

# 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, sign in to MyBlue, or create an account at [bluecrossma.org](https://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.

## TO GET STARTED:

1. Sign in to MyBlue.
2. Click **Mental Health Care Options** under **My Care**, or scroll down and click the **Care Options** box and choose **Mental Health Care Options**.
3. Answer a brief set of questions to assess mental health needs. (optional)
4. Scroll down to see a list of recommended providers; a separate **Results for You** category will appear if you answered the optional questions.
5. Click **Get Started** with any of the groups you think will be a good fit; you'll be brought to the websites where you can learn more and easily schedule an appointment.

### Examples of available resources include:

**Aware Recovery Care**, an independent company, offers treatment for substance use disorder. Their specially trained team of addiction professionals provides in-home care for residents of Massachusetts, Maine, and New Hampshire. Call **1-844-292-7372**.

**Cortica**, an independent company, offers virtual and in-home applied behavioral analysis, medical, and developmental therapy appointments in Greater Boston for children up to 21 years old with autism and other developmental differences. Learn more at **corticacare.com**.

**Dynamicare**, an independent company, helps members ages 13+ overcome substance use disorder by promoting motivation and accountability. Learn more at **get.dynamicarehealth.com/bcbsma**.

**Eleanor Health**, an independent company, offers virtual and in-person care in Eastern and Central Massachusetts for substance use disorder for those ages 18+. Learn more at **eleanorhealth.com**.

**Equip Health**, an independent company, provides virtual, evidence-based care for anorexia, bulimia, and atypical eating disorders for ages 5+. Get started at **equip.health** or call **1-855-924-3850**.

**Forge Health**, an independent company, focuses on improving the mental health and well-being of active-duty service members, veterans, first responders, and their families. Get started at **info.forgehealth.com/bcbsma**.

**NOCD**, an independent company, offers virtual care for specialized treatment for those aged 5+ for obsessive-compulsive disorder through exposure and response prevention therapy. Learn more at **treatmyocd.com**.

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).