



“you know me”

I own a small day spa. I’m an in-home caregiver and I live with the disease of addiction.

Getting help was my first step to recovery. Today, I help others and my future is bright. Resources are available. Take the first step. To find a local treatment provider, visit www.alaska211.org or call 2-1-1.

Catelyn Schnell is a small business owner.

The TRUST
The Alaska Mental Health
Trust Authority
www.mhtrust.org

Advisory Board on Alcoholism
and Drug Abuse



Alaska Mental Health Board

www.hss.state.ak.us/abada/