

Newsletter – Examples for Introducing Cover My Mental Health



We welcome collaborating to introduce Cover My Mental Health in a newsletter article, blog post, or other prose format suited to your community.

Example text from Austen Riggs Center:

[Cover My Mental Health](#), founded by Joe Feldman, MBA, is a new resource that supports self-advocacy for insurance coverage for mental health and substance use disorder treatment. The website has a library of easy-to-use and digest information on topics related to medical necessity denials, telehealth denials, and other obstacles and denials, as well as action plan outlines and tips for success.

Feldman became an advocate for mental health access after his personal experience of fighting with insurance companies (and winning) to secure coverage for a family member's treatment. He has worked with legislators and regulators, was on the board of [The Kennedy Forum Illinois](#), presented to parent groups, and co-authored actionable guidance with Austen Riggs Center Medical Director/CEO Dr. Eric Plakun and others that [appeared in the Journal of Psychiatric Practice](#).

Example text from Psychotherapy Action Network:

[Cover My Mental Health](#), a new resource for therapists and patients to assist with insurance coverage issues. The resources in CMMH are designed to make it straightforward for patients to self-advocate with insurance companies.

This latest effort is a valuable culmination of many years of work by founder Joe Feldman. Joe's own back story is inspiring. Like so many others, he joined the ranks of mental health advocates unintentionally. About eight years ago, Joe's health insurer denied mental health claims for medically necessary care for his daughter. Joe overcame those denials in a successful federal lawsuit, forcing his insurance company to reverse improper denials and to cover mental health care costs. Through this process, Joe recognized how common his problem was, and how unlikely it was that most people would have the knowledge and resources to accomplish what he had.

Example text with video sharing:

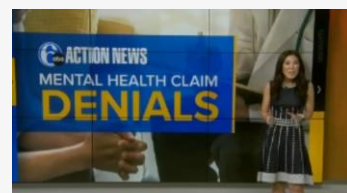
[Cover My Mental Health](#) is a new resource for therapists/clinicians and patients to assist with insurance coverage issues. The resources in CMMH are designed to make it straightforward for patients to self-advocate with insurance companies. [Introduce selected video...]

Here's a short video on the Story of Cover My Mental Health from founder Joe Feldman.



[The Story of Cover My Mental Health](#)

Here's a feature on Cover My Mental Health from 6ABC Action News in Philadelphia



[Feature on 6ABC Action News in Philadelphia](#)