

Mental Health ICD-10 Codes Cheat Sheet

Grouped by disorder family | FY2026 (codes effective Oct 1, 2025) |
by CourtneyGardner, MSW

★ = national top-20 most-billed (SimplePractice, 225k+ clinicians)

Depressive disorders

F32.0	MDD, single episode, mild	
★ F32.1	MDD, single episode, moderate	
★ F32.9	MDD, single episode, unspecified	Most-billed; specify severity when you can
F32.A	Depression, unspecified	Added FY2025. Below full MDD criteria.
★ F33.0	MDD, recurrent, mild	
★ F33.1	MDD, recurrent, moderate	#3 most-billed nationally.
★ F33.2	MDD, recurrent, severe w/o psychotic features	
★ F34.1	Persistent depressive disorder (dysthymia)	High-volume; often missed.

Anxiety disorders

F40.10	Social anxiety disorder	
F41.0	Panic disorder	
★ F41.1	Generalized anxiety disorder (GAD)	#1 most-billed dx since 2017
★ F41.9	Anxiety disorder, unspecified	
F42	Obsessive-compulsive disorder	

Trauma & stressor / adjustment

★ F43.10 / .11 / .12	PTSD - unspecified / acute / chronic	
★ F43.20	Adjustment disorder, unspecified	
★ F43.21	Adjustment disorder w/ depressed mood	
★ F43.22	Adjustment disorder w/ anxiety	
★ F43.23	Adjustment disorder, mixed anxiety + depressed mood	#2 most-billed nationally.
F43.81	Prolonged grief disorder	Added FY2023.

Neurodevelopmental

★ F90.0	ADHD, predominantly inattentive type	
★ F90.2	ADHD, combined type	
★ F90.9	ADHD, combined type	
★ F84.0	Autism spectrum disorder	Rising in frequency

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Other clinical diagnoses

F20	Schizophrenia	
F31	Bipolar disorder	Document episode type + severity.
F60.3	Borderline personality disorder	
F10-F19	Substance use / abuse / dependence	Code remission status.
F50.01x-.09x	Anorexia nervosa (subtype + severity)	Expanded FY2025; old F50.01 non-billable
F50.21x-.29x	Bulimia nervosa (severity / remission)	Replaces retired F50.2.
F50.81x	Binge-eating disorder (severity)	Expanded FY2025
F50.83 / F50.84	Adult pica / adult rumination	Added FY2025.
F01-F03	Dementia / major neurocognitive disorder	FY2023+: severity + behavioral sx
F68.A	Factitious disorder imposed on another	New FY2026. Perpetrator, not victim.

Z codes (psychosocial & counseling)

★ Z63.0	Relationship problem w/ spouse / partner	
Z63.5	Family disruption (separation / divorce)	
Z65.8	Other specified psychosocial circumstances	
Z59.861/.868/.869	Financial insecurity	New FY2026; replaced single Z59.86
★ Z71.3	Dietary counseling and surveillance	
Z71.9	Counseling, unspecified	May need an F-code.
Z13.220	Screening for depression	Preventive / assessment-only.

Verify before billing. ICD-10-CM updates every October 1 (some changes April 1). Confirm the current code and payer policy before submitting a claim. Reflects FY2026 codes; reference only, not billing or legal advice.
 ★ marks codes in the national top-20 by claim frequency