

## Statement on Mental Health and Access to Evidence-Based Care

Following the MAHA Institute May 4, 2026, Summit entitled, “Mental Health and Overmedicalization,” and HHS’ MAHA Action Plan to Curb Psychiatric Overprescribing, the Mental Health Liaison Group (MHLG)— a nonprofit coalition of national organizations representing people with mental health and substance use conditions, family members and caregivers, providers of mental health and substance use treatment and support, advocates, and other stakeholders— reaffirms that improving mental health outcomes requires expanding access to comprehensive, evidence-based care.

MHLG recognizes that mental health care should be appropriate, individualized, and guided by clinical expertise and informed patient decision-making. The goal is the right care, delivered at the right time and tailored to each person’s unique needs.

A strong body of evidence supports a range of effective, individualized treatments, including psychotherapy and, when clinically appropriate, medications such as Selective Serotonin Reuptake Inhibitors (SSRIs). These treatments are effective for many individuals when appropriately prescribed, monitored, and supported as part of a comprehensive care plan. Individuals should be supported in working with their health care providers to determine and refine over time the care plan, including the benefits and risks, that best meets their needs, and engage in medical professional recommendation-based treatment, which for many may include psychotherapy and medication as part of a comprehensive approach to care.

Public discussion of mental health treatment should be informed by scientific evidence to support informed decision-making and patient-centered care. Misinformation or claims not supported by evidence may discourage individuals from seeking or continuing treatment, particularly at a time when many already face significant barriers to care.

MHLG supports policies that support ongoing research to expand access to comprehensive, evidence-based mental health services, reduce stigma, and strengthen the ability of individuals to initiate and remain engaged in appropriate care across the continuum of prevention, treatment, crisis and recovery. These priorities are consistent with MHLG’s principles, available at <https://www.mhlg.org/about-us/>

MHLG stands ready to engage with the Administration and policymakers as they consider and advance approaches impacting mental health care.

The Mental Health Liaison Group (MHLG) is a nonprofit coalition of national organizations representing people with mental health and substance use conditions, family members and caregivers, providers of mental health and substance use treatment and support, advocates, and other stakeholders committed to strengthening Americans' access to mental health and substance use care. As trusted leaders in the field, our 100+ member organizations are dedicated to elevating the national conversation around mental health and substance use. Together, we work to advance federal policies that support prevention, early intervention, treatment, crisis response, and recovery services and supports.