

Take the first step.  
Get help for yourself or  
someone you know.

We are all Alaskans.  
Parents, students, musicians, athletes...  
But that's not the whole picture.

FOR INFORMATION:

ABOUT MENTAL HEALTH

Substance Abuse and Mental Health Services Administration — Information on mental health conditions and how to treat them. Visit [www.samhsa.gov](http://www.samhsa.gov)

Mental Health America — Learn about specific mental health conditions and effective treatments. Visit [www.nmha.org](http://www.nmha.org)

ABOUT TREATMENT SERVICES

Alaska 211 — Health and human services information and referral phone line and website. Dial 211 or 1 (800) 478-2221 or visit [www.alaska211.org](http://www.alaska211.org)

Alaska Mental Health Board — Statewide Behavioral Health Resource Guide. 1 (888) 464-8920 or <http://hss.state.ak.us/amhb/>

ABOUT RECOVERY AND PEER SUPPORT SERVICES

Alaska Mental Health Consumer Web (Anchorage) — Peer support, resource development and consumer directed programs that help people improve their lives. (907) 222-2980 or [www.akmhweb.org](http://www.akmhweb.org)

Wellness Innovations Center (Anchorage) — Peer support for people in mental health recovery, helping each other move forward. (907) 562-7900

Polaris House (Juneau) — Clubhouse services for those seeking support or wanting to support others through recovery. (907) 780-6775

NAMI-Alaska — Support for mental health consumers, family members and caregivers. Visit [www.nami.org](http://www.nami.org)

Alaska Peer Support Consortium — Information, education and advocacy on behalf of many peer support organizations. Visit [www.akpeersupport.org](http://www.akpeersupport.org)

Medicare Information Office — One-on-one counseling, education and outreach to Medicare beneficiaries and their families. 1 (800) 478-6065 or <http://hss.state.ak.us/dsds/medicare/>

TO GET INVOLVED:

Sound Minds in Sound Bodies Campaign — Take care of your own mental and emotional health and help your friends and family too. Visit [www.hss.state.ak.us/abada/sound.htm](http://www.hss.state.ak.us/abada/sound.htm)

Mental Health First Aid — Learn how to identify when someone is in crisis and how to help. For information, contact Chris Gunderson, Director of Training and Development at (907) 222-2366.

Alaska Division of Vocational Rehabilitation — Job seekers visit <http://labor.state.ak.us/dvr/> to find a local Job Center. Employers contact Business Outreach Specialist, Micky Franks, 1 (888) 330-6468 to hire a qualified employee with a disability.

Alaska Mental Health Board — For more ways to get involved, call 1 (888) 464-8920 or visit <http://hss.state.ak.us/amhb/>



Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

<http://hss.state.ak.us/amhb/>  
(888) 464-8920

The TRUST  
The Alaska Mental Health  
Trust Authority  
[www.mhtrust.org](http://www.mhtrust.org)

# We all have challenges.

One in four Alaskans struggles with a treatable mental health condition.

It could be someone you know, a loved one, co-worker, friend or neighbor. It might be the person you least expect. It might even be you. But fear of being labeled can be as challenging as the disease itself. Help break the stigma associated with mental illnesses and addiction.

You know me....

## JOE

I work at The Wellness Innovations Center and I'm active in my community. In my early 20s I lost my job and apartment and ended up in a state mental hospital. I was diagnosed with schizoaffective disorder. It has been tough, but with treatment and services my life is back on track.

## ALEXANDRIA

My life on the autism spectrum has pros and cons. I can memorize anything that interests me with little effort. But often I feel overwhelmed and disorganized. I had a lot of trouble learning what to say and do in certain settings and was seen as a weirdo in school. To fit in, I experimented with drugs and alcohol. Since then, I've learned to cope by educating myself about my disorder. I will think and do things differently than most people, but that's okay. I may be quirky, but I'm lovable, too.

## SHARON

I'm a single mom and my son is the love of my life. I have a bachelor's degree in Criminal Justice and I'm looking forward to a bright future. During my childhood though, my future was dark. I endured repeated abuse and in adulthood was diagnosed with post traumatic stress disorder. The right diagnosis, treatment and support from my peers have helped me achieve recovery.



## KALYNN

Today, my family is together and strong, but we weren't always that way. When I was young, I experienced a traumatic brain injury. At 11, I started using drugs and alcohol and by 14 was sent out of state for mental health and substance abuse treatment. Now, I am back home with access to the treatment and support I need.

## ALVIN

I am a productive tax-paying citizen. I work as an employment specialist with Anchorage Community Mental Health Services, but for a long time I couldn't work or support myself. With help from Alaska Psychiatric Institute and others, I was diagnosed and found support and resources that helped me on the road to recovery.

## MINDY

I graduated from the University of Alaska with a degree in Human Services. Many people thought I wouldn't succeed because I have a fetal alcohol spectrum disorder (FASD). I was successful because I learned about FASD and found the right services and supports. I am a testament to the different abilities of people affected by FASD: we are capable.

Treatment works.  
Recovery happens.  
Resources are available.