

Barriers to Mental Health Care



PRESCRIPTION MEDICATION

can play an important role in treating mental health conditions such as:



Anxiety



Bipolar disorder



Depression



Schizophrenia



But health plan barriers can get in the way.



STEP THERAPY

requires patients to **try and fail several medications** before getting what their doctor prescribed.



PRIOR AUTHORIZATION

delays treatment while **patients and clinicians** wait for approval.



NON-MEDICAL SWITCHING

forces stable patients off their effective therapy and on to an **insurer-preferred medication**.

Delaying or denying prescribed medication for mental health patients **puts them at risk.**

