



Advocacy and  
Government  
Contacts

**National Mental Health Consumers'  
Self-Help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
(800) 553-4KEY (4539)  
(215) 636-6312 (FAX)  
Web site: <http://www.mhselfhelp.org>  
E-mail: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)**

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The Center for Mental Health Services

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Here are some suggestions for your *Advocacy and Government Contacts* booklet:

- *Health Care/Insurance.* Most of this information can be found in the “blue pages” section of your phone book. You can contact each agency and ask if there are any specific numbers for consumer complaints.
- *Financial Assistance/Transportation.* Again, these numbers should be available in the blue pages.
- *Housing.* In addition to government agencies listed in the blue pages, there might be advocacy agencies listed in the “Human Services” section of the phone book.
- *Employment.* The government agencies will be listed in the blue pages, and you can also call the Social Security hotline at (800) 606-7787, or your state’s Client Assistance Program (CAP). You might wish to see if your area has a Jewish Employment Vocational Services (JEVS) office.
- *Advocacy/Ombudsman Programs.* To locate consumer-run programs, you can contact the Clearinghouse. Call the national organizations listed at the end of the *Advocacy and Government Contacts* booklet to see about local chapters. Local advocacy groups or your state’s protection and advocacy (P & A) agency should be able to help you locate specific ombudsman programs.
- *Legal Help.* You can locate your state’s P & A agency by calling the National Association of Protection and Advocacy Systems (NAPAS), listed at the end of this booklet. Legal assistance agencies are listed in the blue pages of the phone book.
- *Elected officials.* All elected officials should be listed in the blue pages. You can also use the Internet to locate contact information for state and federal elected officials.

## Health Care/Insurance

<p style="text-align: center;"><b>State mental health department</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p> <p><u>Consumer liaison</u></p> <p>Phone:</p> <p>Contact:</p> <p><u>Insurance/HMO complaints</u></p> <p>Phone:</p> <p>Contact:</p>	<p style="text-align: center;"><b>Local/county mental health department</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p> <p><u>Local community mental health center</u></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p style="text-align: center;"><b>Medicaid questions</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p style="text-align: center;"><b>Medicare questions</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>

<p style="text-align: center;"><b>Medicaid complaints/appeals</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p style="text-align: center;"><b>Medicare complaints/appeals</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p style="text-align: center;"><b>State Insurance Commissioner</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p style="text-align: center;"><b>State Medical Licensing Bureau</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>

## Financial Assistance/Transportation

<p><b>Social Security</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p><b>Welfare benefits</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p><b>Food Stamps</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p><b>Paratransit program</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>

## Housing

<p style="text-align: center;"><b>U.S. Dept. of Housing and Urban Development, Office of Fair Housing and Equal Opportunity</b></p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p> <p><b>Discrimination complaints: (800) 669-9777</b></p>	<p style="text-align: center;"><b>Local/county housing authority</b></p> <p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<b>Section 8 Program</b>	
<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>
<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>	<p>Organization:</p> <p>Phone:</p> <p>Fax:</p> <p>Contact:</p> <p>Title:</p> <p>Address:</p>

*Other important agencies include supported housing programs and advocacy organizations.*

# Employment

**Social Security employment hotline: (800) 606-7787**

**Social Security work incentives hotline: (800) 772-1213**

<b>U.S. Office of Vocational Rehabilitation, Regional Office</b>	<b>Client Assistance Program (CAP)</b>
Phone:	Organization:
Fax:	Phone:
Contact:	Fax:
Title:	Contact:
Address:	Title:
	Address:
<b>Job Corps</b>	
Organization:	Organization:
Phone:	Phone:
Fax:	Fax:
Contact:	Contact:
Title:	Title:
Address:	Address:
Organization:	Organization:
Phone:	Phone:
Fax:	Fax:
Contact:	Contact:
Title:	Title:
Address:	Address:

## Advocacy/Ombudsman Programs

Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:
Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:
Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:

*Examples include state/local consumer groups, Mental Health Associations, NAMI chapters, Depressive and Manic-Depressive Association (DMDA) chapters, consumer satisfaction teams, and mental health delegates.*



## Legal Help

<b>Protection and Advocacy System</b>	<b>Legal Assistance</b>
Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:
Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:
Organization: Phone: Fax: Contact: Title: Address:	Organization: Phone: Fax: Contact: Title: Address:

*Other examples include law school clinics, disability law programs, and state bar referral services.*

## Elected Officials

United States Representative: \_\_\_\_\_

### Washington office

Address:

Phone:

Fax:

Staff names and titles:

### Local office

Address:

Phone:

Fax:

Staff names and titles:

United States Senator (1 of 2): \_\_\_\_\_

### Washington office

Address:

Phone:

Fax:

Staff names and titles:

### Local office

Address:

Phone:

Fax:

Staff names and titles:

United States Senator (2 of 2): \_\_\_\_\_

**Washington office**

Address:

Phone:

Fax:

Staff names and titles:

**Local office**

Address:

Phone:

Fax:

Staff names and titles:

Governor: \_\_\_\_\_

**State capital office**

Address:

Phone:

Fax:

Staff names and titles:

**Local office**

Address:

Phone:

Fax:

Staff names and titles:

State Senator: \_\_\_\_\_

	<b>State capital office</b>		<b>Local office</b>
Address:		Address:	
Phone:		Phone:	
Fax:		Fax:	
Staff names and titles:		Staff names and titles:	

State Representative: \_\_\_\_\_

	<b>State capital office</b>		<b>Local office</b>
Address:		Address:	
Phone:		Phone:	
Fax:		Fax:	
Staff names and titles:		Staff names and titles:	

Mayor/county commissioner: \_\_\_\_\_

	<b>State capital office</b>		<b>Local office</b>
Address:		Address:	
Phone:		Phone:	
Fax:		Fax:	
Staff names and titles:		Staff names and titles:	

Local representatives (e.g., city council):

<b>Name</b>	<b>Phone number</b>
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## **National Mental Health Organizations**

### **National Mental Health Consumers' Self-Help Clearinghouse**

1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
(800) 553-4KEY (4539)  
<http://www.mhselfhelp.org>

### **\*National Mental Health Association/ National Consumer Supporter Technical Assistance Center**

2001 N. Beauregard Street, 12<sup>th</sup> Floor  
Alexandria, VA 22311  
(800) 969-NMHA  
<http://www.nmha.org>  
<http://www.ncstac.org>

### **\*National Association of Protection and Advocacy Systems, Inc.**

900 Second Street, NE, Ste. 211  
Washington, D.C. 20002  
(202) 408-9514  
<http://www.napas.org>

### **\*Depression and Bipolar Support Alliance**

730 N. Franklin Street, Suite 501  
Chicago, IL 60610  
(800) 826-3632  
<http://dbsalliance.org>

### **\*National Alliance for the Mentally Ill (NAMI)**

Colonial Place Three  
2107 Wilson Blvd., Suite 300  
Arlington, VA 22201  
(800) 950-NAMI  
<http://www.nami.org>

### **\*US Psychiatric Rehabilitation Association**

601 North Hammonds Ferry Road, Suite A  
Linthicum, MD 21090  
(410) 789-7054  
<http://www.uspra.org>

**(\*) have local and/or state affiliates**

**CONTAC (Consumer Organization & Networking Technical Assistance Center)**

P.O. Box 11000

Charleston, WV 25339

(888) 825-TECH

<http://www.contac.org>

**National Empowerment Center**

599 Canal Street

Lawrence, MA 01840

(800) POWER 2 U

<http://www.power2u.org>

## Sources of free or low-cost publications

### **National Mental Health Consumers' Self-Help Clearinghouse**

(800) 553-4KEY (4539)

<http://www.mhselfhelp.org>

### **National Mental Health Association**

(800) 969-NMHA

<http://www.nmha.org>

### **National Consumer Supporter Technical Assistance Center**

(800) 969-NMHA

<http://www.ncstac.org>

### **National Association of Protection and Advocacy Systems**

(202) 408-9514

<http://www.napas.org>

### **Center for Mental Health Services**

(800) 789-2647

<http://www.mentalhealth.samhsa.gov/cmhs/>

### **National Coalition of Mental Health Consumers and Professionals**

(888) 729-6662

<http://www.thenationalcoalition.org/>

### **Social Security Administration**

1-800-772-1213

<http://www.ssa.gov>

### **Office of Disability Employment Policy**

(866) 633-7365

<http://www.dol.gov/odep/>

### **Equal Employment Opportunity Commission**

(800) 669-4000

<http://www.eeoc.gov>

### **Bazelon Center for Mental Health Law**

(202) 467-5730

<http://www.bazelon.org>

### **National Empowerment Center**

(800) POWER 2 U

<http://www.power2u.org>