



***I'm a wife, mom, artist
and I struggle with
debilitating depression.***

you know me...

One in six adults and almost one in ten children experience a mental illness. For many, the stigma associated with the illness is as challenging as the illness itself. Thankfully, mental illness can be managed through medication and therapy – allowing people, like me, to lead full and productive lives.

Treatment works and recovery happens. If you or someone you know needs help, take the first step. Find resources in your community in the Alaska Behavioral Health Resource Guide at <http://hss.state.ak.us/amhb/> or call 888.464.8920.

Advisory Board on Alcoholism
and Drug Abuse



Alaska Mental Health Board

The TRUST

The Alaska Mental Health
Trust Authority

www.mhtrust.org

Marieke Heatwole is a successful metal smith artist, mental health advocate and past Alaska Mental Health Board member.