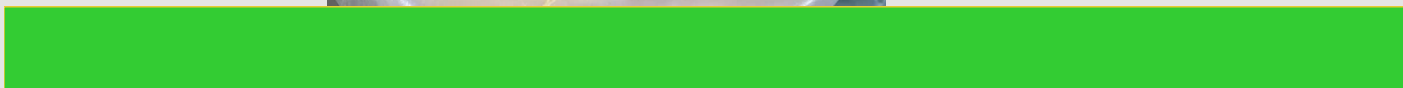
Logos for Belize Electricity Limited, Belize High School, and GOM Belize (Reaching People - Changing Lives...).



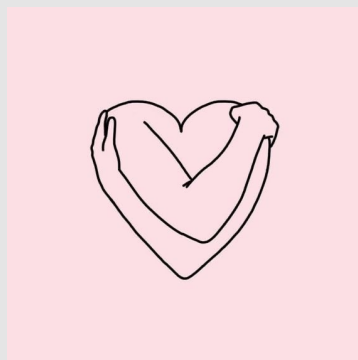
Logos for The Salvation Army, Lions International, and Hamberlain Consulting.



Logos for QSA, Bottom, and Mask On.



Collage



Upcoming Events

MHA:

- Conference for Mental Health Professionals in April
- AGM in April
- Youth Conference by remote for students to submit photos and short videos about their own mental health during COVID – date to be determined.
- **Website:**
<https://www.mentalhealthassociation.bz/>



WRC:

- In-home *Sleep it Out* for students to earn community service points in March

Website <https://www.welcomeresourcecenter.bz/>



Be sure to follow us on Facebook.

