



The National Coalition of Mental Health Professionals and Consumers

www.TheNationalCoalition.org

SOMETHING TERRIBLE IS HAPPENING TO MENTAL HEALTH TREATMENT

- Talk Therapy – of proven benefit to many people – has been drastically cut by insurers.
- Talk Therapy – when paid for by your insurer – has become less private.
- Talk Therapy – and your choice of therapist – are no longer under your control.

Talk Therapy includes psychotherapy, psychoanalysis, counseling, marriage therapy, family therapy, group therapy, psycho-education groups, addiction treatment groups and programs, parent training groups, anger management programs, and many other therapies. There are dozens of effective means to deal with human distress that involve talk between qualified professionals and people seeking help. Talk Therapy is not one-size-fits-all.

DRUG AND INSURANCE COMPANIES ARE HIJACKING MENTAL HEALTH TREATMENT

WHY?

- Insurers want to spend as little as possible on your mental health.
- Drug Companies, with their focus on profit, want to sell you drugs.
- Insurers view the costs of your treatment as “medical loss.” Limiting your treatment maximizes their profits.

HOW?

- Drug Companies and Insurers insist that mental health problems are due to “*biological imbalances*”, which require only medication.
- Drug Companies and Insurers have systematically discredited the longer term therapies.
- Since the 1980s, benefits for mental health treatments have been slashed from 6% to 2% of all health care payments.

HERE’S WHAT YOU NEED TO KNOW:

- **FACT** – *financial gain* by drug companies and insurers is the basis for their attempts to discredit talk therapy as effective mental health treatment.
- **FACT** – *Talk therapy alone* or combined with medication is better than with medication alone.
- **FACT** – *Medication* often has many uncomfortable and distressing side effects.
- **FACT** – *Emotional distress* often has biological consequences but biology is neither the only **cause** nor the **only cure**.

HERE’S WHAT YOU CAN DO:

- **Don’t be intimidated** into accepting inadequate mental health treatment!
- **Tell your health care plan** you want access to qualified talk therapists if you have emotional, addiction, relationship, marital, and/or family problems.
- **Tell your employers, human resources department and your legislators** that you want freedoms of choice, privacy and decision-making in your mental health care.

For more information, email ncmhpc@aol.com or call 866-8COALITION.