

BEHAVIORAL HEALTH RESOURCES AND CARE



Your mental health matters

Taking care of your mental health is important. When our minds aren't feeling good, it can affect our whole body and make our physical health worse. Studies even say that stress can lead to issues like high blood pressure, heart disease and obesity. Feeling down or stressed a lot might also increase the chance of getting sick.



How can your health plan help?

Dealing with mental health challenges can be hard, but we're here to guide you. We've got tools and info to help you stay on track, making us your go-to source. We offer support for various mental health issues. You can choose from online solutions, in-person care or virtual options. We want you to get the care you need the way you want it.

Find an affirming provider to support your mental health journey

Finding the right mental health provider is the first step. Pick someone you're comfortable talking to so you can start feeling like yourself again. If you choose a provider in your network, it'll save you money. Use the Find Care tool to search for a psychiatrist, psychologist, nurse, social worker or counselor in your network.

Help is available online

Life is busy. Maybe you don't have time for face-to-face meetings. If that's you, online care solutions are available. These easy-to-use apps give you privacy and 24/7 access. Choose the one that fits your needs and sign up today.

We offer online help for:

- ◆ Moderate to severe anxiety and depression.
- ◆ Obsessive-compulsive disorder.
- ◆ Opioid addiction.
- ◆ Eating disorders.



Mental health support and resources

If you need urgent help, call 911 or use the emergency numbers below:

- ◆ Substance Use Helpline: Call 800-662-4357.
- ◆ National Domestic Violence Hotline: Call 800-799-7233 (TTY: 800-787-3224).
- ◆ 988 Suicide and Crisis Lifeline: Call or text 988 or chat at www.988Lifeline.org/chat.
- ◆ The Crisis Text Line: Text “Home” to 741741.

Ready to start?

To access your behavioral health resources, sign in to My Health Toolkit®. Go to **Wellness & Care Management**. Then select **Mental and Behavioral Health**.

Call the number on the back of your member ID card if you have any questions. Please note: your employer may offer behavioral health resources through another benefit.



Kansas City