



May is Mental Health Awareness Month, and The Centers for Medicare & Medicaid services (CMS) wants to remind people with Medicare that the program covers mental health services to support them during these stressful times including:

- Telehealth counseling services during the COVID-19 public health emergency – learn more here: <https://www.medicare.gov/coverage/telehealth>
- Other outpatient mental health services, including depression screening, individual and group psychotherapy, and family counseling – learn more here: <https://www.medicare.gov/coverage/mental-health-care-outpatient>
- Counseling and therapy services from a Medicare-enrolled opioid treatment program (OTP) by telehealth options or telephone only, if you're being treated for a substance use disorder – learn more here: <https://www.medicare.gov/coverage/opioid-use-disorder-treatment-services>

In addition, to honor National Older Adult Mental Health Awareness Day, HHS's Substance Abuse and Mental Health Services Administration (SAMHSA), the Administration for Community Living (ACL), the Veterans Health Administration (VHA) and the National Coalition on Mental Health and Aging (NCMHA) are **hosting a special session today from 1:00 to 2:00 pm EDT titled "Combating Social Isolation for Seniors During the COVID-19 Pandemic."** [Register for the session here.](#)

For people with Medicare, mental health support is available – treatment works and recovery is possible.