

How a Mental Health Professional Can Help Their Patient Qualify for Social Security Benefits

If you have a patient that is disabled due to mental illness and can't work you can help your patient qualify for Social Security disability benefits. Disability benefits are available to anyone that expects to be unable to work for a year or more due to a physical or mental illness. However, in order to qualify the patient will need to provide medical documentation of their disability. You can help your patient get their claim for disability benefits approved by providing a diagnosis and supporting [documentation](#) of their condition.

Mental Health Conditions That Qualify for Disability Benefits

As a mental health professional, you know the debilitating effects that mental illness can have on patients. The symptoms and effects of [mental disorders](#) can make it impossible for someone suffering from that illness to work. Some of the mental health conditions that qualify for Social Security disability benefits include:

- Depression
- [Anxiety](#)
- Eating disorders
- PTSD
- Bipolar disorder
- ADD
- Asperger's Syndrome
- Autism Spectrum Disorder
- Personality disorders
- Paranoia
- Psychotic disorders

Receiving a diagnosis is the first step in qualifying for Social Security disability benefits but the more documentation the patient has the better their chances of being approved will be. You can provide treatment notes, an affidavit, and other documentation to help your patient's case. You can also coordinate with caseworkers and other mental health workers to make sure that your patient has as much documentation as possible to prove their claim for Social Security disability benefits.

When it comes to [qualifying](#) for Social Security disability benefits because of a mental impairment documentation from a variety of sources is considered acceptable. Counselors and therapists are encouraged to give statements supporting a patient's claim for benefits. Caseworkers, teachers, home care givers, family members, and other people who are involved in the patient's life are also encouraged to give statements. Anyone that interacts with the patient regularly and can speak about the way that the impairment affects the patient can submit a letter or statement in support of that patient's claim for benefits and every statement increases the likelihood that the claim will be approved on the first try.

Encouraging Patients to Apply for Disability Benefits

Your patients may be reluctant to apply for Social Security disability benefits because they are intimidated or confused by the application and the application process. To help your patients get the benefits that will make it easier for them to survive you can encourage them to apply for benefits. If they are confused by the application all they need to do is make an appointment at the [local Social Security Administration](#) to fill out an application and a staff member will help them go through the application and submit all their documentation.

As someone they trust you can explain the process of applying for benefits to them and help them understand that the process isn't frightening and that getting benefits can help them focus on improving their health and going through treatment.

Resources:

Important Documentation: <https://www.disability-benefits-help.org/blog/medical-evidence>

Mental Disorders: <https://www.disability-benefits-help.org/disabling-conditions/mental-disorders>

Anxiety: <https://www.disability-benefits-help.org/disabling-conditions/anxiety-disorders-and-social-security-disability>

Qualifying: <https://www.ssa.gov/planners/disability/qualify.html>

Local SSA Office: <https://secure.ssa.gov/ICON/main.jsp>