# Barriers to Mental Health Care

# PRESCRIPTION MEDICATION

can play an important role in treating mental health conditions such as:



Anxiety



Bipolar disorder



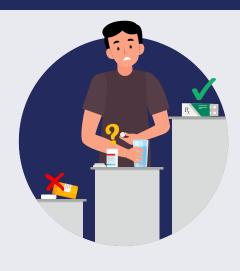
Depression



Schizophrenia



But health plan barriers can get in the way.



### **STEP THERAPY**

requires patients to **try and fail several medications**before getting what their
doctor prescribed.



### PRIOR AUTHORIZATION

delays treatment while patients and clinicians wait for approval.



## **NON-MEDICAL SWITCHING**

forces stable patients off their effective therapy and on to an **insurer-preferred medication**.

Delaying or denying prescribed medication for mental health patients puts them at risk.



