

Medicare and Mental Health

What is Medicare?

Medicare is a health insurance available to most Americans aged 65 or older and some Americans under 65 with certain permanent disabilities.

Medicare covers mental health care services to help people with conditions like depression, anxiety, and alcohol use. For most mental health services like counseling or psychotherapy, you pay 20% of the Medicare-approved amount after the Part B deductible is met.

More information on Medicare and Mental Health Care

Medicare and Your Mental Health Benefits; Getting Started – Get Support When You Need It.

(CMS Product No. 11358)

<https://www.medicare.gov/Pubs/pdf/11358.pdf>

For more info or to order a copy of this publication contact Medicare.gov / 1-800-633-4227

Medicare & Your Mental Health Benefits (CMS Product No. 10184)

<https://www.medicare.gov/pubs/pdf/10184.pdf>

For more info or to order a copy of this publication contact Medicare.gov / 1-800-633-4227

Good Mental Health is Ageless (SAMHSA-HHS Pub. No. 15-3618)

<https://store.samhsa.gov/shin/content/PHD881/PHD881.pdf>

For more info or to order a copy of this publication contact samhsa.gov / 1-877-726-4727

How to Locate a Medicare Part B Mental Health Provider

You can find local Therapists/Behavioral Health Providers that accepts Medicare by searching the local Professional Organizations and or by searching the Medicare.GOV Website.

Santa Cruz Chapter of CA Association of Marriage and Family Therapist (SC-CAMFT)

<http://www.santacruztherapist.org> SC-CAMFT Information and Referral Line 831-429-7786

Monterey Bay Psychological Association

<http://www.mbpsych.org>

Medicare.Gov – “**Find Physicians and Other Health Care Professionals**”

<https://www.medicare.gov/physiciancompare/search.html>

National Eldercare Locator **1-800-677-1116**

Substance Abuse and Mental Health Services Administration (SAMHSA)

Treatment/Mental Health Services Locator **1-877-726-4727** and or www.samhsa.gov

Other Local Resources

Family Service Agency of the Central Coast (Medicare Part B Counseling Clinic)

104 Walnut Avenue, Suite 208, Santa Cruz, CA 95060

Phn: 831-423-9444

Senior Network Services (Info. and Referral, Support, Advocacy, etc.)

1777-A Capitola Road, Santa Cruz, CA 95062

Phn: 831-462-1433

NAMI of Santa Cruz County (Resources, Supports, and Advocacy)

<http://www.namiscce.org>

Help Line: 831-427-8020