



Mental Health & Substance Use Benefit

EPO and PPO Members

Mental Health is an important component of your total health. That's why AUHSD offers Mental Health and Substance Use (MHSU) as part of your medical plan through Anthem Blue Cross. Through face-to-face counseling sessions, the MHSU benefit is the first step to regaining control and improving quality of life.

You have options:

Option 1

Find a Mental Health professional and schedule your appointment.
No referral is required!

It is recommended that you contact at least five providers to find the best one to accommodate your needs with appointment times and availability.

Option 2

You may receive up to 3 face-to-face visits per issue at no charge through the Employee Assistance Program (EAP). Should you need more support, you may transition to the medical benefit. Learn more about the EAP and all of its additional services at www.auhsd.us

Find a Provider

EPO and PPO* members

anthem.com/ca/find-care

In California:
Blue Cross PPO Prudent Buyer Large Group

Out-of-State:
National PPO (BlueCard PPO)

When searching for a Provider - Mental Health (Behavioral Health) & Substance Use Disorder Services are listed under "Medical Care"

**PPO participants may also go outside of the Anthem network*

In crisis? **CALL: 800-999-7222**

24 hours a day, 365 days a year

anthem.com/ca/find-care