

Access to Coverage- Mental Health: Resource Guide

MDA Resources

[MDA.org](https://mda.org) is a great place to find programs and resources to support you, a few of those resources are listed below. The [MDA Resource Center](#) is also available to help you **navigate MDA's wide array of resources and also connect you with outside organizations** that can help.

- [MDA Advocacy Webpage](#)
- [MDA Resource Center](#)
- [MDA Emergency Care Resource Cards](#)
- [MDA Volunteer Page](#)
- [MDA Peer Connections Form](#)
- [MDA Mental Health HUB](#)
- [Caring For Your Mental Health Fact Sheet](#)
- [MDA Caregiver Resource Page](#)
- [MDA Connect](#)

MDA Engage

MDA Engage virtual educational events empower individuals and their families with knowledge and resources shared by experts in the neuromuscular disease field. Recent events about medical equipment and assistive devices are listed below:

MDA Engage Community Education Seminars

- [Recognizing and Addressing Mental Health Concerns in Children: A Webinar for Parents and Caregivers](#)
- [Mental Health and ALS](#)
- [Mental Health and Limb-girdle Muscular Dystrophy](#)
- [DMD and Mental Health](#)

For upcoming MDA Engage Events, please visit mda.org/engage.

MDA Quest Media

Quest Media is an innovative adaptive lifestyle platform from MDA. With the power of this platform, we foster awareness and empowerment and have important conversations with experts, thought leaders, and members of the neuromuscular disease community about topics that matter to them and to the larger community of individuals with disabilities.

- Article: [The Hidden Benefits of Volunteering](#)
- Article: [Caring for the Caregivers](#)
- Article: [Stress Management Tips for Family Caregivers](#)

Resources From Our Workshop Supporter

- Article: [A Call to Action: The Insurance Industry and Mental Health](#)

Resources From This Workshop

- [988Lifeline.org](#)
- ADA.Gov
 - [Frequently Asked Questions about Service Animals and the ADA](#)
- American Academy of Child and Adolescent Psychiatry
 - [Child and Adolescent Psychiatrist Finder](#)
 - [Mental Health Services for Students Act](#)
- [American Board of Psychiatry and Neurology](#)
 - [Board Certified Physician Search](#)
- American Health Law Association
 - [SUPPORT Act: Highlights of the 2018 Opioid Legislation](#)
- American Psychological Association
 - [Continuing Education Programs in Psychology](#)
 - [Eye Movement Desensitization and Reprocessing \(EMDR\) Therapy](#)
 - [Healing Through Art](#)
 - [Helping a Loved One Cope with Mental Illness](#)
 - [Psychologist Finder Tool](#)
 - [Rehabilitation Psychology](#)
 - [What is Cognitive Behavioral Therapy?](#)
 - [What Is Exposure Therapy?](#)
 - [Understanding Health Psychology](#)
- [Caregiver Action Network](#)
- Centers for Medicare and Medicaid Services
 - [The Mental Health Parity and Addiction Equity Act \(MHPAEA\)](#)
- [Challenged Athletes Foundation](#)
- ChildWelfare.Gov
 - [State Statutes Search](#)
- Choosing Therapy
 - [Find the Right Therapist](#)
- Cleveland Clinic
 - [What is a child psychologist?](#)
- Congress.Gov
 - [SUPPORT for Patients and Communities Act](#)

- [Restoring Hope for Mental Health and Well-Being Act of 2022](#)
- Easter Seals
 - [Volunteer Page](#)
- [Eldercare Locator](#)
- Federal Communications Commission
 - [Affordable Connectivity Program](#)
- FindSupportGroups.org
 - [Support Group Locator](#)
- FindTreatment.Gov
 - [State Agencies on Substance Use and Mental Health by State](#)
- FQHC.Org (Federally Qualified Health Centers)
 - [What is an FQHC?](#)
- Healthcare.Gov
 - [Mental health & substance abuse coverage](#)
- Henry J Kaiser Family Foundation
 - [Approved and Pending Section 1115 Medicaid IMD Payment Waivers](#)
- HRSA.Gov
 - [Find a Health Center By State](#)
- ILRU.org
 - [ILRU Directory of Centers for Independent Living \(CIL's\) and Associations](#)
- KFF.Org
 - [Medicaid Behavioral Health Services: Group Therapy](#)
- [Library Near Me](#) (Library locator)
- National Alliance on Mental Illness (NAMI)
 - [Family Support Group Locator](#)
 - [Finding a Mental Health Professional](#)
 - [Getting Help Paying for Medications](#)
 - [Help Line](#)
 - [Meet Little Monster Coloring Book](#)
 - [NAMI Connection](#) (support group)
 - [Youth and Young Adult Resources](#)
- National Institutes of Health
 - [Your Healthiest Self: Wellness Toolkits](#)
- National Library of Medicine
 - [Dialectical Behavior Therapy](#)
 - [Interpersonal Psychotherapy Group \(IPT-G\) for Depression](#)
 - [Interpersonal psychotherapy: principles and applications](#)
 - [Mentalization based treatment for borderline personality disorder](#)
- [National Organization for Rare Diseases](#) (NORD)
- Medicaid.Gov
 - [Behavioral Health Services](#)

- [Eligibility](#)
- [List of Medicaid Eligibility Groups](#)
- Medicare.Gov
 - [Medicare & Your Mental Health Benefits](#)
 - [Mental health care \(inpatient\)](#)
 - [Mental health care \(outpatient\)](#)
- Mental Health America
 - [Understanding Clinical Trials](#)
 - [Worksheet: Starting a conversation with someone about their mental health](#)
 - [Youth Mental Health Test](#)
- [MentalHealth.Gov](#)
- MentalIllnessPolicy.Org
 - [Standards for Involuntary Commitment \(Assisted Treatment\) State-by-State \(Source Treatment Advocacy Center\)](#)
- [Move United](#)
- [One Mind Psyber Guide](#)
- [Open Path Psychotherapy Collective](#)
- Psychology.Org
 - [What Is Psychodynamic Therapy?](#)
- Psychology Today
 - [Find a Therapist Tool](#)
 - [Play Therapy](#)
- [Silver Sneakers](#)
- Society for Adolescent Health and Medicine
 - [Mental Health Resources for Adolescents and Young Adults](#)
- [Special Olympics](#)
- Substance Abuse and Mental Health Services Administration
 - [Find a Support Group or Local Program for Mental Health, Drugs, or Alcohol](#)
 - [Medicaid Handbook: Interface with Behavioral Health Services](#)
 - [What Does the Affordable Care Act Mean for Behavioral Health?](#)
- Telehealth.HHS.Gov
 - [Telehealth and behavioral health](#)
- [The Trevor Project](#)
- The White House
 - [FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union](#)
- University of Michigan
 - [Behavioral Activation for Depression Worksheet](#)
- U.S Department of Housing and Urban Development

- [Assistance Animals](#)
- U.S Department of Veteran's Affairs
 - [Mental Health Page](#)
 - [VA Services Locator Tool](#)
- [Volunteer Match](#)
- YMCA.Org
 - [Find Your Y](#)

Diagnosis Information

- Anxiety Disorders
 - [Generalized anxiety disorder](#) (GAD)
 - [Obsessive-compulsive disorder](#) (OCD)
 - [Panic disorder](#)
 - [Post-traumatic stress disorder](#) (PTSD)
 - [Social anxiety disorder](#)
- Mood Disorders
 - [Depression](#)
 - [Bipolar disorder](#)
 - [Dysthymia](#)
- Eating Disorders
 - [Anorexia nervosa](#)
 - [Bulimia nervosa](#)
 - [Binge eating disorder](#)
 - [Pica eating disorder](#)
 - [Rumination disorder](#)
- Substance Use Disorder
 - [Substance use disorder and other co-occurring mental health disorders](#)
- Postpartum Depression/ Psychosis
 - [Postpartum depression](#)
 - [Postpartum psychosis](#)
 - [Perinatal depression](#)