



# Behavioral Health Suite of Services



With Providence Health Plan, you have more choice in how you want and need to access care.

 <p><b>Resources for Improved Well-Being</b></p>	<p><b>Resources to Relax &amp; Recharge</b></p> <ul style="list-style-type: none"> <li>• Savings on massage therapy, yoga, meditation, and more</li> <li>• <a href="https://ProvidenceHealthPlan.com/LifeBalance">ProvidenceHealthPlan.com/LifeBalance</a></li> </ul>
 <p><b>Self-Management and Mindfulness Tools</b></p>	<p><b>Health Coaching</b></p> <ul style="list-style-type: none"> <li>• <a href="https://ProvidenceHealthPlan.com/HealthCoaching">ProvidenceHealthPlan.com/HealthCoaching</a></li> <li>• One-on-one health coaching sessions</li> <li>• Personalized goal setting with manageable steps</li> <li>• A program designed to empower members to achieve their health goals</li> </ul> <p><b>Learn to Live</b></p> <ul style="list-style-type: none"> <li>• <a href="https://LearnToLive.com/Welcome/ProvidenceHealthPlan">LearnToLive.com/Welcome/ProvidenceHealthPlan</a></li> <li>• Self-directed virtual therapy</li> <li>• One-on-one coaching, mindfulness exercises, and live and on-demand webinars</li> <li>• Available at any time within the app<sup>1</sup></li> </ul>
 <p><b>Telehealth/Virtual</b></p>	<p><b>Behavioral Health Concierge</b></p> <ul style="list-style-type: none"> <li>• <a href="https://Providence.org/BHC">Providence.org/BHC</a></li> <li>• Quick access to direct care with Providence providers</li> <li>• Extended hours 7 a.m. – 8 p.m. (Pacific Time), seven days a week</li> <li>• Help with life stressors, mental health, and addiction issues</li> <li>• Available to eligible members residing in OR, WA, ID, CA, MT, and TX</li> </ul> <p><b>Talkspace</b></p> <ul style="list-style-type: none"> <li>• <a href="https://Talkspace.com/ProvidenceHealthPlan">Talkspace.com/ProvidenceHealthPlan</a></li> <li>• Telehealth provider of virtual psychotherapy for teens (13+) and adults</li> <li>• Be matched to a provider within 48 hours</li> <li>• Connect through text, call, or live video<sup>2</sup></li> <li>• Access to therapy, psychiatry,<sup>3</sup> or both</li> </ul> <p><b>Equip</b></p> <ul style="list-style-type: none"> <li>• Virtual, eating disorder treatment</li> <li>• Kids and young adults ages 6-24</li> <li>• Family-Based Treatment (FBT) matched with a multi-disciplinary team</li> </ul> <p><b>Charlie Health</b></p> <ul style="list-style-type: none"> <li>• Virtual Intensive Outpatient Program (vIOP)</li> <li>• Teens and young adults ages 11-30</li> <li>• Personalized treatment plans, including group and family/individual therapy</li> </ul> <p><b>Joon Care</b></p> <ul style="list-style-type: none"> <li>• Suicide and crisis support</li> <li>• Virtual sessions with a licensed therapist</li> <li>• Teens and young adults ages 13-26</li> <li>• Available to eligible members residing in OR, WA, TX, CA, DE, PA, and NY</li> </ul>
 <p><b>Broad Clinical Support</b></p>	<p><b>Behavioral Health Network</b></p> <ul style="list-style-type: none"> <li>• Local and nationwide access</li> <li>• In-person and virtual services</li> <li>• Age-specific care (kids, teens, adults)</li> <li>• Access to specialty behavioral health network</li> </ul> <p><b>Provider Directory</b></p> <ul style="list-style-type: none"> <li>• <a href="https://ProvidenceHealthPlan.com/FindAProvider">ProvidenceHealthPlan.com/FindAProvider</a></li> <li>• Go to the Provider Directory and search using your Member ID number</li> <li>• Select “Find a care provider”</li> <li>• Select “Mental Health/Substance Use Disorder”</li> </ul>
 <p><b>Care Management &amp; Crisis Support</b></p>	<p><b>Behavioral Health Hub</b></p> <ul style="list-style-type: none"> <li>• Immediate access 24/7</li> <li>• Team trained in crisis triage care</li> <li>• Real-time referrals</li> <li>• Call <b>800-878-4445 (TTY: 711)</b></li> </ul> <p><b>Emergency &amp; Urgent Care Services</b></p> <ul style="list-style-type: none"> <li>• Inpatient and residential care</li> <li>• Partial hospital care</li> </ul>

Learn more at [ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth) or call Customer Service at **503-574-7500** or **800-878-4445 (TTY: 711)**

Call or text the **988 Suicide and Crisis Lifeline** if you or someone you know needs immediate crisis care.

<sup>1</sup> Access code required and varies depending on plan type. Call Customer Service to get your code.

<sup>2</sup> Access to Talkspace varies depending on plan type. Call Customer Service to see if your benefits include access to this network.

<sup>3</sup> Psychiatrists have the ability to prescribe medication.