

WHAT A DOLLAR BUYS for ACMHS

Anchorage Community Mental Health Services is Alaska's largest community provider of mental health services, for ages 2 to 102. We provide mental health services and supports to promote wellness and recovery for adult and children with emotional disturbance and mental illness.

\$5



Seeds to plant one row of lettuce in the hydroponic greenhouse at our youth vocational program—Alaska Seeds of Change

\$10



Supplies for an art therapy group for 6 adults

\$20



Cleaning Supplies for a client moving into their own home for the first time

\$50



Therapy session for a child who has experienced trauma

\$100



Medical appointment for an adult who needs to adjust psychiatric meds

www.acmhs.com

Anchorage Community



Mental Health
Services, Inc.