



Andrea Schmook,
Anchorage, recovered person, advocate

**Like one in five
Americans every year,
I've had a mental illness.**

**YOU
KNOW
me...**



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

Treatment works and recovery does happen.

New national legislation says that if your health insurance covers mental illnesses, benefits must begin matching the coverage for other diagnoses.*

Finally, we've got it! Mental health IS part of overall health.

Talk to your doctor or mental health center.

For more information and referrals dial 2-1-1 (or 1-800-478-2221) or go to www.alaska211.org.

*Amends ERISA and impacts businesses that employ 51 or more people and offer health insurance with mental health coverage. (Effective October 3, 2009.) Most plans will have to be compliant by January, 2010. Special provisions for collective bargaining agreement plans.