



Paying for your Mental Health Treatment

Medical Costs and Savings Tips

Paying for quality mental health treatment can be expensive; especially if long-term care is necessary. Not having insurance or public aid can particularly put you at risk of incurring expensive medical bills for your treatment.

Below are some medical cost saving tips for mental health treatment:



- **Create a budget** that includes your income, living expenses, and your monthly medical expenses. Medical expenses include therapy and psychiatric appointments, copayments for medical visits, and bills from your insurance or public aid company.



- **Make a list of all of the mental health services you need.** Also once you make a list try to trim back on the services that are not absolutely necessary. Sometimes mental health professionals can suggest that you need more services than what is absolutely necessary.



- **Check with your insurance or public aid company to see what services they cover.** Insurance and public aid companies may not cover all of the services that you need for your mental health.



- **If it is safe, get a ride to the hospital instead of getting an ambulance.** Ambulance and emergency room costs are very expensive and sometimes your insurance or public aid may not fully cover your emergency costs.