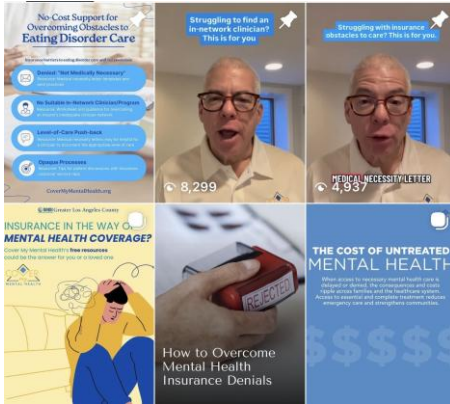


COVER MY MENTAL HEALTH¹

Mid-year 2026 update



We are reaching more and more people



@covermymentalhealth

Our social media efforts have dramatically increased over the last several months.

- Our Instagram posts are stimulating more visitors to our website, more collaborations via joint posts with other advocacy organizations, and more creative content development.
- Our outreach program will be supported by at least two pharmaceutical companies, extending our impact while providing validation making our programs attractive to other prospective sponsors.

We're approaching 17,000 visits to our website since the launch in May 2024.

We are developing new resources supporting patients, families, and clinicians

Resources published in April specifically support access to eating disorder care. Insurance obstacles too often limit access to competent clinicians and their treatment plans based on the generally accepted standards of care.

- These resources have been very well received by eating disorder advocacy organizations and specialist clinicians.
- Several leading eating disorder advocacy groups have added links on their websites to ours, as they look to CMMH for insight into insurance challenges challenges.

Similar resources are in development specific to other challenging mental health conditions, such as OCD and borderline personality disorder.



Our resources have been featured in publications/media reaching a nationwide audience of clinicians, clergy, and patients



Capital Psychiatry
THE E-MAGAZINE OF THE WASHINGTON PSYCHIATRIC SOCIETY



THE PRESBYTERIAN OUTLOOK



Better Magazine



¹ Incorporated January 2, 2024 as Illinois not-for-profit; IRS recognition as 501(c)(3) not-for-profit; tax ID # 99-0638957

A Wide Range of Advocacy and Clinical Organizations Have Hosted Our Presentations This Year



American
Psychoanalytic
Association

AMERICAN
PSYCHIATRIC
ASSOCIATION

Council on Communications



NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS • STRONG COMMUNITIES



rosecrance



International
OCD
Foundation

LIVE



nami

San Diego &
Imperial Counties

National Alliance on Mental Illness



nami

Santa Fe

National Alliance on Mental Illness



SAINT LOUIS UNIVERSITY
SCHOOL OF MEDICINE

REDC

Highest Standards of Care



ILLINOIS STATE
BAR ASSOCIATION®

All product names, brands, logos and trademarks are property of their respective owners.

Recognition

Crain's Chicago Business named Joe Feldman a "2026 Notable Leader in Healthcare."

During the American Psychiatric Association Annual Meeting in May, the "PRMS Partners in the Community Grant" was awarded to Cover My Mental Health. The San Diego Psychiatric Society (SDPS) nominated us for this initiative to aid clinician education in self-advocacy supporting patient access to care.

CRAIN'S CHICAGO BUSINESS 2026

NOTABLE
LEADERS IN
HEALTH CARE

Spread the word! Help Share Our Resources

Use this QR code to access our website and forward it by text or email to someone who might benefit from our resources.



A note of thanks

Thanks very much for your contributions to Cover My Mental Health.

We're pleased with our progress so far this year and ambitious for the potential that lies ahead.

We welcome your ideas for new resources and new collaborations. And your continued support of our impact!

Sincerely,

Joe Feldman, President