



It's Okay to Need Help

Take care of your mental health to cope with what life brings your way.

If you struggle with thoughts or feelings that make it hard to get through your day, you're not alone. About half of all people in the U.S. will experience a mental health concern at some point in their lives.¹ Care from a mental health expert can help you manage your emotions and deal with challenges.

Your mental health is just as important as your physical health.

Remember, your Blue Cross and Blue Shield of Texas plan includes access to mental health care like therapy and medicines that might help. You and your covered family members can get support for issues such as:

- Depression
- Anxiety and panic attacks
- Substance use
- Attention deficit (ADHD/ADD)
- Autism spectrum disorder
- Bipolar disorder
- Eating disorders

Find a Mental Health Care Provider



Whether you need support to get through everyday life or a major crisis, seeking help is a step to getting better.

Find a provider who can help — in-person, telephone and video services are available.

- 1. Log in to [bcbstx.com](https://www.bcbstx.com)**
- 2. Select **Find Care****



Additional Resources for Your Mental Wellbeing

Digital Mental Health²

Help for stress, depression, panic, resilience and other mental health concerns is just a click away. BCBSTX offers confidential online programs with optional coaching support through Learn to Live at no added cost to you. Log in at [bcbstx.com](https://www.bcbstx.com), then go to **Wellness** to learn more.

Virtual Care²

Skip the waiting room and meet with a mental health professional from the comfort of your own home. A board-certified therapist or psychiatrist can help with a variety of mental health concerns by phone or video. Visit [MDLIVE.com/bcbstx](https://www.mdlive.com/bcbstx) or [teladoc.com/bcbstx](https://www.teladoc.com/bcbstx) to schedule an appointment.

Employee Assistance Program²

There may be a time when you need a little extra support through job stress, grief, legal or financial issues, or other life challenges. Your Employee Assistance Program, delivered through ComPsych GuidanceResources, has options for you at no added cost. Talk one-on-one with a counselor or use online resources. Learn more at [guidanceresources.com](https://www.guidanceresources.com), and use the Web ID BCBSTXEAP.

Well onTarget^{®2}

Go to [wellontarget.com](https://www.wellontarget.com) to find articles, videos, tools and trackers to help you live healthy and well. Take a six-week, online course to learn to sleep better or handle stress.



Don't be afraid to reach out. Call the number on the back of your member ID card for help and to verify if your health plan benefits include these additional services. Your personal health details won't be shared with your employer.

1. U.S. Department of Health and Human Services, 2023

2. Some services may not be available with all plans. Call the number on the back of your member ID card to verify.

The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Texas. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services. Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans. MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE[®] and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

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