

Top 20 Mental Health ICD-10 Codes

Quick Reference for Therapists | January 2026

Anxiety	Depression	Adjustment	Trauma	ADHD	Autism	Z-codes
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#	Code	Diagnosis	Category
1	F41.1	Generalized anxiety disorder	Anxiety
2	F43.23	Adjustment disorder w/ mixed anxiety & depressed mood	Adjustment
3	F33.1	Major depressive disorder, recurrent, moderate	Depression
4	F43.22	Adjustment disorder with anxiety	Adjustment
5	F41.9	Anxiety disorder, unspecified	Anxiety
6	F43.20	Adjustment disorder, unspecified	Adjustment
7	F43.10	Post-traumatic stress disorder, unspecified	Trauma
8	F43.12	Post-traumatic stress disorder, chronic	Trauma
9	Z63.0	Problems in relationship with spouse or partner	Z-codes
10	F43.21	Adjustment disorder with depressed mood	Adjustment
11	F90.2	ADHD, combined type	ADHD
12	F33.0	Major depressive disorder, recurrent, mild	Depression
13	F90.0	ADHD, predominantly inattentive type	ADHD
14	F32.1	Major depressive disorder, single episode, moderate	Depression
15	F34.1	Dysthymic disorder	Depression
16	F84.0	Autistic disorder	Autism
17	F33.2	Major depressive disorder, recurrent, severe	Depression
18	F32.9	Major depressive disorder, single episode, unspecified	Depression
19	Z71.3	Dietary counseling and surveillance	Z-codes
20	F90.9	ADHD, unspecified type	ADHD

Quick Tips

✓ **Be Specific**

Avoid unspecified codes (.9) when possible. They trigger payer scrutiny and can delay reimbursement.

✓ **Update When Needed**

Diagnoses evolve. Update codes when clinical presentation changes—don't keep billing outdated codes.

✓ **Document Thoroughly**

Your notes should support the diagnosis code. Include symptom duration, severity, and functional impact.

✓ **Know Your Payers**

Medicare, Medicaid, and commercial insurers have different rules. Some won't reimburse Z-codes as primary.