

Can't Find Mental Health Care? Found Great Care?

Are you having difficulty getting mental health or substance use treatment? Maybe you have access to a really great care! Mental Health America would love to know about your successes and difficulties in finding help. Please take a moment to fill out this quick survey. Note that all questions are optional – share with us as much as you would like.

Note that under the recent health care reforms, health plans should be providing an array of behavioral health benefits. Because these requirements are so new, not all of these benefits will be available right away, but together we can work toward comprehensive care. To learn more about what many health plans should provide, [please read more here](#).

We also encourage you to appeal denials with your insurance company if you have not done so, and file a complaint with your state Department of Insurance and the U.S. Department of Labor. It is crucial that your voice be heard. MHA is in coalition with Parity Is Personal. Your local MHA will also be able to direct you to more resources.

What state are you in?

What state are you in?

- None -

Enter other...

Who is your insurance provider?

Did your physician ask about your mental, emotional, and behavioral health at your last check-up?

☐ No

Share your story. What service or medication did you not have access to and why? Or if you have access to a great benefit, tell us more so we can share with others.

Would you be comfortable sharing contact information if we wanted to follow up with you (i.e. Name, E-mail, Phone number)? If so, please provide it below.

Submit