

Behavioral Health Resources

We Have You Covered

We know Behavioral Health isn't a one-size-fits-all solution. Everyone is unique, our needs vary. This is why we offer a mix of services for your well-being. Whether you're looking for some support to relax, are ready to try self-directed therapy at your own pace, or are seeking immediate connection to a provider, we have many options to fit your needs.

Behavioral Health Network

Our national network of providers offers whole self-care close to home or while you're away, including:

- A direct line to a 24/7 support team, trained in crisis care
- Virtual and in-person appointments
- Medications prescribed by providers as needed
- Covered services include diagnostic evaluation, individual and group therapy, and more

To find behavioral health support, visit ProvidenceHealthPlan.com/FindAProvider and search using your member ID number.

Behavioral Health Concierge

Behavioral Health Concierge is a consultation service that assists you in accessing licensed professionals.

- Virtual appointments at no cost*
- Up to 90 days of focused care for the immediate needs of you and your family
- Help with life stressors and addiction issues
- Convenient, evidence-based, solution-focused service

Call **877-744-9355** from 7 am to 8 pm (Pacific Time), seven days a week, or visit Providence.org/BHC to request an appointment online.

*HSA plans are subject to deductible first and then covered in full



Self-Directed Virtual Therapy

For comprehensive whole-health support, take advantage of a program called Learn to Live. It's confidential, accessible from anywhere, and offers 7 highly effective programs based on the proven principles of Cognitive Behavioral Therapy (CBT).

- Programs: Social Anxiety; Depression; Stress, Anxiety & Worry; Insomnia; Substance Use; Panic; Resilience
- CBT is a treatment approach that helps you recognize negative thought and behavior patterns
- The program helps you understand how your mind works so you can identify the problem and learn to deal with it. Then practice, repeat, and live well

To get your access code, call **800-878-4445 (TTY: 711)** from 8 am to 5 pm (Pacific Time), Monday through Friday, then register at [LearnToLive.com/Welcome/ProvidenceHealthPlan](https://www.learntolive.com/welcome/providencehealthplan).



Virtual Therapy With Licensed Providers

As a Providence Health Plan member, you also have access to virtual therapy called Talkspace.

- Connect with a counselor on a private, secure, and HIPAA-compliant digital platform
- Choose how and when you communicate through text, voice, or video messages
- Access self-guided exercises, such as journaling and meditation
- Speak to a Talkspace counselor in your preferred language with a network that supports 32 different languages

To get started, visit [Talkspace.com/ProvidenceHealthPlan](https://www.talkspace.com/providencehealthplan)



For more information, visit

[ProvidenceHealthPlan.com/BehavioralHealth](https://www.providencehealthplan.com/behavioralhealth)



Resources for Improved Well-Being



Self-Management and Mindfulness Tools



Telehealth/
Virtual



Broad Clinical
Network



Crisis
Care

Visit our website to explore the full suite of behavioral health offerings available to you and see what best fits your need.