

Medicare.gov

Mental health support is available for you

If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional. **Medicare covers a number of services to support you, including outpatient mental health services** like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Visit [Medicare.gov](https://www.Medicare.gov) or [CDC.gov](https://www.CDC.gov) for more information.

Sincerely,

The Medicare Team

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