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| **A Helping Hand When Health Insurers Get in the Way**  |

**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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| **A Helping Hand When Health Insurers Get in the Way** “When it comes to mental health and substance abuse care, too often insurers just get in the way,” says Joe Feldman, president and founder of Cover My Mental Health. In this brief video, hear Joe validate your expectations about insurance coverage and share some of the tips and tools you can use to even the playing field against health insurance companies to get the coverage you paid for.                       Cover My Mental Health:  A Helping Hand When Health Insurers Get in the Way[**Cover My Mental Health**](https://urldefense.proofpoint.com/v2/url?u=https-3A__qb6ec7gbb.cc.rs6.net_tn.jsp-3Ff-3D001P85Pfp2-2DIF8-5FO26oW-5FsOwM-2DViYgLvY-5FHzOmNZXWGzsMj1sIZ5N4V77-5FbdzNsf5N6k5v7ykAa-5FsxBg8HBf64-5FjI8L18VWQYLai9HB4SmTWEx-5Fcy-5FCoDaHEyN9SV8-5FMObf47eG66q9d0CD9W3rJdWFDYpvjCbaevi5KjOt-5FhqRqfyhihjne74cJmQ3pXDhpYbqoISm-5Fn1lixqVH6DXaGBImpXeeEG1RSYcM-5FiH7magbjual-2DfRncHIkC-5FnG5NSEfaqbuc8Bi7-2DiBEb3pKggUsZ93ESusP07hkIyhayXZmrYbd-5Fal-2Dg7ZeBm8laeTLN5RWemaFKV2ok4-5FTp3NIePLn2Y-2DQ-5F-2Dy6bNOtWHfLcg-5FAWBj8DSOtFe0O3-2D5deyj-5F-2DvjG-2DOyXSHMRGltUYBnrA2ij5EpoZkZCVpWD6uoA1rIYkd1N65oSsqkuHYKAJ4cWQ6tQzXc3XJG4qpi8AHOlXuqeOmlLKZHLiwuEdDmWWT3bwJl5kaVsFHrn2MlBLJGP3b5mn-2Dz04wukj6gSj-5FDmIIDYL2kh8xNWz9oOmwCGEiXzW-2DLk-3D-26c-3DJ1wcoNwRlQLBR5xhtjr0Y33N8UZqNG7ClxjLhKfQ23sgLTXeK9repA-3D-3D-26ch-3DUFUgB6Do-5F2NbPzticKTlPT3lYTwl2JZ9SQgkhj66sNLcgWwPuLNWnA-3D-3D&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=nRRKBDt1KmDnVdaoKSxB5ElVdCWxFTw-FoVuDtCndHc&m=N5yl5hTjMDsfFQRsNvjbo5ozEZNA7-MbTTYQOc3mN7bhp7WBJpiWz9GhqFJhAlru&s=NA-6DmgsVfZEyLJcd3wQlzWKccxw-5Ydapb25810ZEw&e=) is a new nonprofit with a website that offers encouragement and resources to overcome obstacles to care. It provides patients and clinicians with support, insight, and actionable tools you can use starting today. |

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