






Behavioral Health Suite of Services

Providence members have more choice in how they want and need to access services and care.

Behavioral Health isn't a one-size-fits-all solution. Each person is unique, so we work to offer a mix of services and solutions. Here is a quick look at our suite of offerings:

 <p>Resources for Improved Well-Being</p>	<p>Resources to Relax & Recharge</p> <ul style="list-style-type: none"> • Savings on massage therapy, exercise, meditation, and more • LifeBalance: ProvidenceHealthAssurance.LifeBalanceProgram.com 	
 <p>Self-Management and Mindfulness Tools</p>	<p>Stress Management Health Coaching</p> <ul style="list-style-type: none"> • ProvidenceHealthAssurance.com/HealthCoach • One-on-one health coaching sessions • Personalized goal setting with manageable steps • A program designed to empower members to achieve their health goals 	
 <p>Telehealth/Virtual</p>	<ul style="list-style-type: none"> • Phone or video appointments accessible at Provider's availability • Use a video conferencing platform, like Zoom™ • Call your provider directly and ask about the options available to you 	
 <p>Broad Clinical Support</p>	<p>Behavioral Health Network</p> <ul style="list-style-type: none"> • Local and nationwide access • In-person and virtual services • Age-specific care • Access to specialty behavioral health network 	<p>Provider Directory</p> <ul style="list-style-type: none"> • ProvidenceHealthAssurance.com/FindaProvider • Go to the Provider Directory and search using your Member ID • Select "Find a care provider" • Select "Mental Health/ Substance Use Disorder"
 <p>Crisis Care</p>	<p>24/7 Crisis Line (HUB)</p> <ul style="list-style-type: none"> • Immediate access 24/7 • Team trained in crisis triage care • Real time referrals <p>Call Providence Customer Service at 503-574-8000 or 1-800-603-2340 (TTY:711) and they will help connect you directly to our team</p>	<p>Urgent Care</p> <ul style="list-style-type: none"> • Inpatient and residential care • Partial hospital care

Learn more at: [myProvidence.com](https://www.myProvidence.com) or call [503-574-8000](tel:503-574-8000) or [1-800-603-2340](tel:1-800-603-2340) (TTY:711) 8 a.m. to 8 p.m. (Pacific Time) 7 days a week.

Providence Health Assurance is an HMO, HMO-POS and HMO SNP with Medicare and Oregon Health Plan contracts. Enrollment in Providence Health Assurance depends on contract renewal.