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| **Coverage denied? Cover My Mental Health Can Help** |

**Instructions:**

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

Simply copy the content below 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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| **Coverage denied? Cover My Mental Health Can Help**  If insurance denials block the path to treatment, there is help and hope.  When mental health or substance use conditions are of immediate concern, patients and their families must focus on getting care and treatment as soon as possible. They don’t need the added burden of a denied insurance claim or other roadblocks in the path to treatment.  A recent report by the [Kaiser Family Foundation](https://www.kff.org/private-insurance/issue-brief/claims-denials-and-appeals-in-aca-marketplace-plans-in-2023/) estimates that 1 in 5 insurance claims for mental health care coverage are denied. And that may only be the tip of the iceberg. Other barriers to care—no in-network providers, no access to telehealth, and delays in authorizations—can make getting mental health care coverage feel out of reach or impossible.  It can be overwhelming. But guidance is available to help you move forward with confidence.  [**CoverMyMentalHealth.org**](https://covermymentalhealth.org/) provides no-cost resources to individuals and families facing insurance barriers to their mental health care. Most importantly, Cover My Mental Health provides encouragement so individuals seeking coverage don’t have to take “no” for an answer. The organization was founded by Joe Feldman who faced barriers to care when his insurance company denied a claim for a family member. Joe successfully overcame the denials and launched Cover My Mental Health in 2024 to share what he learned, along with the insight of litigators, regulators, insurance executives and other experts, to help patients, their families, and clinicians overcome obstacles to care.  Visit the site to access helpful resources and tell insurance companies: “*Cover My Mental Health.”*  A logo with blue and yellow letters  AI-generated content may be incorrect. |