

Newsletter – Examples for Introducing Cover My Mental Health



We welcome collaborating to prepare a newsletter article, blog post, or other prose format suited to your community.

Example text featuring resources for overcoming obstacles

Cover My Mental Health (www.covermymentalhealth.org) is a non-profit organization dedicated to helping individuals and families navigate the complex world of health insurance claims for mental health services.

Cover My Mental Health provides resources addressing health insurer obstacles, such as denials for “not medically necessary,” “no in-network provider available,” and other inexplicable barriers to care.

Visit their site to:

- Access no-cost resources that focus on immediately available actions, especially in advance of a formal appeal.
- Download template letters, worksheets, and talking points for dealing with insurer customer service reps.
- Learn additional tips that encourage patients and their families to not take “no” for an answer.

Discover how this organization is breaking down barriers and improving access to mental health care.

Example text including founder Joe Feldman’s advocacy and our origin story

[Cover My Mental Health](http://www.covermymentalhealth.org), 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:

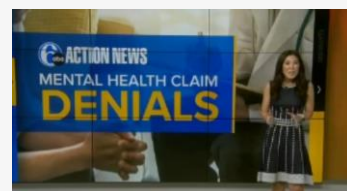
[Cover My Mental Health](http://www.covermymentalhealth.org) is a new resource for therapists/clinicians and patients to assist with insurance coverage issues. The resources in CMMH are designed to make it straightforward for patients to self-advocate with insurance companies. [Introduce selected video...]

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](#)