



Joe Feldman | President, Cover My Mental Health Podcast Opportunity



Joe Feldman founded Cover My Mental Health to provide no-cost, immediately-actionable resources to support individuals overcoming insurance obstacles to care. Health insurers deny an estimated 15 – 22 million claims annually for mental health and substance use disorder care. This is not acceptable.

Joe began advocating for access to mental health care after overcoming denials for a family member's care, including with a successful federal lawsuit. His advocacy work has included policy discussions with legislators and regulators, a board role with The Kennedy Forum Illinois, presentations to parent groups, and publication of actionable guidance such as a 2021 article in the *Journal of Psychiatric Practice* on medical necessity letters.

Key Resources Provided

- Cover My Mental Health provides no-cost resources that your listeners should know about, such as: **templates and instructions** for a clinician to **write a medical necessity letter**, a **worksheet to document efforts to find an in-network provider**, and additional resources specifically for providers.
- We offer encouragement to not take “no” for an answer with **specific, immediately-actionable steps** not found in insurance policies or elsewhere.
- Our focus is supporting those needing help now, not on formal appeals that are long-duration legal processes that inherently favor insurers.

The Story of Cover My Mental Health



Joe Feldman
President and Founder
Cover My Mental Health

Podcast Topics



- Tell us about your experience successfully overcoming insurance denials.
- Does it really take a lawsuit to push back against insurers?
- Why do insurers seem to deny access to care when we know how important mental health and substance use care is?
- Aren't there laws that protect consumers and require insurers to pay for mental health care?
- What are the most important resources provided by Cover My Mental Health?
- How can mental health clinicians help their patients deal with insurance companies?
- Are employers helping to improve access to care for their employees?

Helpful Links

- www.covermymentalhealth.org
- [Doorknob Comments with Dr. Grant Brenner](#)
- [Mental Health Today with Ken Stearns](#)
- [Feature on 6ABC Action News in Philadelphia](#)
- [ProPublica article on ghost networks](#)
- [Interview in Psychology Today](#)

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“Cover My Mental Health provides tools with significant value to countless people needing access to care.”

Patrick J Kennedy, former Congressman and founder The Kennedy Forum

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