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| **CMMH Introduced in Psychology Today** |

**Instructions:**

This no-cost content is available to use to help advocate for coverage and care through your communications channels.

Simply copy/download/open the content and add it to your newsletter, blog, website, and/or social media posts to help people better advocate for coverage and care.

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| **CMMH Introduced in Psychology Today**  Psychology Today talks with Cover My Mental Health President, Joe Feldman, and discusses the main obstacles people face when trying to get mental health services approved and covered. Feldman shares that the two main obstacles are 1) no in-network provider is available and, 2) denials for care by the insurers are “not medically necessary.” Patients and families can advocate for insurance coverage, assisting well-intentioned but overworked clinicians.  Equipping patients and families with knowledge and tools can be a game-changer. Read the article and learn how to push back when insurers deny claims for mental health coverage.  [Link to article](https://www.psychologytoday.com/us/blog/experimentations/202410/getting-insurance-to-cover-mental-health)  And check out our [CoverMyMentalHealth.org](http://www.covermymentalhealth.org/) for encouragement that you don’t have to take “no” for an answer from your health insurer. Find the resources and get started today.  A logo with blue and yellow letters  AI-generated content may be incorrect. Your Mental Health Today Test / Quiz | Psychology Today |