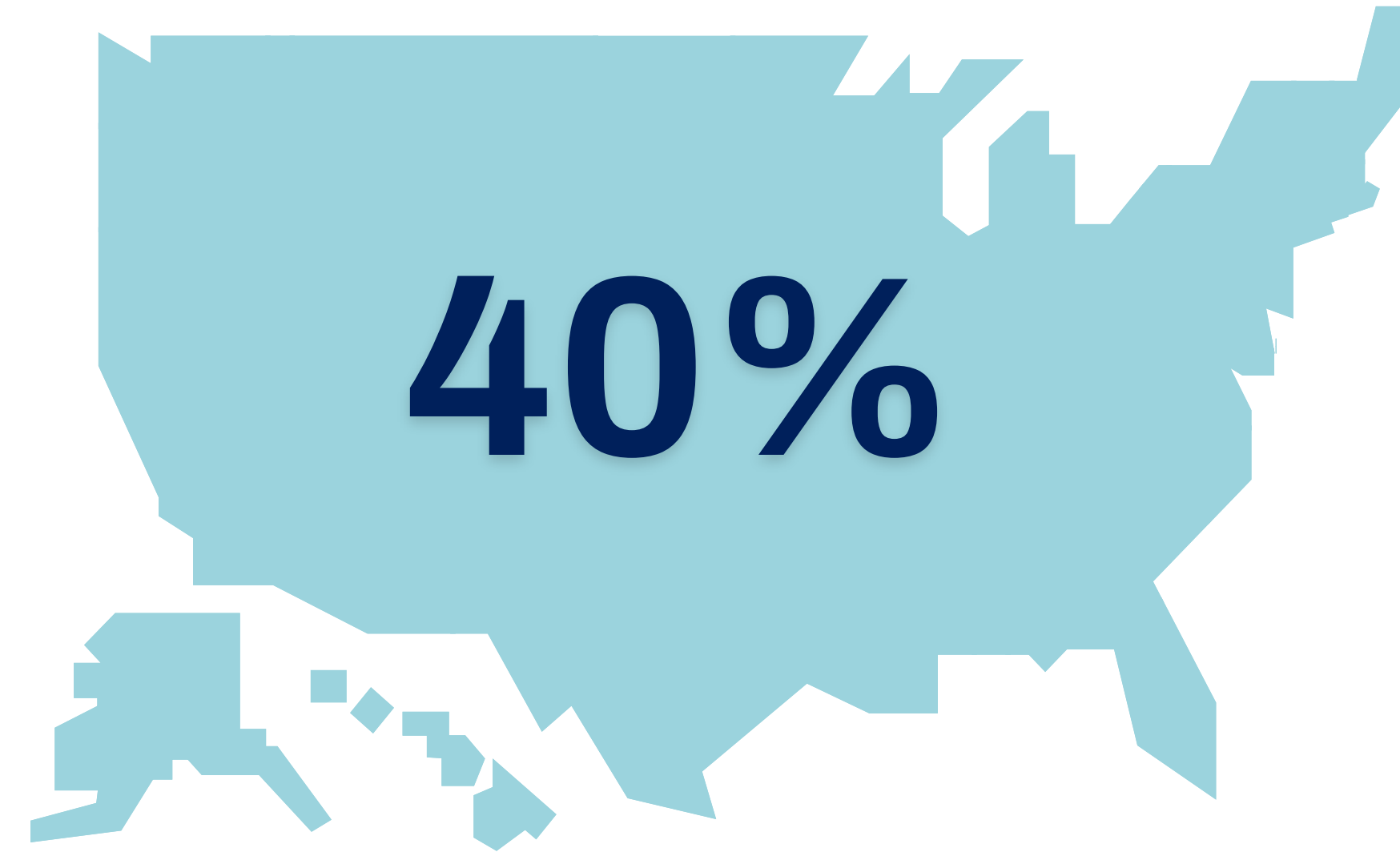


COVID-19 exacerbated an urgent mental health crisis that continues today.



of adults in the United States struggled with mental health or substance abuse issues in 2020.

Unfortunately, existing provider shortages, affordability and access problems, and insurance coverage issues have complicated efforts to get Americans the help they desperately need.



Employers Are Working to Improve Access to Mental and Behavioral Health

ERIC issued a first-of-its-kind report to highlight how the nation's largest employers innovated under pressure and the challenges they face as they reimagine mental health and behavioral health coverage and services.

Congress Needs to Act Now

ERIC's policy recommendations will help ensure that Americans are better able to access the mental health services they need, when and where they need them, without excess financial burden.



1. Allow mental health providers to practice across state lines to improve access to care
2. Expand telehealth benefits for all employees to improve access to providers
3. Incentivize more practitioners to enter the mental health field by increasing education funding and tuition reimbursement
4. Require provider transparency around the ability to accept new patients, reducing patient uncertainty and frustration
5. Integrate multiple health care disciplines through collaboration to provide patients with higher quality care
6. Ensure patients and plan sponsors have access to meaningful provider quality and safety information
7. Modernize health care account rules to increase flexibility for employees and improve access to mental and behavioral health
8. Reduce regulatory barriers to encourage employer innovation
9. Apply lessons learned from COVID-19 to advance health equity and better prepare for the future
10. Encourage the transition to value-based payments to better manage the costs of mental and behavioral health