

## National Mental Health Association: Technical Assistance Resources

*NMHA has developed a series of resources to help advocates in their parity campaigns. In addition, NMHA will research additional questions on this important topic. The following documents are available through the [Advocacy Resource Center](#):*

1. **Expanding Mental Health Parity Toolkit.** This toolkit provides background information for people who are amending their current parity laws or working to pass parity for the first time. Toolkit contents include: MHA Contact List; Expanding Parity Fact Sheet; Skeleton Media Announcement; State Insurance Parity Laws Charts; Advocacy Check List for 2001; Substance Abuse Insurance Parity: A Guide for Advocates; Media information on the Surgeon General's Report; Why Mental Health Parity makes Economic Sense; State Parity Language for Children; and Parity Case Study: Connecticut.
2. **Strategies for Negotiating Comprehensive Parity.** Discusses strategies for keeping the parity debate focused on providing protections for all Americans along with specific responses to scenarios that could jeopardize comprehensive or full parity proposals.
3. **Substance Abuse Insurance Parity: A Guide for Advocates.** Provides background information on the issues surrounding substance abuse parity.
4. **Research Studies.** NMHA collects research studies on the implementation of parity as well as cost analyses and other research on the topic. Please contact the Advocacy Resource Center if you are interested in some of these more in depth studies.