



2025 Year-end Report





Letter from Joe Feldman, President

It's a joy to share our 2025 year-end report highlighting the successes of Cover My Mental Health!

Our success is measured by the use of our resources to overcome insurance obstacles. Seven testimonials are featured on the next page and on [on a new success stories](#) section of our website. In short, our efforts are delivering: access to out-patient care, to out-of-network care when insurer networks fall short, to residential care, and to necessary medications.

We continue to share our resources with clinicians, mental health advocacy groups, and a wide range of community groups. After our presentation at the International OCD Foundation conference, one attendee commented, "I wish I'd known about your resources five years ago." We do, too. And that attendee joins the countless individuals who now DO KNOW about our resources and can be their own best advocate for insurance coverage.

Awareness of Cover My Mental Health grew enormously this year, through dozens of presentations, webinars, guest blogs, podcasts, media coverage, and social media outreach.

Our three new board members bring deep expertise and personal commitment to improving access to care: Lisa Gomez (former Assistant Secretary of Labor for Employee Benefit Security), Dr. Eric Plakun (former Medical Director and CEO, Austen Riggs Center) and Clare Miller (Global Wellness Benefit Manager, Microsoft).

We are incredibly grateful for the support of our collaborators, our contributors, and all who helped spread the word: "You do not have to take 'no' for an answer."

Looking ahead to 2026, we have high hopes for:

- More success stories
- Expanded resources
- Invitations to share our resources and collaborate with clinicians, advocacy groups, and all who share our goal of improving access to care.

Together we will break-down insurance obstacles and support access to care!
Thanks for your interest.

A handwritten signature in black ink, appearing to read "Joe Feldman".

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Success Stories



Cover My Mental Health resources deliver!

These [success stories](#) demonstrate that increasing awareness of our resources among clinicians, patients, and families results in more obstacles overcome and insurance coverage of care.

Resolving frequency of care denial

- Adolescent OCD patient secured coverage for required appointment frequency

Resolving medication disputes

- Coverage secured for a transdermal patch for ADHD after oral medications fail
- Long-acting injectable approved for addiction care after oral medications fail

Resolving access to out-patient care

- Medical necessity letter secured approval for necessary out-patient care

Resolving residential care disputes, including for serious mental illness

- Residential care approved with medical necessity letter following insurer denials of appropriate level of care

Resolving out-of-network coverage disputes

- Texas OCD clinic resolved payment dispute with formal insurer complaint
- Access to out-of-network clinician secured to overcome inadequate in-network options with formal insurer complaint

"That Medical Necessity Letter made all the difference for my patient, her family, and for me as the clinician."

Michael Groat, PhD
Associate Professor of Psychiatry and Behavioral Neuroscience
President/CEO, Lindner Center of Hope



Year in Pictures



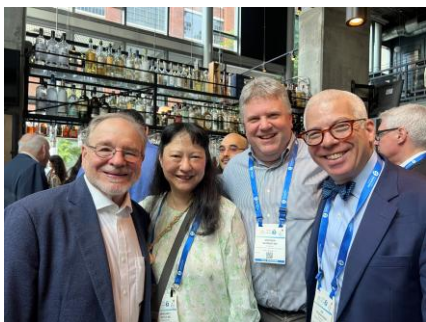
Grand Rounds at Lindner Center of Hope (January)



Testimony to Connecticut legislative committee (March)



Presentation collaborators from SOAR at Int'l OCD Foundation conference (July)



Post-presentation reception at American Psychiatric Association conference (May)



Illinois Governor JB Pritzker's proclamation of Cover My Mental Health milestone and access-to-care contribution (October)



Presentation at Int'l OCD Foundation conference (July)



Dana Chamberlin State Senator Laura Fine Dr. Mojgan Makki
Peter O'Brien Joe Feldman

Presenters at celebration of 10,000th website visit (October)

In the News



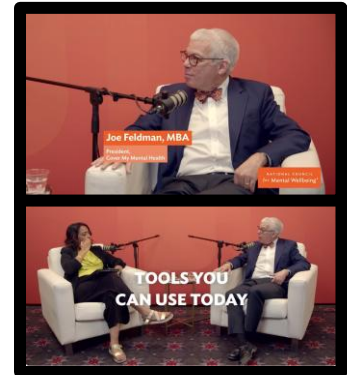
Health insurance challenges have been a prominent news story throughout 2025, contributing to numerous coverage opportunities across national and local television, radio, guest blog posts, interviews published by clinical organizations and more.



NBC Daily



NBC Daily



National Council for Mental Wellbeing



Insurers Keep Saying “No” — But Patients and Clinicians Are Fighting Back

Denied claims and endless delays are pushi...

SEP 27 - JOE FELDMAN

Health Care un-covered guest blog



WGN Radio



Who can help me deal with the obstacles my health insurer has put in the way of my mental health care?

Author: Joe Feldman, president of Cover My Mental Health



Mental Health America guest blog



WKRC-TV (Sinclair Network)



The Seattle Times



Engagement with Clinicians



Insurance obstacles impact clinicians across the continuum of care. In 2025, Cover My Mental Health was invited to present to hundreds of psychiatrists, psychologists, addiction medicine specialists, and out-patient therapists. Many presentations were CE/CME accredited.

National clinical associations



HEALTHY MINDS • STRONG COMMUNITIES



Mental health specialty facilities



Hospital behavioral health



Community, out-patient programs



Invited Presentations and Collaborations – National Advocacy Leaders



Cover My Mental Health enjoys strong and growing relationships with the two leading mental health advocacy and support organizations: Mental Health America and NAMI.

Through their hundreds-strong affiliate networks, they bring education and support to communities across the country. As such, our alignment is strong for improving access to care.

We look forward to continued expansion of these important collaborative relationships in 2026!

Mental Health America (MHA)

- Our panel at the 2024 MHA conference opened the door to a wide range of 2025 collaborations with both MHA’s national organization and across their affiliate network.

- 2025 highlights include:
 - Presentation at the Winter Regional Policy Council meeting
 - Guest blog on national website
 - CMMH link on multiple affiliate website resource pages
 - Guest on affiliate podcast
 - Presentation/webinars hosted by affiliates



National Alliance for Mental Illness (NAMI)

- Hosted presentations by NAMI affiliates included an in-person event in Houston, a keynote address for the NAMI Georgia annual meeting, and events in collaboration with community groups in Illinois and Pennsylvania.



Engagement with Community Groups



Our resources have particular relevance for community groups focusing on the day-to-day challenges facing individuals with certain diseases/conditions, in specific regions, and those navigating residential care or requiring special advocacy.

A growing relationship with the International OCD Foundation includes a collaboration agreement, presentation at their annual conference, and plans for providing their community with more OCD-specific resources and support.

Condition-specific support, advocacy



National Education Alliance for Borderline Personality Disorder

Community-based support



NEW CANAAN PARENT SUPPORT GROUP



PRO·A
Pennsylvania Recovery Organizations Alliance



Hidalgo County, TX



Access to care advocacy



Mental Health Summit
Invest in Mental Health. Treatment Works.

Cover My Mental Health
A Consumer's Guide to Advocacy with Commercial Health Insurance Plans

MONDAY MAY 12TH 6PM- 7:15PM
VIRTUAL DISCUSSION

Scan to Register!

HOSTED BY THE HOUSE MENTAL HEALTH AND ADDICTION COMMITTEE JOIN US FOR A VIRTUAL PRESENTATION AND DISCUSSION WITH JOE FELDMAN, FOUNDER OF "COVER MY MENTAL HEALTH," AND NAMI ILLINOIS ON EFFECTIVE WAYS TO ADVOCATE FOR MENTAL HEALTH COVERAGE THROUGH COMMERCIAL INSURANCE.

NAMI Illinois LaPointe COVER my MENTAL HEALTH

Marketing, Social Media Outreach



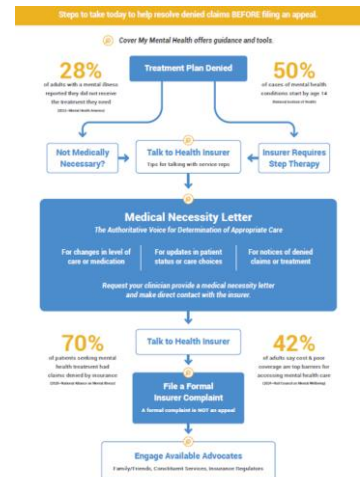
Content Hub

- Our Content Hub program launched in March and provides shareable articles, infographics, and short videos to our collaborators for their use in newsletters, blogs, and social media.
- Our [library](#) features over 20 resources available for sharing, including:

Short videos



Infographics



- This program is supported by sponsorships from Neurocrine Biosciences and Teva.



Instagram, Facebook

- Our social media outreach accelerated in 2025 with new Instagram and Facebook accounts.
- Our engagement is off to a great start; follow us!

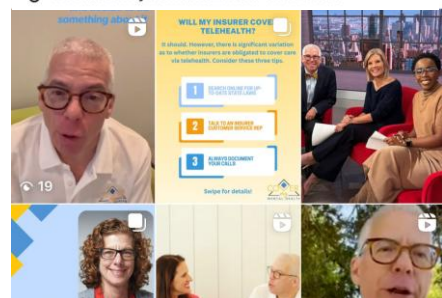


+ covermymentalhealth

New Year's resolution...
COVER my MENTAL HEALTH
 39 posts 140 followers 257 following

Nonprofit organization
 Our free resources help to overcome insurance obstacles to mental health care

www.covermymentalhealth.org... and 2 more



Our Expanded Resources



Our online resources expanded in 2025, providing:

- More encouragement for overcoming obstacles to care,
- More videos and infographics, and
- More authoritative guidance for clinicians to advocate for their patients.

Resources for patients, families

- “Quick Guide” of essential links on our website
- Infographic on overcoming medical necessity denials
- “What If My Insurer...?” section providing additional guidance for using our resources to overcome particularly confusing obstacles

Video resources

- Encouragement regarding expectations for an insurer’s support of access to care
- Overview of medical necessity letters
- Use of constituent services

Resources for clinicians

- Medical necessity letter template for insurer “inquiries” into frequency and duration of appointments
- “Best Practices” page for medical necessity letters
- Peer-to-peer review – best practices guidance and documentation for clinicians

Spanish

- Spanish language resource page, including video and infographic

Resources for collaborators

- Content Hub (newsletter program) sign-up and library page with nearly 20 articles, videos, and infographics

Success stories

- Testimonials from patient and clinician use of our resources

Presentando



en español





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Thanks to our strategic partners



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