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| **Cover My Mental Health Founder has a Vision to Go Out of Business** |

**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. If posting on social media, please add #covermymentalhealth. Thanks.

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| **Cover My Mental Health Founder has a Vision to Go Out of Business**    [**CoverMyMentalHealth.org**](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fqb6ec7gbb.cc.rs6.net%2Ftn.jsp%3Ff%3D001FHsIMu_2XODJoa7jygIqTiBiH2lZADZGTlrLtvbiECX-xL4muAMqgf5VCoJ9aXZY8mE3blOsaJHedG3y37V2N6KouBM9JDTpH9k2VnvqOqCIh4foQen9VoVA0itLehDP-1G99155UnZlirMc2w6Ee297vS9UccuB%26c%3D4TLMzhsLtVPPbfk_ek2i6oILddPoiadYWS-nAse7bt6dJi8C9DKThw%3D%3D%26ch%3DY3cEa6THz56wQ38eIPFLGbX6z3t7RVAhuHgUGwEQK_IaMfjW8G0Tsw%3D%3D&data=05%7C02%7Csusan.bruns%40fahlgren.com%7C277b7e90a5194d56832108dd62f8d92b%7C957bc1252f55450e8b1b0637e97af8ec%7C1%7C0%7C638775543137098569%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=IJmWCBH83epywN4r7wrK50zkTvptnjza57%2BmOWhWciM%3D&reserved=0) was founded in 2024 by Joe Feldman who faced barriers to care when his insurance company denied claims for his family. Joe successfully overcame the denials and launched Cover My Mental Health to offer no-cost resources to individuals and families facing insurance barriers to mental health care.  **Q: What is one change you hope to see thanks to CoverMyMentalHealth.org?**  **Joe Feldman:** If I had to pick just one, I’d love to see medical necessity letters become the “standard of care” for mental health clinicians supporting their patients. Mental health clinicians have great instincts for when an insurer’s denial is lurking. Why wait for a denial and delayed care when a letter can establish that the care prescribed is medically necessary? This will help pre-empt the practice of insurers claiming mental health treatment is medically unnecessary.  **Q: How can mental health advocates and support groups use the site or support it?**  **Joe Feldman:** [CoverMyMentalHealth.org](https://covermymentalhealth.org/) is a resource for everyone who cares about access to mental health care. I invite employers to embrace the site as a resource to support their employees’ access to care. Likewise, local organizations who provide care navigation to their communities—groups like NAMI, Mental Health America, disease-focused support groups, and elected officials—can get the word out about these no-cost resources. Together we can address insurance anxiety!  **Q: What is your vision for CoverMyMentalHealth.org?**  **Joe Feldman:** My long-term vision is that the website won’t be needed. I hope that by using our resources, patients and clinicians will become more confident in pursuing coverage and be successful in getting it. This will disrupt insurer practices that delay and deny care. And if this happens often enough and long enough, our support won’t be required because insurance companies will face encouraged and informed patients expecting them to provide the mental health care access and coverage envisioned under the law. |

Thanks for your ongoing support. And as always, your feedback is greatly welcome.

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