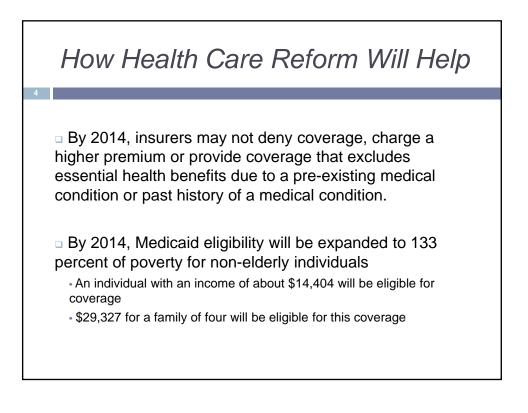


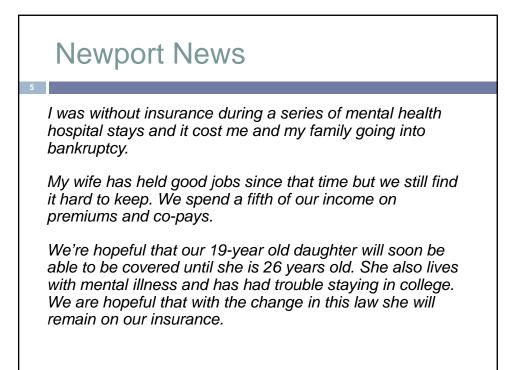
Hampton

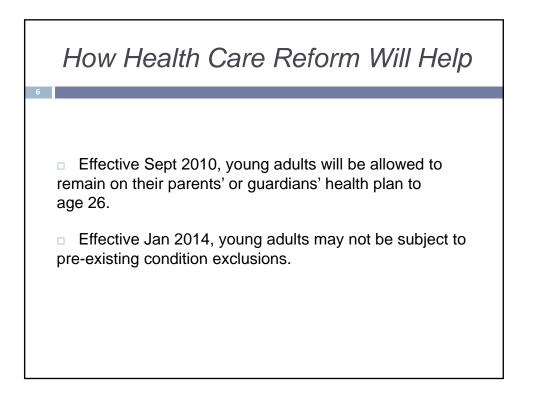
My 31-year old daughter is uninsured. She was diagnosed with bipolar disorder in 2002. She isn't ill enough to qualify for disability, isn't poor enough to qualify for Medicaid, and was denied coverage for private insurance. I've been paying for doctor appointments when I could afford them, along with medications. But now I can't afford to pay at all. In order to see a doctor, she goes to the emergency room.

When I last checked to see about insurance, I found out that a diagnosis of bipolar disorder is a disqualifier for insurance. And because she's overweight, that's another disqualifier.

I live in constant fear that she will get cancer or diabetes or something else like that.







Franklin

I have dealt with major depression for as long as I can remember. I begin working with hope and optimism, but eventually my mental health suffers, which also causes me physical symptoms.

Because I have no health care coverage, I have been unable to seek medical help. Because I can't afford medical help, I am too ill to work a meaningful job with a livable wage.

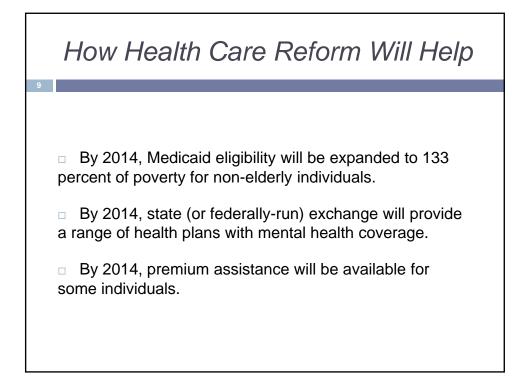
I am now 32 years old and in worse health than ever. I have never had a job with health care or that paid more than \$10 an hour. I have, however, had thousands of dollars of medical bills.

It is incredibly stressful to live a life with no health insurance. It is hard not to be hopeless when you have no money, bad health, and no end in sight.

Roanoke

I have gotten services at my local CSB on and off for the past 6 years. They helped me stabilize but it has not been easy. I had some relapses and burned bridges with a lot of people who cared about me. I'm on the road to recovery and it feels good. After a long struggle including homelessness I was diagnosed with bipolar disorder. In my darkest days I spent many awful nights homeless. I'm much better now.

I don't have Medicaid. I was told I don't qualify. When I need to go to the doctor I pay a sliding scale. I now have a parttime job that I love so I make small payments for my appointments. It's hard to keep up with the payments but I try my best.

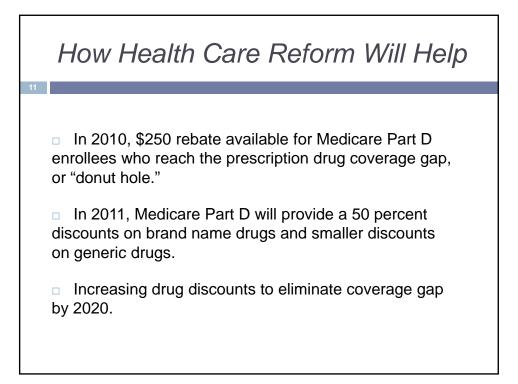


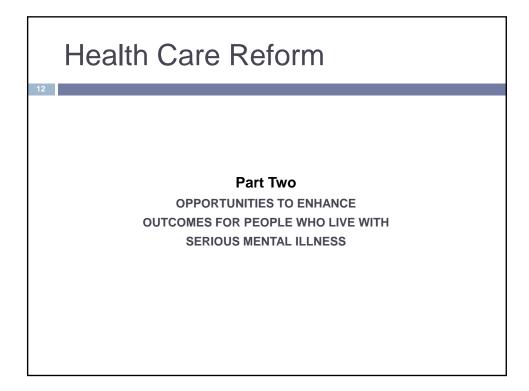
Virginia Beach

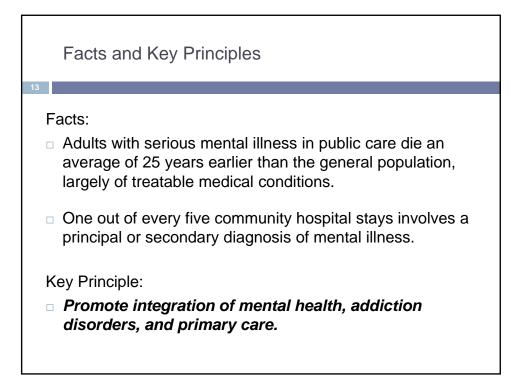
I have Medicare Parts A, B and D. I have just reached the donut hole in the Medicare Part D plan so [one] medication now costs over \$300 per month.

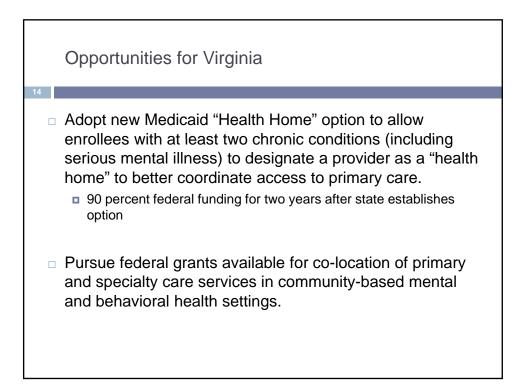
Because of this I have discontinued using the medication because I can't afford it. This subjects me to severe withdrawal. I have also had to discontinue another medication for the same reason and don't know if my psychosis will return.

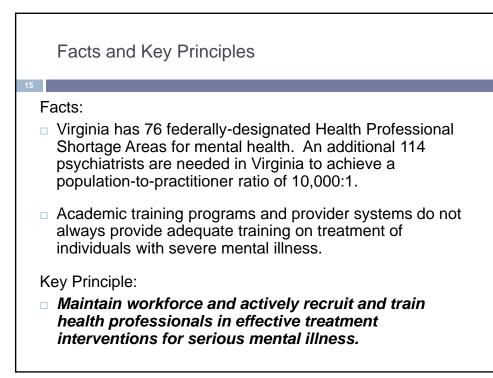
Receiving SSDI and working a minimum wage job does not afford me the luxury of taking the drugs I need.

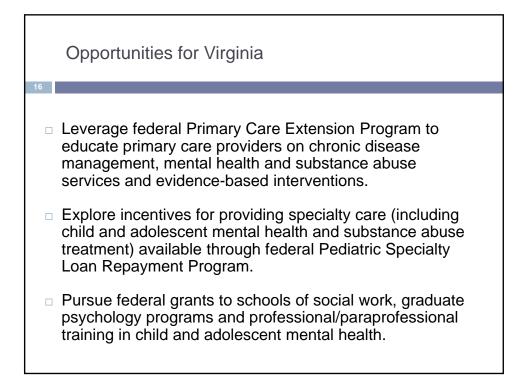


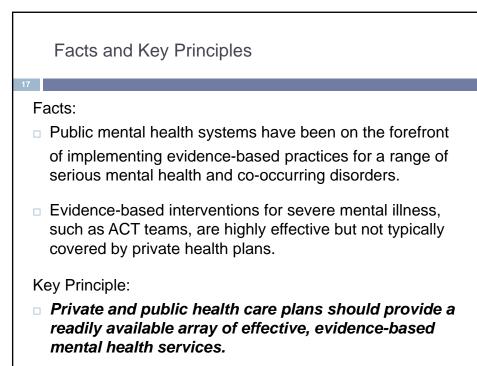


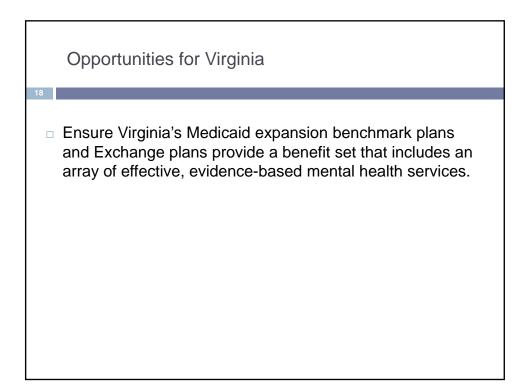






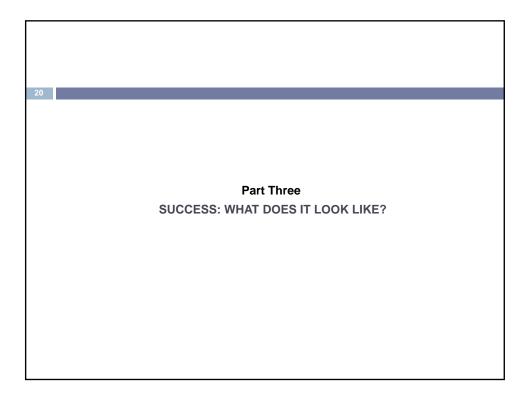






National Consensus Statement on Mental Health Recovery

"Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."



Tom, Hampton

When "Tom" was diagnosed with schizoaffective disorder he was 28 and had just completed two college degrees and several years in the United States Air Force. He started down the road of a long journey of numerous hospitalizations and treatments.

After finding the right care, treatment, and supports he needed to get and stay well, Tom has become a mentor and peer to others, helping to educate and support others in their own journey to recovery and wellness. He has been well for more than a decade, crediting access to health insurance and meaningful community work with helping him to get and stay well.

Shannon, Falls Church

As a child, "Shannon" experienced debilitating anxiety and panic attacks, affecting her ability to relate and spend time with others. She struggled through adolescence and young adulthood without seeking help.

Eventually the illness took a huge toll. She would go on to be hospitalized 29 times over a 9 year period. During periods of wellness she was able to go to college, and eventually earned two degrees, learning more about mental illness through psychology courses. Shannon describes a turning point in her life when she was able to obtain health insurance for lowincome people. This allowed her to access doctors, therapists, medications, and outpatient mental health supports. Eventually she got a part-time job and became a community volunteer helping others with mental illness overcome their challenges. Shannon believes entering the health insurance program was a major step forward enabling her to get educated about her illness and obtain the services she needed to get and stay healthy.

