



Ask your Texas House representative to support HB 10

What?

Mental Health Parity means that insurance benefits for mental health and substance abuse disorders are equal to coverage for physical health care. For example, if an insurance plan offers unlimited doctor visits for a condition like diabetes, it must also offer unlimited visits for conditions like depression or schizophrenia.



Where?

HB 10 is scheduled to hit the House floor on Tuesday, April 4th. NAMI Texas and affiliates across the state have been actively involved in crafting HB 10 and advocating it. We believe that a 30 second phone call will make a difference. **Please only call the one Texas House representative that represents where you live.**



When?

Call your Texas Representative today! You can identify the name and contact information of your Texas House office by entering a home address at the following link:

<http://www.fyi.legis.state.tx.us/Home.aspx>

WHAT DO I DO?

- 1) Identify yourself and let them know you are a constituent. They will ask for your name and address.
- 2) Indicate why you are calling and the action you would like for them to take. "I am calling to ask for Rep. ___ support on HB10 an important mental health parity bill which will be heard on the House floor this week.
- 3) Share briefly why this is important to you. Examples may be "Benefit limitations do not let you have access to the care you need" "Necessary care is denied as not being medically necessary" or "Insurance plans limit the number of visits for mental health conditions".
- 4) Express your hope for their support and thank them.

Your Voice Makes a Difference!

Making this 30 second phone call means that you are securing access to care for yourself and Texans around our state!!

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STAY CONNECTED:

