**Medicare Coverage of Mental Health Services**

Mental Health issues can have a significant impact on a person’s ability to function in their daily lives. Declining health and managing medical conditions can put you at a risk of depression and anxiety.

If you struggle with ongoing feelings of sadness or hopelessness its important to talk to a doctor. It is also important to be aware of a new helpline, 988, the new universal three-digit dialing code for suicide prevention and mental health crisis that went into effect nationwide in July. Calling this number will direct a person to representatives specifically trained in the management of suicide risk and other mental health crises. Share this life-saving information with friends and family!

When it comes to mental health issues, it’s good to know that Medicare covers many mental health services to help diagnose and treat people with mental health disorders, like depression and anxiety.

The following preventive benefits are covered by Medicare:

* One depression screening per year. The screening must be done in a primary care doctor’s office or primary care clinic that can provide follow-up treatment and referrals.
* A one-time “Welcome to Medicare”. This visit includes a review of your possible risk factors for depression.
* A yearly “Wellness” visit. Talk to your doctor or other health care provider about changes in your mental health since your last visit.
* One alcohol misuse screening per year. Some people with mental health issues may struggle with alcohol misuse. Medicare beneficiaries who are not alcohol-dependent may qualify.

Medicare also covers the following outpatient mental health services:

* Diagnostic tests and psychiatric evaluation
* Individual therapy
* Group therapy
* Family counseling, if the main purpose is to help with your treatment
* Medication management
* Certain prescription drugs that aren’t usually self-administered
* Partial hospitalization

Talk with your doctor about what services are right for you and your mental well-being. For more information about Medicare covered services, see your *Medicare and You 2022* handbook or visit the Medicare website at [www.medicare.gov](http://www.medicare.gov).  And remember, if you or someone you know is experiencing a mental health crisis, call 988. For an immediate medical crisis call 911.

For local assistance with Medicare questions or other health insurance counseling contact <Insert Your Contact Info Here>.