



# Support for Mental Health

Danielle A. - Sheridan, Wyoming

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***That's Medicaid** shares stories of people covered by Medicaid at critical points in their lives, underscoring the importance of stable health insurance coverage in building a Culture of Health.*

**Danielle** had just launched her new house cleaning business when the COVID-19 pandemic began. Her business immediately took a hit.

She struggled to pay her mortgage and childcare expenses and faced food insecurity. She was now responsible for teaching her first-grade son at home. She began to lose family due to COVID-19 and was without medical coverage.

A friend recommended she apply for Medicaid, and Danielle was soon accepted. As a recovering alcoholic and prone to depression, Danielle quickly sought mental health support.

"I really credit Medicaid for saving my life because my mental and emotional health were so poor," Danielle says. "If I wouldn't have gotten that help, I don't know where I'd be."

Valuable case management support and a nurse practitioner have continued to help Danielle, and a mental health therapist has been by her side as she gets back on her feet.

"When some think of Medicaid, they think about chronic diseases, like diabetes," she says. "But for me, it is mental health. That is the thing I really want to highlight."