

MAKING IT EASIER TO GET MENTAL HEALTH CARE

We're here to help guide you to the right mental health care for you, from therapy to specialty care to no-cost tools and resources.



THE SUPPORT YOU NEED, JUST A FEW CLICKS AWAY

Use MyBlue, your online member account, to:



Find in-network mental health care

for depression, anxiety, stress, and more from providers who are accepting new patients now and offer online booking, with in-person and virtual options for adults and children.



Get expert specialty care

from providers who specialize in treating specific conditions, like eating disorders or substance use disorders, or serving specific populations, like veterans and first responders.



Access personalized support

from Team Blue Member Service advocates who can help assess your needs and guide you to the expert, in-network mental health providers that best meet them.

GET PERSONALIZED SUPPORT, YOUR WAY



See your mental health options online.
Scan the QR code, or sign in to MyBlue or create an account at bluecrossma.org.

Connect with a Team Blue advocate.
Call 1-888-389-7764, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).