

# HealthyPlace Mental Health TV Show Blog

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## [Do I Have A Mental Health Condition and Where Do I Get Help?](#)

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by

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One of the most frequent questions I get here on the HealthyPlace Support Network is where do I get help

This Tuesday night (March 24, 2015) on [HealthyPlace TV Show](#) (8:30-9:00 PM ET), they are going to be addressing this issue.

### **But Amanda, My Main Concern is Cost**

As you can imagine, many people with mental health concerns don't have a lot of money or insurance to

I've been doing a little research on that question and here are some suggestions:

- Many communities have a local chapter of NAMI or the Depression Bipolar Support Alliance. Both
- Of course, there's your county social services and county mental health programs.
- Check with your local United Way for assistance and programs.
- Many medical schools have psychiatric residents who are in training and they offer low-cost (according
- Many pharmaceutical companies offer discounted and no-cost medications for people in need. Yes

We have some excellent [Mental Health and Obtaining Treatment](#) on the HealthyPlace website on these

- [How do I know if I have a mental illness?](#)
- [Questions for your doctor](#)
- [Where do I get help for a mental illness?](#)
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