

YOUR PATIENTS DESERVE EQUAL ACCESS TO MENTAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT

Empower Them to Stand Up for Their Parity Rights



What is Parity? The Mental Health Parity and Addiction Equity Act of 2008, also known as the Federal Parity Law, requires most insurers to cover illnesses of the brain, such as depression, eating disorders, or addiction, no more restrictively than illnesses of the body, such as diabetes, heart disease, or cancer.

Why Now? As the number of deaths due to overdose and suicide rise nationwide, parity is more important now than ever before. But state and federal investigations have shown that, compared to treatment for physical conditions, mental health and addiction treatment is frequently far more difficult to manage. Too often, people seeking such treatment are denied coverage or don't receive enough treatment because of insurers' overly aggressive managed-care techniques. In other cases, families—desperate to keep their loved ones alive—take out second mortgages, deplete retirement accounts, and drain college funds to pay for treatment services their plans won't cover.

What Can You Do? By empowering your patients to understand and assert their parity rights, you can help to spark a movement that pressures elected officials, insurance commissioners, and attorneys general to enforce parity laws.

1. Display 'Don't Deny Me' posters and brochures in your practice.
2. Familiarize yourself with the most common parity violations at www.DontDenyMe.org.
3. Spread the word – share the campaign with other providers.



We must break the silence around illegal denials of mental health and substance use disorder treatment. Lives are at stake.



DON'T DENY ME