

MHET in a Minute



“10 Ways To Navigate Your Mental Health Insurance”

On **February 8th**, attorneys Elizabeth Green and Cari Schwartz will share their expertise to educate patients and their families about health insurance policies and ways to get insurance benefits paid for mental health treatment. **Topics include:** Types of health insurance coverage, in-network and out-of-network benefits, levels of care for mental health treatment, and much more!



For extra details and registration, click the following link: [NAMI Glendale](#)

2022 Homeless Count (2.22.22)



Greater Los Angeles Homeless Count

Interested in Volunteering?

[Click Here!](#)

[Family Service Agency of Burbank \(FSA\)](#), (818) 845-7671, 2721 W. Burbank Blvd., Burbank: Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.

[National Eating Disorders Association \(NEDA\) Helpline](#), (800) 931-2237: Provides support, resources and treatment options for yourself or a loved one who is struggling with an eating disorder. If you are in crisis and need help immediately, text “NEDA” to 741741 to be connected with a trained volunteer

Tips for Talking With Your Health Care Provider

Don't wait for your health care provider to ask about your mental health! Start the conversation.

- **Prepare ahead of your visit.** Make a list of your questions or [concerns](#); bring a list of your [medication](#) and [family mental health history](#)
- **Address your mental health concerns.** Mental health is an integral part of health; mental disorders can be at risk for other medical conditions (heart disease, diabetes, e.g.)
- **Consider bringing a friend or relative.** It can be difficult to absorb the information your health care provider shares, especially if you are not feeling well
- **Be honest.** Share any major stresses or recent life changes that could be triggering symptoms
- **Ask questions.** If your provider suggests a treatment you're not comfortable or familiar with, express your concerns and ask if there are other options

Source: [National Institute of Mental Health](#), [National Institute on Aging](#)

Eating Disorders Awareness Week

(2/28/22-3/5/22)

- Eating disorders are often associated with preoccupations with food, weight or shape or with anxiety about eating or the consequences of eating certain foods
- Common eating disorders include: anorexia nervosa, bulimia nervosa, binge-eating disorder, avoidant restrictive food intake disorder
- Affect up to 5% of the population: most often develop in adolescence and young adulthood, including women between the **ages of 12 and 35**

Source: [National Institute of Mental Health](#), [American Psychiatric Association](#), [Mayo Clinic](#)

