You have the right to receive a "Good Faith Estimate" explaining how much your mental health care will cost

Under the law, mental health care providers need to give patients who do not have insurance or who are not using insurance an estimate of the bill for mental health services provided.

- You have the right to receive a Good Faith Estimate for the total cost of any non-emergency items or services. This includes related costs like assessment, and therapy fees.

- Make sure your mental health care provider gives you a Good Faith Estimate in writing during your treatment planning session. You can also ask your mental health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule a service.

- If you receive a bill that is at least $400 more than your Good Faith Estimate, you can dispute the bill.

- Make sure to save a copy or picture of your Good Faith Estimate

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call the U.S. Department of Health and Human Service (HHS) at 1-877-696-6775.