

From: [Nabela Ashraf](#)
To: [EBSA MHPAEA Request for Comments](#)
Subject: Public Comment on the Importance of Fair Reimbursement Rates for Mental Health Providers
Date: Thursday, July 27, 2023 1:24:29 AM

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To whom it may concern,

I hope this email finds you well. The Mental Health Parity Act is a pivotal legislation that advocates for mental health care reform, benefitting both patients and clinicians.. By removing disparities in insurance coverage, fostering integration in primary care, improving reimbursement rates, and promoting research, the act empowers clinicians to provide better care, advance their careers, and make a positive difference in their communities.

As a mental health provider, we play a critical role in promoting the well-being of our communities. However, the financial aspects involved in our profession present significant challenges that cannot be overlooked. One crucial issue we face is the vast difference between the reimbursement rates provided by insurance companies compared to private pay.

While providing mental health services to individuals in need is a self-fulfilling career, it is disheartening to see the stark reality that we could potentially earn significantly more by exclusively catering to private pay clients. This isn't about personal wealth but rather recognizing that financial stability is essential for our own well-being, enabling us to continue serving our clients effectively.

By addressing the issue of reimbursement rates, we can ensure that mental health providers are not placed in a position where they must choose between their clients' ability to receive necessary care and their own financial stability. A fair and adequate reimbursement rate not only recognizes the value of mental health services but also allows providers to continue practicing without compromising their financial livelihoods. The financial health of mental health providers should not be overlooked, as it directly impacts the accessibility and quality of care available to those who need it most. By investing in fair reimbursement, we can foster an environment where mental health providers can effectively serve their clients while also bolstering the overall well-being of our communities.

Thank you for your time and consideration regarding this crucial matter. Together, let us work towards a system that supports both mental health providers and their clients,

ensuring a healthier and more inclusive society.

Sincerely,

Nabela Ashraf